OHIO UNIVERSITY

# *Best Possible Self*

1. **Write a description of your *best possible self* 10 years from now.**

2. **Identify goals for the next year that will help you to move toward your *best possible self*.**

3. **What can you do in college to move toward this *best possible self*?**
   **What might stand in the way of moving toward the *best possible self*?**
   **How might you overcome these potential barriers?**