

# Fostering Wellness Exercise

## Best Possible Future Self

Time Required: **4 minutes**

Take a moment to *imagine your life in the future*. What is the *best possible life you can imagine*? Consider all the relevant areas of your life, such as your day tomorrow, **your career, relationships, hobbies, and/or health**. What would happen in these areas of your life in your best possible future? Pick one area to focus on.

Think about, and consider writing down, what you imagine this specific best possible future to be. You can focus on the immediate future or the long-term. Try to be very specific. Speak about yourself as though you are giving instructions. Use the instructions below to help guide you through this process.

If you **focus on tomorrow**, can you imagine a day in which you feel efficient? In control? How would you do this? Does it mean starting the day 30 minutes early? Or writing your notes at the bedside of each patient you see?

If you are **focusing on your career**, do you see yourself as a world-class surgeon working at a world-renowned hospital? Do you see yourself in the lab researching cutting-edge cancer curing technology? How will you get there? What journal will you publish in? What steps did you take? Who did you look up to for mentorship?

The more specific you are, the more engaged you will be in exercise and the more you'll get out of it. Be as creative and imaginative as you want. Remember you can pick a quality you are working on and use it as a positive affirmation exercise to provide direction to your default mode network.<sup>12</sup>

**“If your mind can conceive it; and your heart can believe it – then you can achieve it.”**

**--Muhammad Ali**

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<sup>1</sup> “Best Possible Self.” Greater Good in Action: Science-Based Practices for a Meaningful Life. University of California, Berkeley. 2017. <[https://ggia.berkeley.edu/practice/best\\_possible\\_self](https://ggia.berkeley.edu/practice/best_possible_self)>

<sup>2</sup> Sheldon, K. M., & Lyubomirsky, S. (2006). “How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves.” *Journal of Positive Psychology*, 1(2), 73-82.