
BEST POSSIBLE SELF



Objectives

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

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

Part I. My Best Possible Self

1. State your big goal.

Big Goal: _____

2. Draw your "best possible self" as someone who has accomplished your Big Goal.

Part II. Post-activity Reflection

1. What did you feel while doing this activity? Please circle your responses.

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

2. What do you think about yourself after doing this activity? Please circle your responses.

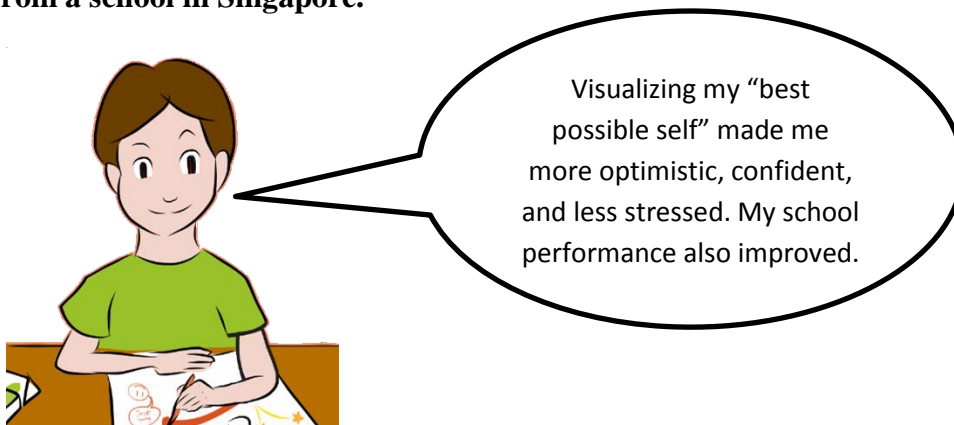
Statements	Definitely false	Mostly false	Somewhat false	Somewhat true	Mostly true	Definitely true
1. Right now, I see myself as being pretty successful.	1	2	3	4	5	6
2. I can think of many ways to reach my current goals.	1	2	3	4	5	6
3. If I should find myself in a difficult situation, I could think of 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

Annex

Benefits of Goal-oriented Visualization

Please read this excerpt from a follow-up done with two students who participated in an NIE study involving visualization of their “best possible self” last year.

“When I started participating in this NIE study, I thought that I am unable to achieve my future goals to get high marks in Maths (subject in which I am weakest). By thinking about my best possible self—as someone who has received A+ in Math-- I realized how it feels like to succeed. I have also learnt that doing visualization exercises and working towards my goals is more likely to produce better results than just working towards my goals. After doing five-minute visualization exercises every day for 2 weeks, I felt more confident of myself, less stressed out and more optimistic about the future. I also worked harder to pursue my goals. My performance in school has also improved!”—**Matthew (not his real name), a Secondary Three student from a school in Singapore.**



“Making friends has always been my problem. When I had to imagine my best possible self—as someone surrounded by many caring and loving friends-- I realized that I had not really been making an effort to talk to or reach out to other students in this school. I had been so focused on keeping in touch with my old friends that I hadn’t tried to build strong friendships here. Realizing this, I set a small goal of joining the school’s Drama Club. Through that, I got to know some sweet and talented girls who became my close friends. I became more confident of myself, more motivated in attending school. I also feel that my school life is less stressful.”—**Atiqah (not her real name), a Secondary Two student from a school in Singapore.**

