

BRIGHT SPOTS

Name _____ Date _____

Bright spots

Bright spots are successful experiences, no matter how small. Sometimes it's easy to overlook a small success and focus on the negative parts of a situation. However, even if a situation is 95% bad, there's still 5% that's positive! By teaching yourself to see and understand what's working well, you can repeat it. By making small changes, you'll be on your way to positive change!

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Think about something that's challenging for you (e.g., eating healthy foods, turning in homework every day). Now, think about one time you've done well with this challenge. Replay the scene where things were working. What was happening? How did you behave? Why did things go well? Picture the details. Since you've done it once, you know you can do it, and you can do it again. Regardless of how "big" or "small" your bright spot seems—every bright spot is the beginning for improvement!

Directions: Fill in the blank with your life area and then answer the two questions.

1a) What's working well _____ (at home, school, with friends, living out values)?

1b) How can I repeat these successes?

2a) What's working well _____ (at home, school, with friends, living out values)?

2b) How can I repeat these successes?
