

LOOK FOR
BRIGHT SPOTS

HOW TO FIND LEGENDARY
POTENTIAL EVERYWHERE

AWARENESS IN ACTION

A PUBLICATION OF
 **Be LEGENDARY**

Building a Legendary World

Table of Contents



*Awareness
in Action*

*Beliefs
in Action*

*Courage
in Action*

LOOK FOR BRIGHT SPOTS:
How TO FIND LEGENDARY POTENTIAL EVERYWHERE



I. Bright Spots - How to Find Legendary Potential Everywhere

2. Optimize the Environment

3. Find the Feeling

4. Take One Step

5. Grow Your People

6. Build Powerful Habits

7. Script the Moves

8. Point to the Destination

9. Rally the Herd



WHAT ARE YOU SEARCHING FOR?

Keep it simple.
Keep it positive.

Darkness can be found
everywhere you look

Bright Spots too.
How many Bright Spots can you
find in the background image?

Did you consider the blue sky?

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Let's Learn to Bowl!

New bowlers were videotaped while learning to bowl.
Afterward, they were broken into three groups:

Group #1

Shown video with no further instruction (the 'Control' group).

Group #2

Shown video and told what not to do, what to correct.

Group #3

Shown video and told what they did right, what they did well (the Bright Spots).

All three groups improved.

Which improved the least? The control group.

Which improved the most? Group #3. Average score of individuals improved over 300% more than Group #1 and 180% over Group #2.

Focusing on 'Bright Spots' increases overall awareness of how positive the world is in general. Yet this is not a popular lens—we LOVE to be negative and look down on do-gooders who wear rose-colored glasses.

Who do you think is happier?

Results!

