

Best Possible Self Exercise

The Best Possible Self (BPS) exercise for career exploration involves a 10-15 minute writing activity where you imagine and write in detail about your ideal future career and life, focusing on what it looks like, feels like, and what activities you are engaged in. This exercise aims to boost optimism and motivation by creating a clear vision of your aspirations and helps identify specific actions and skills needed to reach that future.

Steps for the Best Possible Self Career Exercise

1. 1. Set a Time

Set a timer for 10 to 15 minutes to dedicate to this activity.

2. 2. Choose a Future Date

Pick a date in the future (e.g., 6 months, 1 year, or 5 years from now) to focus on.

3. 3. Imagine Your Best Future

Envision a life where everything has turned out as well as it possibly could, particularly in terms of your career.

4. 4. Write in Detail

Write continuously about this ideal future. Be as specific as possible about:

- What your work involves.
- Who you work with.
- Where you work.
- How you spend your time outside of work.
- What feelings (joy, fulfillment) you experience.

5. 5. Reflect on Emotions

Pay attention to the emotions that arise as you envision this future, such as satisfaction and happiness.

Benefits of the Exercise

- **Increased Optimism:**

Fosters a more positive outlook on the future and a belief in the possibility of change.

- **Motivation and Goal Setting:**



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Potential Realised.

Helps establish a powerful vision for the future, creating momentum and motivation to achieve goals.

- **Enhanced Well-being:**

Proven to increase well-being and positive emotions in participants.

- **Goal Clarity:**

Increases clarity about future goals and the specific paths needed to achieve them.

- **Career Guidance:**

Can help identify key strengths, skills, and traits that are important for your ideal career path.