

## SELF-GUIDED INTERVENTION

# Best Possible Self

For the next week, spend 5 minutes visualizing your best possible self each day. Record your practice in the chart below by ticking the box on the day you visualize. You can focus on just one area per day. To help you visualize, picture your best possible self in as much detail as possible. For example, "how would you behave? How would you look? Who would you be with? Where would you be?"

	MON	TUE	WED	THUR	FRI	SAT	SUN
PERSONAL							
PROFESSIONAL							
SOCIAL							

After a week of this, you might have a better picture of how and what you would want to be. Write then down in the space provided below.

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1. Type about your best possible self in the personal domain for 5 minutes

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**2. Type about your best possible self in the professional domain for 5 minutes**

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**3. Type about your best possible self in the social domain for 5 minutes**