

The Possible Selves Exercise

The Possible Selves activity is a tool to explore areas of interest or passion you might uncover and explore, informing your job search and how you spend time and energy.

- Find a quiet and comfortable space where you can focus without distractions.
- Have a pen and paper or a blank document on your computer ready to record your thoughts.
- Set aside around 20-30 minutes for this exercise.

DIRECTIONS

Close your eyes and imagine different future versions of yourself. Reflect on these prompts to begin:

- If I had a magic wand, the thing I'd ideally do is...
- What's one thing I would do if money or time were no object?
- One thing that probably won't work is...but if it did...
- Consider personal, professional, or social roles that resonate with you. Reflect on the following questions and write down your thoughts:
 - What roles or identities would bring me fulfillment and happiness?
 - Are there any passions or interests I would like to explore in these roles?
 - How would these roles contribute to my personal growth and make a positive impact?
- Visualize various possibilities and potential paths your life could take. Consider different time frames, such as 1 year, 5 years, or 10 years into the future. For each future self, ask yourself the following questions and record your responses:
 - Who do I want to become in this future self?
 - What qualities, skills, or achievements would define this version of myself?
 - What aspects of my life would be different from my current self in this future self?
 - How does this future self align with my values, passions, and aspirations?
- Review the future selves and roles you've envisioned. Identify 4 to 5 'Possible Selves.' Name each and detail what's interesting/energizing about them. Notice when you start to censor or talk yourself out of one. If you can, identify how you might experiment with 'trying on that self.'

REFLECTION

- What comes up for you after doing this exercise?
- How might you begin to explore one or more of these possible selves?
- What, if anything, may need to shift in order for you to experiment with these ideas?