

# Bright Spots Tracker

NAME

DATE

## Instructions:

**Record all the moments where things went well, even just a little bit.** All wins count, no matter how small.

**Look for what's working and consider how you can do more of that.** The more solutions you look for, the more you will find. In particular, look for triggers and reminders that can help you remember what to do before you do it.

**Remember that we are training your brain to look for success!** Celebrate each bright spot so that your brain learns that these new behaviors feel good. Ignore mistakes where possible, unless they're actively causing damage or harm.

| DAY    | ACTIVITY<br>What were you doing?                                   | BRIGHT SPOT<br>What went well?                             | CONTRIBUTING FACTOR<br>What made that possible?                      | REPETITION<br>How could you do more of that?                 |
|--------|--|--|--|--|
| Monday | Went out to eat with my family to celebrate my sister's graduation | I opted for a double serving of broccoli instead of fries. | I looked at the menu in advance and planned what I was going to eat. | Now, when I go to eat, I always look at the menu in advance. |

Bright Spots Tracker (cont'd)

| <b>DAY</b> | <b>ACTIVITY</b><br>What were you doing? | <b>BRIGHT SPOT</b><br>What went well? | <b>CONTRIBUTING FACTOR</b><br>What made that possible? | <b>REPETITION</b><br>How could you do more of that? |
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