



Best Possible Selves

Envision and create a life beyond the extraordinary.

The Science and Theory



Visualizing the best of who we can be is not wishful thinking. When we think of our best possible selves, we become more optimistic, feel more positive emotions, and experience enhanced well-being. Reflecting on the best possible outcomes and then acting on them motivates us to be a better version of ourselves. Grounded in hope theory, this module guides you through the best possible selves exercise.

The Practice



In this session, you will learn:

- How to apply hopeful thinking to create desired futures
- Approaches to ground positive visualizations
- Ways to use your best qualities and create your best possible self

The Module



This 2-hour course introduces you to the skill of hope and ways to visualize your best possible self:

Part 1: The will and the way to hope

Part 2: Best possible selves

Part 3: Envisioning and acting to meet your aspirational goals

Complementary Modules



This 2-hour module pairs well with:

- Module 2: Authentic Happiness
- Module 9: Life and Career Crafting

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email eugene@emotivity.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/you-at-your-best>

References



- Alarcon, G. M., Bowling, N. A., & Khazon, S. (2013). Great expectations: A meta-analytic examination of optimism and hope. *Personality and Individual Differences, 54*(7), 821-827.
- Carrillo, A., Rubio-Aparicio, M., Molinari, G., Enrique, A., Sanchez-Meca, J., & Banos, R. M. (2019). Effects of the best possible self intervention: A systematic review and meta-analysis. *PLoS One, 14*(9), e0222386.
- Loveday, P. M., Lovell, G. P., & Jones, C. M. (2018). The best possible selves intervention: A review of the literature to evaluate efficacy and guide future research. *Journal of Happiness Studies, 19*, 607-628.