

Best Possible Self Worksheet

Name: Lucas Green

Age: 28

Date: Jan 11, 2024

Envisioning Your Best Possible Self

Describe your life in the future where everything has gone as well as it possibly could. Imagine that you have worked hard and accomplished all your goals.

I am living in a cozy, modern house by the beach, successfully running my own graphic design firm. I travel frequently for both work and pleasure, experiencing new cultures and adventures.

What personal goals have you achieved in this scenario?

I've achieved a balanced lifestyle, bought my own property in a great location, maintaining strong relationships with family and friends, and I'm actively involved in community projects. I've also completed a marathon, a goal I've had for years.

What professional accomplishments have you attained?

I have built a reputable and creatively fulfilling design firm, known for its innovation and social responsibility. I've won several prestigious awards in the design community.

Describe your relationships and social life in the best possible future.

I have a loving partner and a close-knit group of friends. We gather regularly for social events and support each other's personal and professional endeavors.

How do you take care of your physical and mental health in this scenario?

I maintain a regular exercise routine, practice mindfulness and meditation, and regularly consult with a life coach for personal development.

Steps to Achieve Your Best Possible Self

Identify the steps you need to take to make this vision a reality. Start with small, achievable goals.

Begin by enhancing my design skills through advanced courses, and start networking to build contacts for my future business

What skills or knowledge do you need to acquire?

Business management skills, more networking skills, and advanced design software knowledge.

Are there any obstacles or challenges you might face? How can you overcome them?

Time management might be a challenge. I plan to overcome this by creating a structured schedule and prioritizing tasks effectively.

Who can support you in this journey?

My mentor in the design industry, close friends, and family members.

Reflecting on Your Best Possible Self

How does envisioning your best possible self make you feel?

It makes me feel inspired and optimistic about the future.

What insights have you gained about your values and priorities?

I've realized that creativity, relationships, and personal growth are my top priorities.

How can you integrate these insights into your daily life starting today?

By allocating time each day to work on personal development, nurturing relationships, and creative projects.

Write any additional notes here.

I feel more motivated and have a clearer vision for my future after completing this exercise.

Life Coach's Observations and Details

Observations and recommendations

Lucas has a clear and detailed vision for his future, which reflects his values and goals. He demonstrates a strong understanding of the steps needed to achieve his best self. Recommended focusing on time management skills and seeking regular mentorship to support his professional development.

Name of Life Coach and Signature:

Karen Miller

Name of Practice:

Aspire Growth Coaching