

Paradigm Shift Exercise

Name Cedrick Fallings

Paradigm = A controlling perspective which allows one to perceive and understand reality.

Paradigm shift = The change of a controlling perspective and the perceptible result of that change so that one perceives and understands reality in a different way.

List some of your own personal paradigm shifts.

From	To	Type (Cognitive, Volitional, Experiential)
Employee	Business Owner	Cognitive
Baptist	Non-Denomination	Volitional
Divorced	Re-Married	Volitional
Living in household with my kids	Living in household without my kids	

Reflection All the shifts I listed above has affected my life tremendously over the past 5 years. They all caused me to view life, actions, decisions, relationships, finances, and religion totally different.