**Best Possible Self in the Future**

*Directions: Think about your life in the future. Take a few minutes to imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your goals. Draw a picture or write about what you’ve imagined in the space below.*

***Steps I will take to achieve my goals to become my best possible self in the future:***

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*\*\*Homework assignment: Continue to write or draw about your best possible self in the future. Review your picture or story each night and add new thoughts or ideas. You can also make changes to what you have already drawn or written. Continue to think and write about ways you can achieve the goals you imagine for your future.*