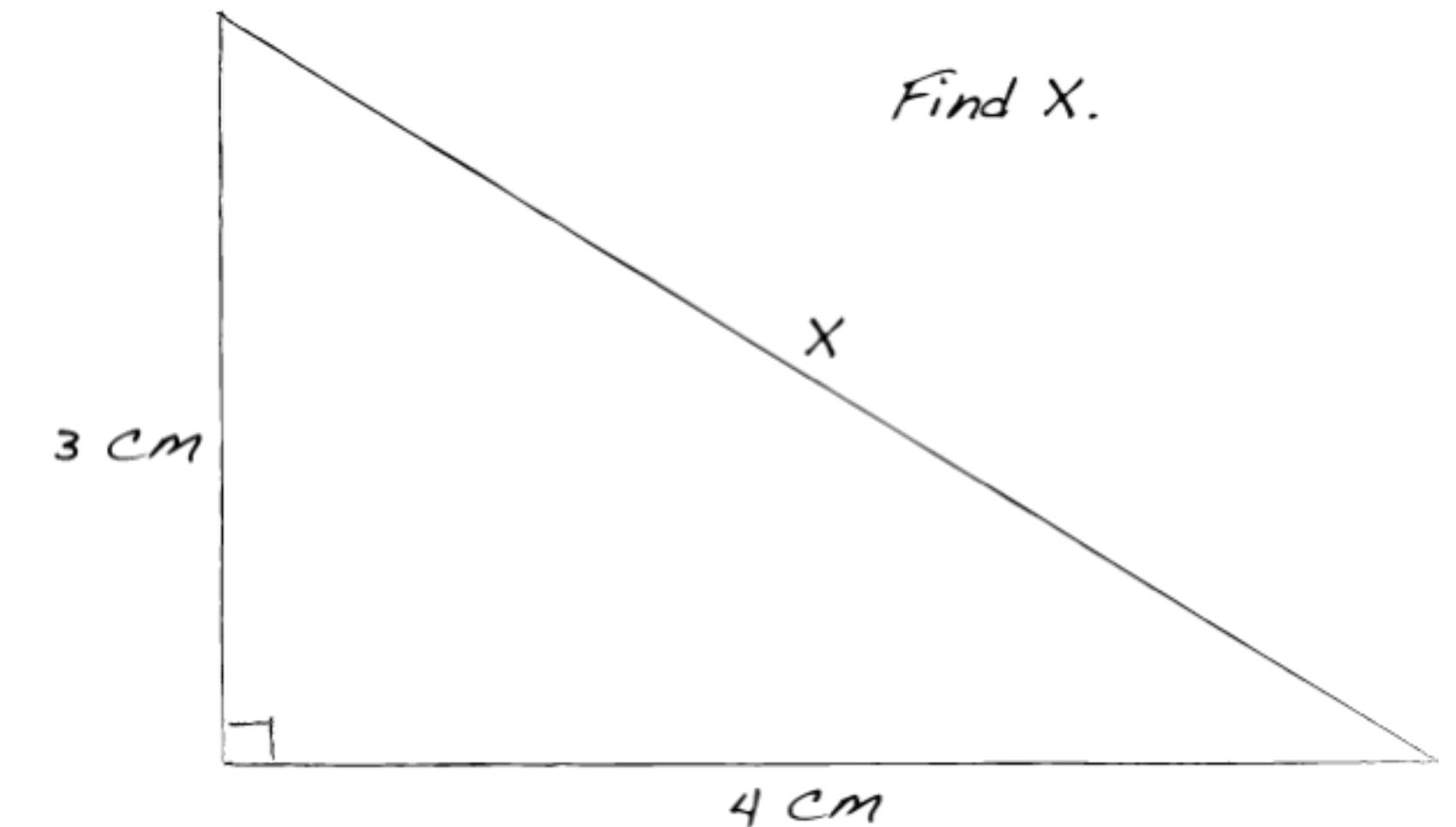


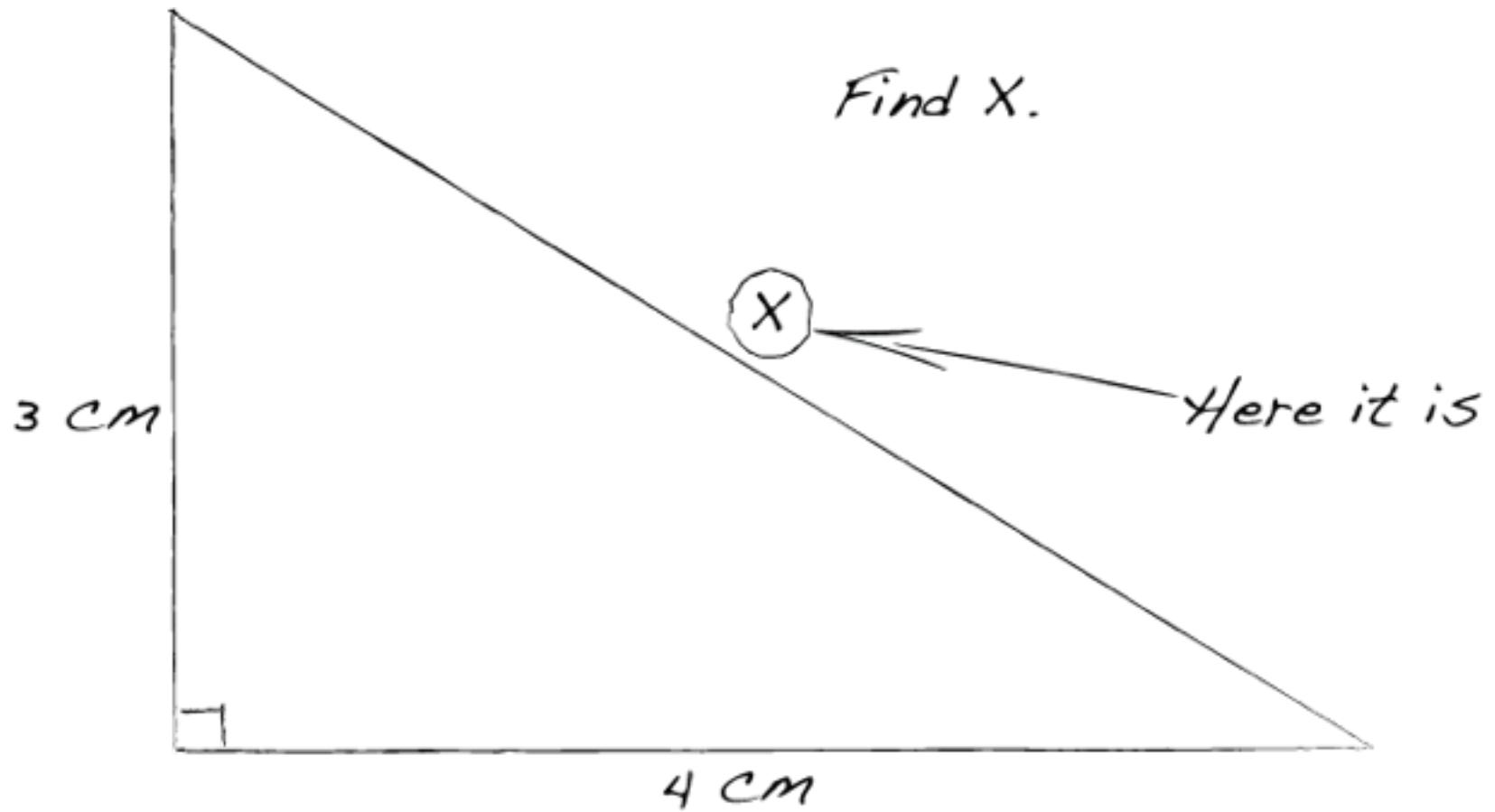
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Find 'X'

Make sure you find it *BEFORE*
you move on.





