

THE BEST POSSIBLE SELF EXERCISE



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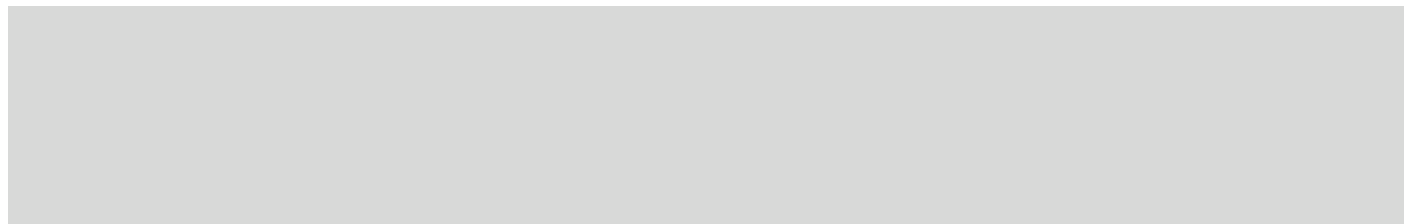
A study by Sonja Lyubomirsky showed that after just four weeks of doing The Best Possible Self (BPS) exercise once a week, participants showed significant increases in wellbeing compared to a control group who didn't do the exercise.

Further research has indicated that the BPS exercise is an effective positive psychology intervention for improving wellbeing, optimism and positive mood.

Test out this intervention for yourself using this handy tool!

PLANNING

When will you complete the BPS exercise? What will be your habit trigger? (For more guidance on developing habits that stick, see [The Mental Wellbeing Toolkit](#).)



INSTRUCTIONS

Imagine that in 12 months' time you are your best possible self.

Think about the areas of life that matter to you the most and all of the positive changes you'd like to see happen.

Carving out this time to reflect can help you clarify your goals and life direction, helping give you a stronger sense of purpose.

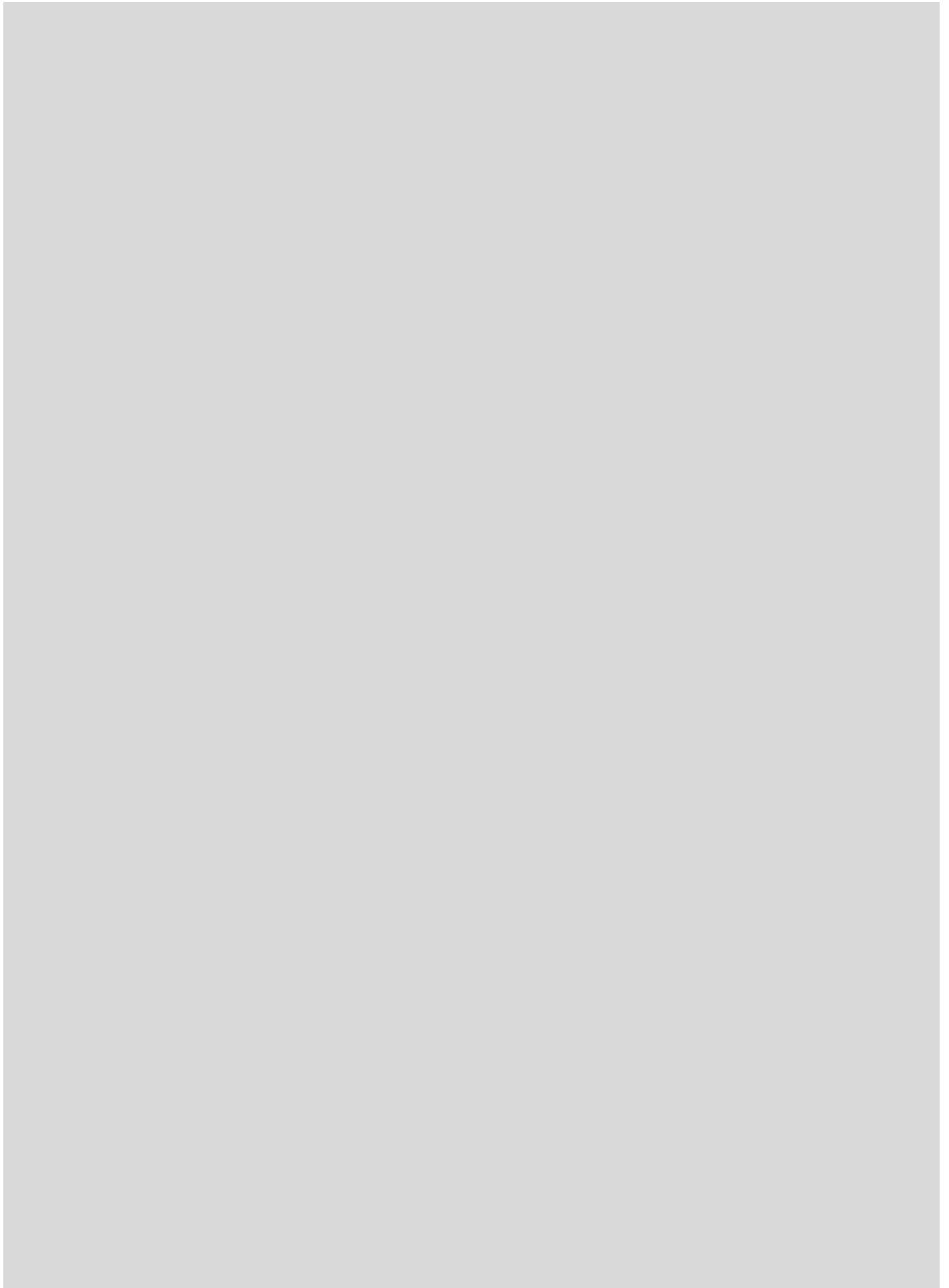
It can also help you by highlighting the small steps you need to take to create your ideal future.

