

superlife best possible self™

- Take five-ten minutes to imagine a brighter future in which you are your best self and your circumstances change just enough to make this best possible life happen
- Think about and describe this life, in as much detail as possible, and in the following, specific life domains – physical health, mental health, spirituality, relationships, living circumstances & the world more generally
- Reflect upon what attributes and talents you're displaying in this best life and which ones you used to bring this about

MY BRIGHTER FUTURE:

MY BEST POSSIBLE SELF:

PHYSICAL HEALTH:

MENTAL HEALTH:

SPIRITUALITY:

RELATIONSHIPS:

LIVING CIRCUMSTANCES:

THE WORLD:

THE ATTRIBUTES & TALENTS I'M USING TO MAKE THIS POSSIBLE:

