

Your best possible future self

“Your future depends on many things, but mostly on you.”

Frank Tyger

Another strong exercise for working towards your positive future is the following created by Dr Laura King. This question is included within the index of the journal already, however, it is such a strong question that we felt it was worthy of its own exercise! This exercise has also been shown to improve overall happiness and reduce goal conflict, plus a host of other benefits too.

So first and foremost, for 20 minutes, without any self-editing at all, without limitation and with inhibition write the response to this

“Think about your life in the future you are 109 years old. 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...

Once clarified you can get to work at setting some goals in relation to creating your future self.