

Best Possible Self (BPS) Intervention



The **BPS Intervention** has been empirically studied with a variety of populations and has produced short- and long-term increases in optimistic dispositions.

It is a fairly simple exercise that, repeated weekly for six weeks (or longer) can lead to greater **optimism** (Greater Good in Action, UC Berkeley, n.d.).

3 Easy Steps

1

Think about the areas in your life in which you have worked hard and succeeded in accomplishing life goals. Think of this as reaching your full potential - setting and reaching a realistic goal(s) - something that is attainable, positive, and within reason. Sit with that feeling of accomplishment.

2

Think about a future time period (6 months, 1 year, 5 years from now) and imagine yourself in that time. Visualize your best possible self during that time. Use a wellness wheel to focus on one area in your life.

3

Write about your **realistic** best possible **future** self. Think about the steps you need to get there, and how you would feel making positive progress. Be descriptive and imaginative.

Some people prefer to do this exercise each week with a different life domain in focus. For example, week 1 may be related to career, week 2 to family, week 3 to health, etc. During the well-being program, we will be exploring a different life domain each week.

Consider returning to your “wheel of life” to think about areas you want to improve.

