

## Your Best Possible Self – Self-Discovery Exercise

The Best Possible Self (BPS) exercise can be used to change the mindset and increase optimism. The BPS exercise requires people to envision themselves in an imaginary future in which everything has turned out in the most optimal way. Over the past years, writing about and imagining the BPS has repeatedly shown to increase people's mood and well-being. Psychologists provided evidence that writing about and imagining the BPS can also increase optimism in terms of expecting favourable outcomes. Research has indicated a change in mindset due to the increase in optimism. This effect on optimism was independent of the effect on mood, which was also increased by the experiments during the research.





## **Step 1: The Writing Exercise**

Set a timer or stopwatch for 10 minutes. During this time, think about your best possible future self and write it down below. Imagine your life the way you always imagined it would be. Imagine that you have performed to the best of your abilities and achieved all the things you wanted to in life.

While writing, do not worry about grammar or punctuation. Just focus on writing all your thoughts and emotions in an expressive way. You may want to have several sheets of paper for this exercise.

*Write here ....*

## **Step 2: Evaluation**

How was it to do this exercise?

*Write here ....*

What effects did this exercise have?

*Write here ....*

Did this exercise motivate or inspire you? If so, how?

*Write here ....*

**End of Exercise – Thank you completing it**