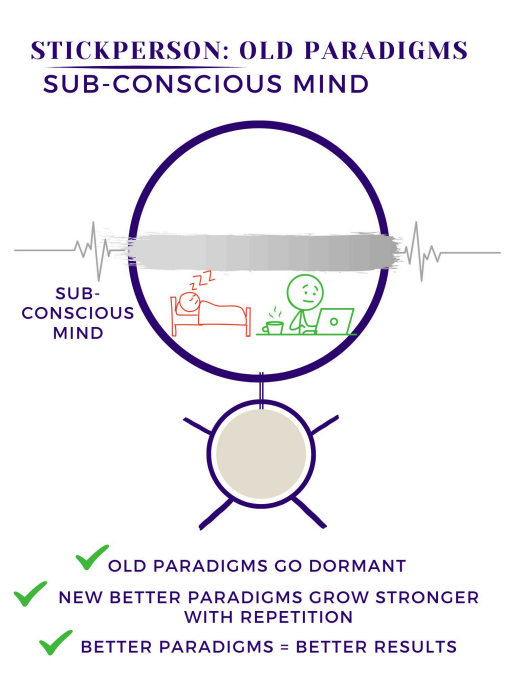
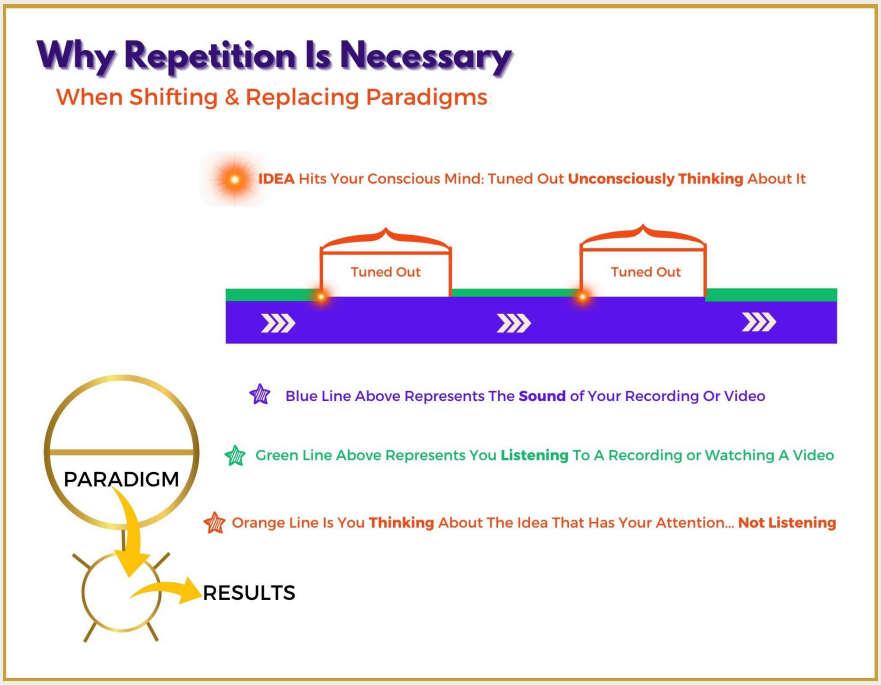
Paradigms Part 4: Where Did the Old Paradigm Go?

Old programs don't die. Replace them and get stronger.





WHAT YOU NEED TO KNOW

- Old paradigms don't disappear completely: they just **become dormant.**
- The new paradigm becomes stronger through repetition, the same way an athlete or musician builds a new skill through practice.
- Once the new paradigm is strong enough, it naturally takes over from the old one: even though the old one is still there in the background sleeping.
- Repetition helps forge new neural pathways.
- Repetition • Repetition • Repetition: Practice becomes Mastery
- Better Paradigms = Better Results

> *Sandy Gallagher: 'I am not measuring this by what I see. I am measuring this by what I am becoming'*