The Connection

We have been trained from a young age to think and feel a certain way. Most adults try to solve for 'X'. Children would look at you as if you are crazy, then just point: "X is right there."

To see bright spots and expand your awareness, you MUST begin to see, think, say and feel things differently. Simpler. With a focus on what you WANT, not what you don't want.

Find 'X'. Find the simple, small bright spots and clone them.

What do you want, what is working and how can you do more of it?

Focus on THAT and 'X' will appear as if from out of thin air.

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Bright Spot Story

Find 'X'
- the bright
spot

Last year was my 10th wedding anniversary. I forgot it...

I spoke with my wife several times throughout the day, and she asked me several questions:

“Would you like to go to lunch and spend time together?” I am too busy.

“Would you like to go out to dinner?” No, not really.

“Would you like to do something else tonight?” No, I am tired.

At 11:00 PM as we are going to bed she gives me a card and says, “Happy Anniversary”, then hugs me.

I apologized profusely and she would not accept.

“You remembered 9 years in a row. That is a GREAT run. Let’s enjoy the last hour together.”

Would YOU see this bright spot?



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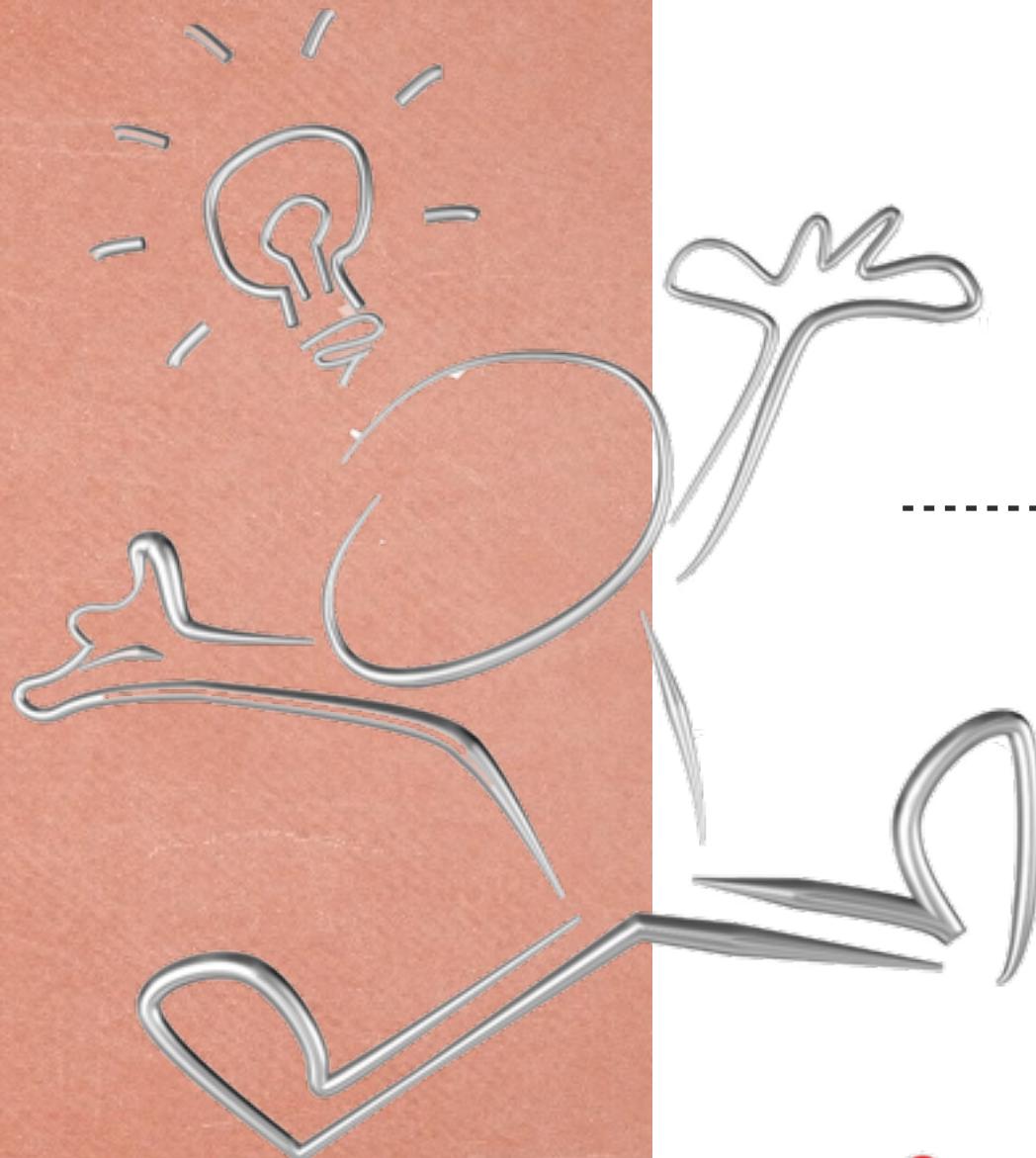


