

Best Possible Self

INSTRUCTIONS

In this activity, be as creative as you can be in answering the questions below. You can use any kind of writing style you want. Don't worry about spelling or grammar, but focus on being as descriptive and detailed as possible.

Take a moment to imagine your life at 40 years of age. Things have gone as well as you possibly could have hoped.

 What will you be doing? Why? _____


 Who will be in your life? Why? _____

 What will be most important to you? Why? _____

 What will you be doing professionally or in your career? _____

 What will you be most passionate about? _____

 What matters most in the long term? _____

 How could your long-term goals and priorities affect others? _____

Source: The Greater Good Science Center studies the psychology, sociology, and neuroscience of wellbeing and teaches skills that foster a thriving, resilient, and compassionate society. The GGSC is unique in its commitment to both science and practice: Not only do we sponsor groundbreaking scientific research into social and emotional wellbeing, we help people apply this research to their personal and professional lives. Learn more: <https://greatergood.berkeley.edu/>