BEST POSSIBLE SELF
Power of positive thinking

Instructions:
Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Consider all of the relevant areas of your life, such as your career, academic work, relationships, hobbies, and/or health. Think of this as a realization of all of your life dreams. For the next 15 minutes, write continuously about what you imagined. Do this exercise for at least three days in a row. Each day, reflect on this desired future, and then discover ways to make it become a reality!