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Best Possible Life Worksheet

Objective

The activity involves visualising a “best possible future” for yourself in the following areas of your life: personal and professional. Imagine that in the next 10 years, your life has gone as well as it possibly could have.

Steps

Step 1: Visualise your future ideal self

Visualise how your ideal life would look, ten years from today, if you were able to achieve everything you wish to achieve in your personal and professional (work) life.

Get a pen and paper and get started!

Step 2: Write your story

Now that you have imagined that for the next ten years, life has gone as well as it possibly could have, what has happened? How has life turned out for you? What have you been able to achieve personally and in your work?

Now, write down how a typical day in your life would look like, personally and in your work. For example, in the “Personal” space, you could write: “I have 2 healthy and happy children. I love them a lot and I can afford to spend time with them and to take them to the seashore every year.”

Personal life:

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_____

Work:

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Step 3: Answer a few questions about your best possible life:

Is there something that surprised you in what you wrote in Step 2?

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Which part of your best possible life are you most satisfied with – personal or professional? Which part needs more work?

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In order to have this best possible life, what should you do?

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This activity is based on the material developed by Raj Raghunathan, a Professor of Marketing and Psychology at McCombs School of Business at University of Texas Austin.

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