

If Therapy Works...

Visualizing Your Future Self

1. Picture Your Best Self

Imagine your life in 6 months to 1 year if therapy really helps you.

Describe your ideal day. What are you doing, thinking, or feeling?

2. How Would Life Look Different?

How would your daily routine change?

What would your relationships look like?

How would your emotions or thoughts be different?

What would others notice about you?

3. What Would You Be Proud Of?

Think about the progress you hope to make.

What accomplishments would you be proud to tell someone about?

4. What Do You Want to Let Go Of?

Are there habits, thoughts, or feelings you hope to release through therapy?

I want to let go of:

These no longer serve me because:

5. Visualize Your Change

Use the space below to draw, list, or create a vision board of your future self.