Watch a Video
from Dan Heath
about finding
Bright Spots

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Problem Solved!



IMAGINE

You wake up tomorrow.
Your **BIGGEST** problem
is solved.

What would be the first sign your problem
was solved?

What would be the **SMALLEST** sign your
problem was solved?

When was the last time you
saw one of those signs?

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The .1% Miracle

1,440 Minutes per day
 $0.1\% = 90 \text{ Seconds}$

How can you find the Bright Spots in your Life?

Find a simple journal and log as many positive actions as you can in 90 seconds.

You are more amazing than you know!

Discover that for yourself in just 90 seconds per day.



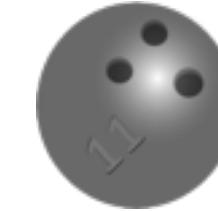
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Bowling

How are you assessing progress and are you focusing on what is working? p.4



TOOLS to Help



Dan Heath

How are you assessing progress and are you focusing on what is working? p.8

Journaling

If I could GUARANTEE you would see more legendary potential in 90 seconds, would you do it? p.10

0.1%



Problem Solved

You wake up tomorrow and your biggest problem is solved, what would you notice first? p.9

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The Be Legendary Mindset model of Awareness, Beliefs and Courage is part of the operating system of Natural Leaders.

This model aligns with the principles in Dan and Chip Heath's **Switch: How to Change Things When Change Is Hard** (Crown Business, 2010).

We highly recommend *Switch* for anyone interested in creating lasting change.

Liked what you read?
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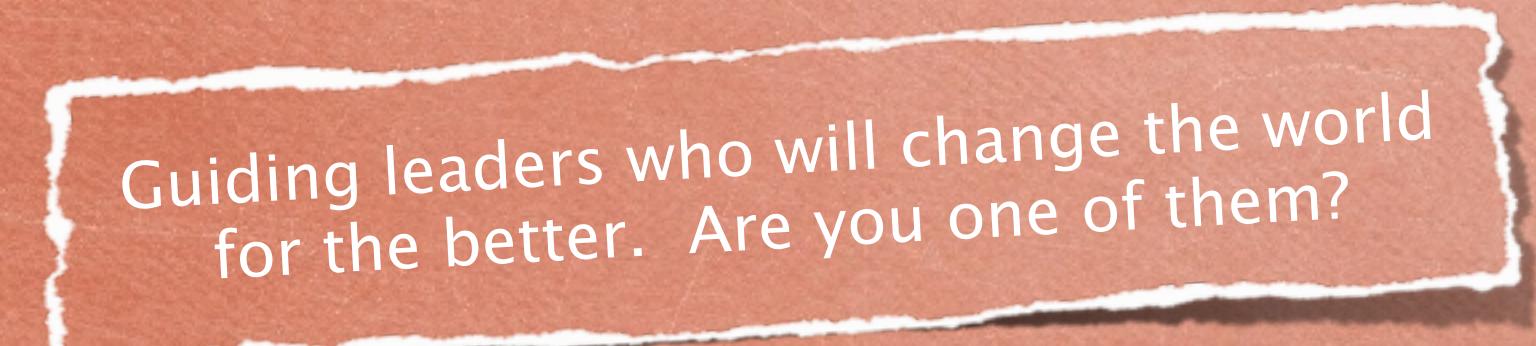
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Want more help on Finding the Bright Spots and creating positive behaviors in your workplace?



Contact Us!

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Guiding leaders who will change the world for the better. Are you one of them?

- The *Be Legendary Team*