

# Bright Spots Worksheet



1. Copy Success. Find a Bright Spot and clone it.

What's working right now? List some things you're doing right:

*example: I'm eating more fruit and vegetables.*

a)

b)

c)

d)

How do you feel when you're doing those things?

*Example: I have fewer mood swings. I don't feel as tired. I have more energy. My skin is better. My digestion is smoother. I have less anxiety.*

a)

b)

c)

d)

2. Clone the behaviours that are working to deliver the same benefits. What could you do, specifically, that would make you feel the same way?

*Example: exercising would give me more energy and less anxiety.*

a)

b)

c)

d)

3. Take action accordingly. How will you know when the process is starting to work? How will you feel? What's the FIRST SIGN you'll have?

*Example: I'll know that my plan is working because I'll wake up more easily in the morning. I'll know that it's working when I'm less stressed at work.*

a)

b)

c)

d)

Congratulations! You've identified some Bright Spots. Those are your first goals; your first milestones on the journey toward long-lasting change!

Need some help? Catalyst is here for you. Our name MEANS 'change.' 256-1344.