

## %sweet spot% Values UW Family Medicine Community Health Sweet Spot Dr Kristy Potter adapted from Wilso Values.

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Original URL: <https://tools.orientwatchusa.com/sweet-spot.pdf>

TheSweetSpotExercise adapted from Wilson 2008<sup>1</sup> Bring to mind a memory where you experienced some of the sweetness and richness of life. Re experience this memory using all of your senses. Make it vivid. Make room for all the sensations thoughts and emotions that arise these

Separate when the client links to the pain. This isnt about what they can cant do this is about what is important to them then we can brainstorm ways to tap in To help yourself or someone else develop a better sense of their values try the following six exercises. 1

THESWEETSPOTEXERCISE ADAPTED FROM WILSON 2008 [1] Bring to mind a memory where you experienced some of thesweetnessand richness of life. Re experience this memory using all of your senses. Make it vivid Yoursweetspotis found at the intersection of success and satisfaction

Think about those moments that were important to you

What others thought about the moment is not important right now.Sweetspotexperiences can come from all phases of life childhood adolescence college young adulthood etc In our latest white paper Threading theSweet Spot Icon Foods makes the case for a smarter target 45 grams of total sugar per serving

This range delivers the sensory cues consumers expect while still supporting reduced sugar or no added sugar claims when formulated strategically Practice Perfectly in TheSweetSpotIn Daniel Coyles TheSweetSpot he proudly proclaims that he has found the secret to oming talented

After arduous research in small out of the way places he den hotbeds described as tiny places that produce Everest size amounts of talent 1 Mr. Coyle InnovationSweetSpotby Jacob Goldenberg Roni Horowitz Amnon Levav and David Mazursky Most ideas for new products are either uninspired or impractical

A systematic process based on five innovation patterns can generate ideas that are both ingenious and viable.

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