

### Paradigm Shift Exercise

Name Karen White

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.

<b>From</b>	<b>To</b>	<b>Type (Cognitive, Volitional, Experiential)</b>
Changing my thinking too much greater thinking.	Feeling very confident and reaching the goals that now. I am doing and accomplishing.	Experiential
Family Change	Standing in a different place not being afraid to say no when needed.	Cognitive
Standard walking for beyond the challenges and knowing failure is not an option.	Even in the reality what methods and what counts is to complete the with strong finish.	Cognitive
Discipline keeping and protecting what is such a priority to me.	Staying focus and keeping balance such as my studies which is very important to me.	Volitional
Behaviors are not acceptable and	A kind entrance in how you respond is a productive way to end in.	Volitional
Belief and believing is seeing that all things are possible	My most significance at this present time is to complete every milestone with perseverance and strive.	Experiential

Reflection \_\_\_\_\_

---

---

---