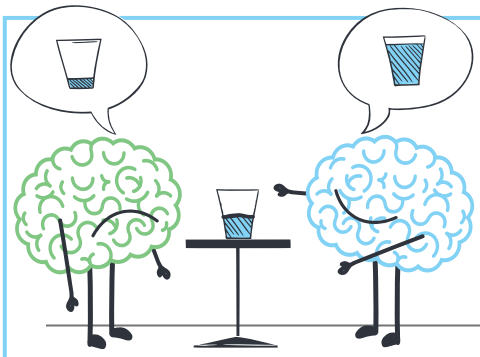

# BEST POSSIBLE SELF EXERCISE

## HOW TO INCREASE YOUR OPTIMISM

Did you know that optimists have better heart health and live longer?
AND that there is a proven way to increase your optimism?

Try an exercise called "Best Possible Self" (BPS). Pick one dimension of your life to consider (relationship, professional, health, etc.), and imagine that everything has gone as well as it possibly could. Bring to mind the best possible, attainable future (so most of us can skip the visualization of NBA player or famous actor).

Imagine your bright future in as much detail as possible. Pick a time frame first. Is this 6 months from now or 10 years from now? Who is involved? What are you doing? Where are you? Focus on how it feels to be in this ideal scenario. Let it all sink in. Then spend 5 minutes writing down the description of your future self. This is just for you, so don't worry about neatness, spelling or grammar.

Repeating the BPS exercise daily, for two weeks, has been scientifically validated to increase optimism. You can pull out your notes to visualize the same scenario again, or you can print out a fresh worksheet and try a new prompt.

Now let's fill that glass half full...

## PUT INTO PRACTICE

**PICK ONE PROMPT:**

(Another day you can try a different prompt. Just work on one at a time.)

**What is your best possible family life? What is your best possible job or career?**
**What is your best possible physical and mental health? What is your best possible romantic life?**
**What is your best possible social life? What are the best, possible interests, skills, activities or hobbies you have?**

Use the back of this sheet to continue writing.