



Best Possible Self

Writing Activity

The emotional learning of military students is crucial to their wellbeing. The Best Possible Self (BPS) writing activity increases emotional intelligence by raising self-awareness (positive self-identity) and encouraging self-actualization (realizing self-potential). The effectiveness of this activity is backed by research, showing that BPS can boost positive mood, optimism, and positive affectivity!



Instructions:



This writing activity invites military children (and adults) to imagine the best version of themselves in a future time. Pick a time from now: 1 year, 5 years, 10 years, etc. Tell them to imagine their skills, talents, personality, hobbies, achievements, relationships, school, career, or health at that time. What strengths grew over time?



Invite your military child to write their best future self in as much detail as possible. Let them write 10-15 minutes. See questions you can ask them on the following page. You can also create your own.



You can also invite your military child to draw the best version of themselves.



Repeat this activity at least three more times: each day of the week or once a week.



Best Possible Self



Pick a time in the future: 1 year, 5 years, 10 years, 20 years, 50 years, even 100!

Imagine the best future version of yourself. Think about your skills, talents, personality, hobbies, achievements, relationships, school, career, or health. What strengths grew over time? Write or draw for about 10- 15 minutes.

Repeat this activity at least three more times this week!



_____ years from now. Draw future YOU here:



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