It's important to ensure your vision is authentic. Focus on tuning into your real desires, not just what you think is expected of you or what you think you should want.

When you have a fairly clear visualisation, write down the details of your image and be as specific as possible.

Don't worry about grammar or spelling and write continuously for 10 minutes.

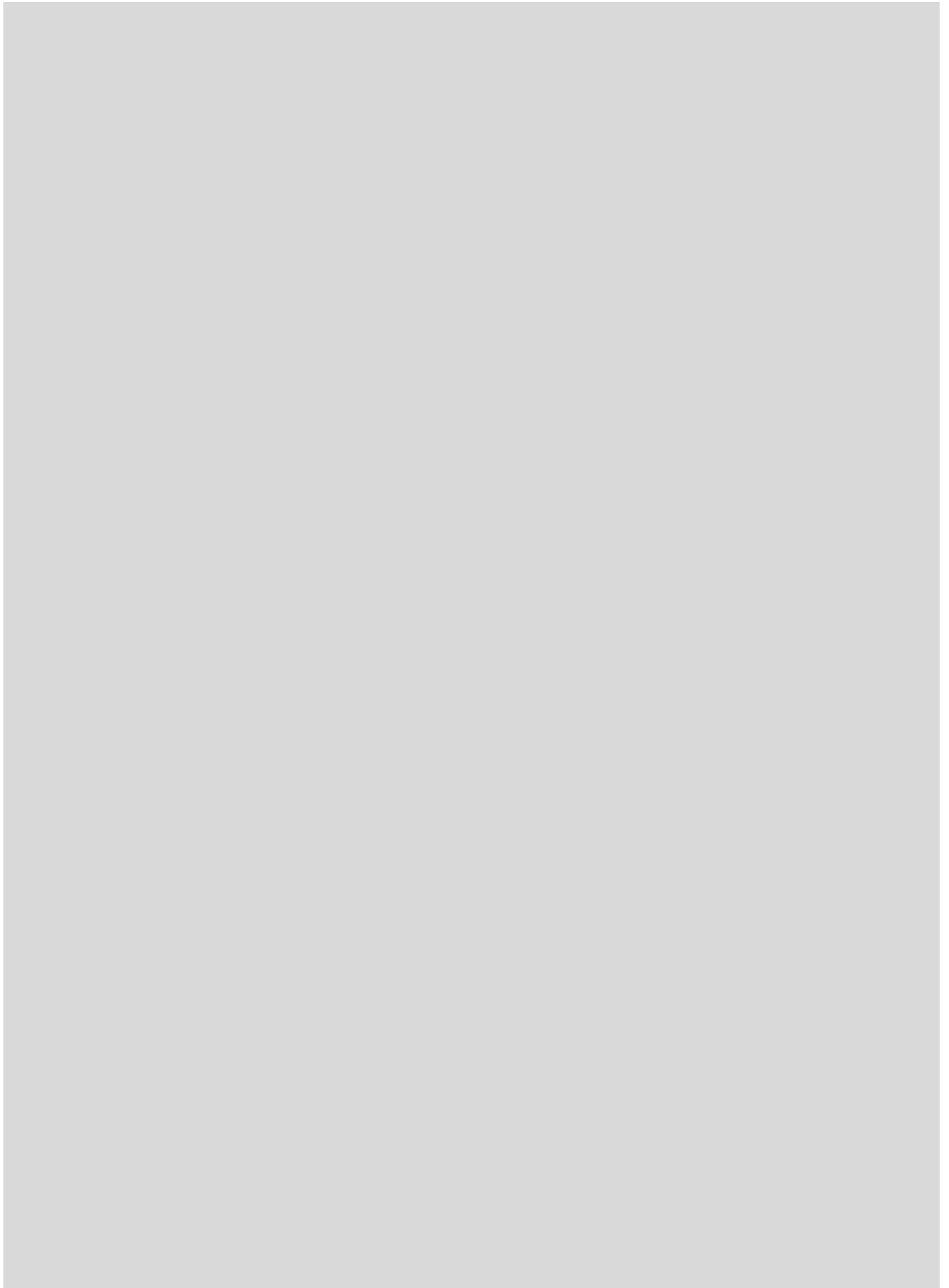
WEEK ONE



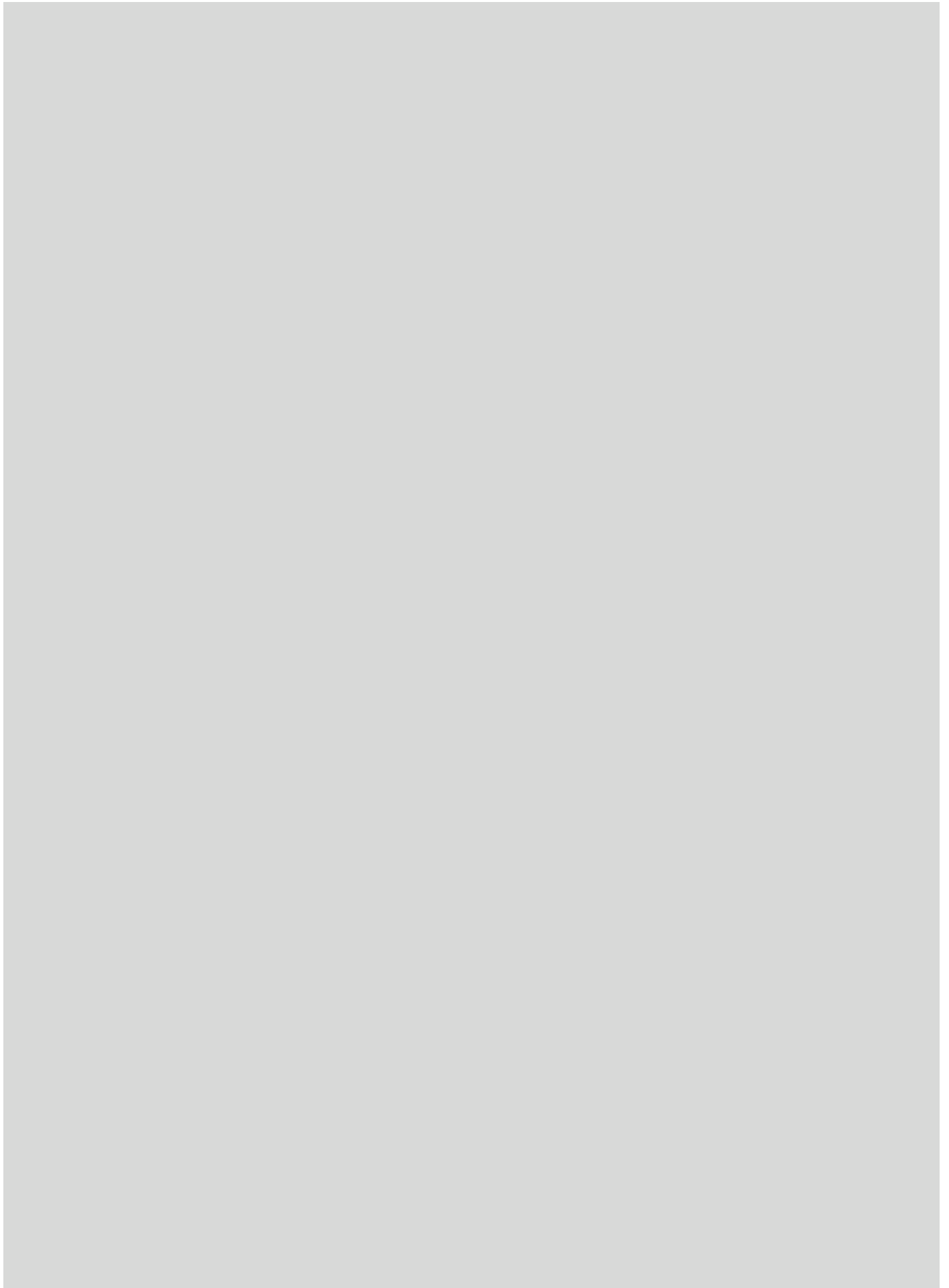
WEEK TWO



WEEK THREE



WEEK FOUR



REFERENCES

Layous, K., Nelson, S. K., & Lyubomirsky, S. (2013). What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves. *Journal of Happiness Studies*, 14(2), 635-654.

Carrillo, A., Rubio-Aparicio, M., Molinari, G., Enrique, Á., Sánchez-Meca, J., & Baños, R. M. (2019). Effects of the Best Possible Self intervention: A systematic review and meta-analysis. *PloS one*, 14(9).