



# HOPE

## Positive Psychology Activity

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# Best Possible Self Activity



The background of the slide is white and is decorated with several colorful crayons. At the top left, there is a yellow crayon. At the top right, there is a purple crayon. On the left side, there is an orange crayon. On the right side, there is a green crayon. At the bottom left, there is a red crayon. At the bottom right, there is a blue crayon. The title 'Objectives for Today' is written in a large, orange, sans-serif font in the upper center of the slide.

# Objectives for Today


By the end of the activity, you will be able to

1. visualize yourself achieving a key goal that you set; and
2. describe the benefits of focusing on positive aspects of achieving your goal

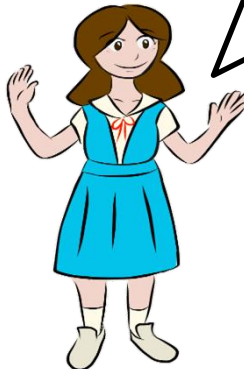
# Best Possible Self



# What are the potential benefits of visualizing best possible self?



Visualizing my “best possible self” made me more optimistic, confident, and less stressed. My school performance also improved.



Thinking that I have a lot of friends helped me to be more confident of myself, more motivated to go to school and feel less stressed.

# Example 1

## Best Possible Self



**My BIG goal:** To be a part of the school basketball team for this year's tournament

**I will feel** very accomplished and proud because I trained hard for the past 3 months and all my hard work paid off. I will invite my friends to watch my games. I can hear my friends cheering for me. I feel the adrenaline rushing in my brain as I dribble the ball ...



# Example 2

## Best Possible Self



absurd..vex..  
ennui..  
parody..

**My BIG goal:** To improve my vocabulary, I would like to learn 150 new words in one month.

**I will feel** more confident in speaking and writing. I will be able to write better compositions. I will be more comfortable in expressing myself. I will use the new words I learned when talking to my friends. I bet they will be surprised.

# YOUR BIG GOAL



Please write on page 1  
of your Activity  
Handout.



# Visualizing your Best Possible Self



# Visualizing Your Best Possible Self



1. Think about one BIG GOAL that is important to you right now. Imagine yourself completing this BIG GOAL. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded. How would you celebrate?
2. Imagine yourself at the moment when you have achieved your BIG GOAL. Focus on your positive feelings. Think about how hard you worked and the challenges you have overcome to achieve your special goal.

# Visualizing Your Best Possible Self

4. Appealing to the sense of sight: What clothes are you wearing? What do you see around you? What colours do you see? Who are the people near you? What things are present on your left? What are the things that you see on your right? What is in front of you?
5. Appealing to the sense of touch: Are you holding something? Is it a certificate, a medal or a trophy? How does it feel holding it? Is there anybody shaking your hand? Feel the air around you. Is the place warm or cold?
6. Appealing to the sense of smell: What do you smell at the place you are in right now? It can be a room, an auditorium, a stadium, a bakery, a dance hall, a sports court ...What is the smell that goes with the air? Do you smell the perfume or cologne of someone near you?
7. Continue to visualize your success moment. Use as many senses as possible. What else do you see....what else do you hear... what do you feel... what do you smell? Enjoy this moment when you have achieved what you have wanted so much. Please open your eyes and start drawing about your "best possible self".

# Best Possible Self Activity

1. Open your eyes.
2. Draw your "best possible self" as someone who has accomplished your BIG GOAL. (See page 2 of Activity Handout.)
3. Describe how you will feel when you achieve your BIG GOAL. (See page 3 of the Activity Handout.)



# Pair Sharing of Best Possible Self





# Post-activity Reflection

What did you feel while doing this activity? Please rate your feelings on page 3 of the Activity Handout.

Feelings	Very slightly or not at all	A little	Moderately	Quite a bit	Very Much
1. Excited	1	2	3	4	5
2. Afraid	1	2	3	4	5
3. Inspired	1	2	3	4	5
4. Enthusiastic	1	2	3	4	5
5. Determined	1	2	3	4	5
6. Upset	1	2	3	4	5
7. Alert	1	2	3	4	5
8. Nervous	1	2	3	4	5
9. Distressed (Stressed out)	1	2	3	4	5
10. Scared	1	2	3	4	5



# Post-activity Reflection

What do you think about yourself after doing this activity? Please rate each statement on page 3 of the Activity Handout.

Statements	Definitely false	Mostly false	Somewhat false	Somewhat true	Mostly true	Definitely true
1. Right now, I see myself as being pretty successful.	1	2	3	4	5	6
2. I can think of many ways to reach my current goals.	1	2	3	4	5	6
3. If I should find myself in a difficult situation, I could think of many ways to get out of it.	1	2	3	4	5	6
4. There are lots of ways around any problem that I am facing right now.	1	2	3	4	5	6
5. I will energetically pursue my current goals.	1	2	3	4	5	6
6. At this time, I think I can achieve the goals that I have set for myself.	1	2	3	4	5	6

A decorative border of colored crayons surrounds the central text. The crayons are yellow, purple, orange, green, red, and blue, arranged in a circular pattern around the text.

## Useful Tip

Each time when you feel unmotivated or discouraged, look at this drawing that you have made. Close your eyes and try to envision how you would feel six months from now when you actually succeeded at this goal and this can help you feel more motivated and better.