

THE SOLUTION FOCUSED 3BS

BOOST

Best Hopes:

D1:

D2:

D3:

D = difference of best hope actualizing

P1:

P2:

P3:

P = people impacted by your best hopes

Mean to/about you:

BRIDGE

Q1:

Q2:

Q3:

Q = qualities you already possess for best hopes

P1:

P2:

P3:

P = people's favorite thing (quality) about you

Mean to/about you:

BREAK

N1:

N2:

N3:

N = noticing your best hopes in everyday spaces

P1:

P2:

P3:

P = people's noticing of your best hopes present

Mean to/about you:

THE SOLUTION FOCUSED 3BS

BOOST

Best Hopes: (example: "I want to be more confident...")

D1: "I'd enjoy my job"

D2: "I'd have peace"

D3: "I am fulfilling my purpose"

P1: "It would make a difference to my husband for me to enjoy my job more because he wouldn't worry."

P2: "My best friend would be impacted by me having peace, because they'd be happy to be around me more often."

P3: "It would make my mom so proud to see me fulfilling my purpose again."

Mean to/about you:

BRIDGE

Q1: Resilient

Q2: Committed

Q3: Good communication

P1: "Partner/Spouses favorite thing about you."

P2: "Best friends favorite thing about you."

P3: "Co-Workers favorite skill of yours..."

Mean to/about you:

BREAK

N1: "the first thing I'd notice if I woke up with more confidence is..."

N2: "the second thing I'd notice..."

N3: "The third thing I'd notice..."

P1: "First person to notice your best hopes present. What would they notice?"

P2: "Who else?"

P3: "Who else?"

Mean to/about you: