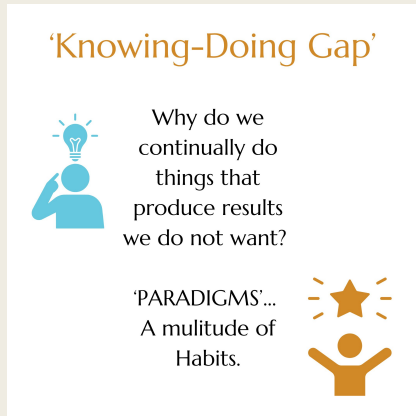


Paradigms Part 1: What Is a Paradigm?

The invisible program running your life.



◆ WHAT YOU NEED TO KNOW ◆

- ◆ A paradigm is all the information programmed into your subconscious mind — some from genetics at birth, the rest from your environment growing up.
- ◆ Your paradigm shapes your logic and your results. The way you behave comes from what's programmed inside you.
- ◆ Logic and paradigm together can put you in a box you can't see beyond — unless you use your imagination to look past it.
- ◆ Culture is really just a shared paradigm — a group habit expressed as a way of life.
- ◆ Paradigms can be positive or negative. If you keep getting the same negative results, the cause isn't your circumstances — **it's your paradigm.**
- ◆ Good news: your paradigm attracted your circumstances, which means you have the power to change it.
- ◆ Just knowing paradigms exist won't change anything by itself. You also have to learn how to alter them — that's what the rest of this course is for.
- ◆ Feel how hard it is to write your goal using your opposite hand. It will take practice.



J. Lynn: 'The hardest mountain to climb is within.'

Sheila Love IMPACT-ology Mastermind

SHEILA LOVE — WHERE EVERYTHING IS POSSIBLE