



My Best Possible Self

“Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined.”

Sometimes our goals in life can be elusive. But research suggests that building optimism about the future can motivate people to work toward that desired future and thus make it more likely to become a reality.

