Considering Your Possible Selves

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UNVEILING YOUR BEST SELF
YES YOU CAN, YES YOU WILL
Your Possible Selves are the Key to Your Future

- POSSIBLE SELVES: the selves we imagine ourselves becoming in the future.
  
  - I hope to become a college graduate, employed full time, married, a parent, a world traveler, and a community leader.

  - I fear that I may become a parent too early, a college dropout, unemployed, or unsuccessful.
Imagining your “hoped for” possible selves

- Ask yourself:

- What are my top 2 possible selves that I hope to become by the time I’m 25 years old?
Strategies

- Now ask yourself:
  - What are my specific strategies for moving closer to these possible selves?
  - What am I doing “right now” to put myself on the right path toward my possible selves?
Your Support Network

- Who are the people in my life who can help me move toward my possible selves?
Overcoming Obstacles

- What are the obstacles I am facing (or may face) that could get me off track?

- How can I deal with those obstacles so that they don’t get in the way of reaching my possible selves?
Visualizing Your Possible Selves

POSSIBLE SELVES TREE
Research Findings

- Possible selves:
  - Guide good decision making.
  - Motivate important education-related behaviors (school persistence and academic achievement).
  - Facilitate career development and achievement.
  - Are associated with avoidance of delinquency, and lower levels of cigarette and alcohol use.
Research Findings (contd.)

- Possible selves:
  - Can help change a negative life path to a positive one.
  - Promote positive mental health among adolescent mothers.
  - Support school adjustment when making the transition to a new grade or a new school.
  - Enhance self-esteem when adolescents believe hoped for selves are attainable.
Strengthening Possible Selves

- **Visualize** yourselves as successful adults through attaining your (academic) goals for next year, as well as for the future.
- **Create timelines** to make possible selves (especially academic) more real.
- **Engage in solving everyday problems** (especially academic ones).
- **Develop real plans and strategies** for attaining possible selves; also identify obstacles and ways to overcome them.
- **Identify and use role models** and supports in your life.
Unveiling Your Best Self
Yes You Can, Yes You Will