POSITIVE RIPPLES COACHING

Intentionally Creating Positive Effects

YOUR BEST POSSIBLE SELF

This content comes from the book Successful Women Think Differently by Valorie Burton.

Dr. Laura King, a researcher at Southern Methodist University, found that writing about life goals is beneficial. One of the exercises she prescribes that leads to positive emotion and health benefits is to write about your best possible future self. You simply write about your life in the future, using the present tense.

Imagine what your best possible self is like at some given point in the future.

- How do you feel?
- Who are you with?
- What does your day look like?
- Where are you?
- Who do you impact?

What is different about your best possible future self compared to your current self? Write as vividly and specifically as you can about your best possible future self. Envision yourself there.

As you write, consider all the key areas of your life: relationships, career, finances, health, and spiritual life.

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