

**RENEE WELDE, M.S., LPC, BCC**

## **MY IDEAL SELF**

**We now know from a Positive Psychology perspective, that experiencing the power of positive thinking and writing about our feelings has numerous health benefits. Imagining your best possible self can increase life satisfaction and mental and emotional happiness. This exercise has the ability to keep you focused on your deepest goals and priorities in your life. As you imagine and write about your best possible selves, it gives you an opportunity to understand your motives and further enhances self-regulation. Imagining success at achieving your life goals increases psychological well-being, improves performance and sustains your happiness levels.**

Begin by finding a quiet place to write. You will be writing for the next 20 minutes.

Now, Close your eyes and take a deep breath. Hold your breath for as long as you can and then exhale. Repeat 2 more times.

“Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. , Now write about what you imagined.” Dr. Laura King

Write this exercise for 20 minutes a day for the next 3 days.

**NOW GO ONE STEP FURTHER. GET A HIGHLIGHTER AND HIGHLIGHT THE BEST OF THE PAST 3 DAYS. WRITE IT DOWN ON 1 SHEET. EVERY MORNING BEFORE YOU DO ANYTHING ELSE, RECITE OUT LOUD YOUR IDEAL SELF AND THEN GO ABOUT YOUR DAY. WATCH WHAT HAPPENS! LET THE MAGIC BEGIN!**