

THE SPOTLIGHT PROCESS - KEY QUESTIONS:

I suggest you copy these questions into your journal to carry them around with you until the questions become part of your natural thought process.



1. Where is my thinking right now? (Past, Present or Future?)
2. What proportion of my thinking is negative?
3. How does it affect me when I focus on the negative?
4. Where is the evidence that what I think will happen will happen?
5. What do I want instead of thinking or feeling this way?
6. Coming from my heart instead of my head what would love do here?

- **Reflect on your learning's from using The Spotlight Process**
- **Where have your thoughts been most of the time?**

Past?

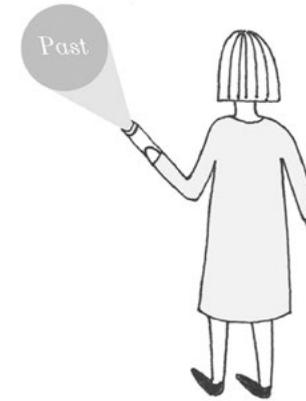
Present?

Future?

- **What do you want to move on from?**
- **Establish where you want to be in the future, what are your love and relationship goals?**
- **Consider the actions you will need to take to change your thinking**
- **What do you need to stop doing?**
- **What do you need to start doing?**
- **What do you need to do differently?**

When you are clear about where you have been spending your thought time and how this may be limiting you, the path ahead is brighter and more achievable, using this process will support you into brining your thoughts into balance and what you need to do to change them.

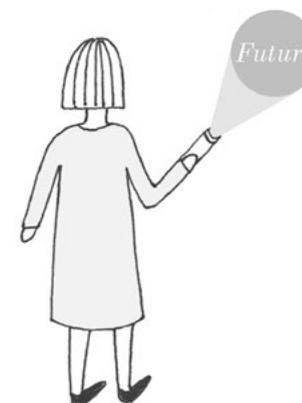
PAST – PRESENT – FUTURE - WHERE ARE YOU SHINING YOUR LIGHT?



- **Past:** If your light is always in the past, you cannot see the future.



- **Present:** If you're bogged down with current problems and that's all you're thinking about and focusing on, it's impossible to move on in the direction of your dreams and create the future you would like.



- **Future:** If you're worrying about the future and you don't take any action to achieve the things you'd like, you stay stuck where you are. When you shine your light in only one direction and thoughts are negative and limiting, it's impossible to see the light in other areas of your life.