

Looking Back

When we look back at our lives, it's easy to gloss over all the things that have gone well. It's natural for many of us to downplay our accomplishments, and instead focus on mistakes. In this exercise, you will be asked to look back, with a focus on all the things that went right.

Choose a timeframe to reflect on. For example, use a time period (e.g. "past year"), or a life event (e.g. "since starting my new job").

Timeframe:

List your accomplishments from this timeframe, even if they seem minor.

Describe a great day from this timeframe. What made this day special?

How have you grown, or what lessons did you learn, during this timeframe?

What are you grateful for from this timeframe? Try to list at least three examples.

What was a challenge that you overcame during this timeframe?

Looking Forward

There's evidence that imagining our "best possible self" can help to improve optimism, and motivation for change. In this exercise, you'll be asked to look forward, and imagine an ideal future for yourself.

Choose a timeframe to think about. For example, use a time period (e.g. "next month"), or a life event (e.g. "during college").

Timeframe:

What would you like to achieve during this timeframe?

What are you looking forward to during this timeframe? Try to list at least three examples.

What relationships would you like to strengthen during this timeframe?

What can you do to help others during this timeframe?

Ideally, how will your life be different at the end of this timeframe? Give specifics.