

# THE PALE BLUE DOT PERSPECTIVE EXERCISE

APPENDIX  
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Our ability (and our team’s ability) to take “a step back” from the turmoil of a tough situation is essential in building optimism. Follow this simple perspective exercise and practice individually as well as a team.

ZOOMED IN	ZOOMED OUT	ZOOMED BACK IN
What are your thoughts and feelings in the face of this problem?	What are your thoughts and feelings when you attempt to look at the big picture?	What do you notice about the situation differently (if at all)?
Thoughts:	Thoughts:	Thoughts:

(Continued)

(Continued)

<b>ZOOMED IN</b>	<b>ZOOMED OUT</b>	<b>ZOOMED BACK IN</b>
Feelings:	Feelings:	Feelings: