Visualization Exercise

What would your life look like in a perfect future? How would you spend your time? Who would be by your side? In this exercise, you will imagine your best possible self in a future where things have gone as well as possible, and you have accomplished all your goals.

Instructions

- **Write.** On the following pages, you will imagine and describe your best possible self in three domains: personal, professional, and social. Once completed, continue to step 2.
- Visualize. For the next week, spend 5 minutes visualizing your best possible self each day. Focus on one domain per day, cycling through each of the domains throughout the week. Record your practice in the chart below.

To perform visualization, picture your best possible self in as much detail as possible. Think of a scene that your best possible self might find themselves in, and imagine the sights, sounds, and feelings you would experience.

Tip: It's common to feel distracted during visualization. If you notice your mind wandering, that's okay. Simply return your thoughts to the exercise once you become aware.



Visualization Log

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Personal							
Professional							
Social							

Personal Domain

Personal Domain: skills, hobbies, personality, health, accomplishments, etc.						
Imagina your back passible self in the negroup I demain for 1 minute						
Imagine your best possible self in the personal domain for 1 minute.						
Write about your best possible self in the personal domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.						

Professional Domain

Professional Domain: job, sense of purpose, education, skills, retirement, income, etc.
Imagine your best possible self in the professional domain for 1 minute.
Write about your best possible self in the professional domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.

Social Domain

Social Domain: romantic relationship, friends, family, social activities, etc.					
Imagine your best possible self in the social domain for 1 minute.					
Write about your best possible self in the social domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.					