imagining your best possible self

Sometimes it can be helpful to visualize and write about a positive future. There are 5 questions to be answered on 5 successive days. Take 10 minutes each day to write your answers.

Imagine the best possible family life you could have in 5 years. Think about your actual relatives, but also think about friends who are as close as family. Perhaps you live near your parents. Perhaps your children are grown and remain close to you. Perhaps you spend a great deal of time with your family. Be realistic, but imagine all the possible ways you could enjoy your family and close friends.

Imagine the best possible career or job you will have 5 years from now. Where are you working? Who are you working with? What are the benefits of your job/career?

Write about your vision of the best possible physical and mental health you will experience in the next 5 years. How do you look? How do you feel? What are the things you are doing to contribute to your ongoing state of good health?

Imagine your best possible romantic life 5 years from now. What kind of fulfilling relationship do you have? Are you married? What do you imagine your romantic life will be like?

Imagine the best possible lifestyle you could have in 5 years. Do you have hobbies or activities that are meaningful? What is happening in your community and social life? What are the things you do that make your life more fulfilling?