

Best Possible Self Worksheet

Name:

Age:

Date:

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.

What personal goals have you achieved in this scenario?

What professional accomplishments have you attained?

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

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

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.

What skills or knowledge do you need to acquire?

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

Who can support you in this journey?

Reflecting on Your Best Possible Self

How does envisioning your best possible self make you feel?

What insights have you gained about your values and priorities?

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

Write any additional notes here.

Life Coach's Observations and Details

Observations and recommendations

Name of Life Coach and Signature:

Name of Practice: