

## Paradigms

We will all have our own unique ways that our paradigms will show up. If we are noticing what we're noticing we will start to see how ours work. They can present themselves as logic or reason. Below are the four most common ways in which they stop us.

### **Delay:**

Perfectionism, putting off working on your dream.

How to manage Delay

1. Notice What You're Noticing
2. Push the pause button
3. Go back to your vision
4. Schedule time for your dream and ask, "What can I do with where I am and what I have? Or If I thought it were possible what would I do?"

### **Distraction:**

Allowing outside conditions to pull you away from taking steps toward your dream.

How to manage Distraction

1. Notice What You're Noticing
2. Push the pause button
3. Go back to your vision
4. Schedule other to do's so you are not ignoring them.
5. Imagine someone who will not be served because you give in to distraction.

**Dissuasion**

When we talk ourselves out of or water down our dream (the voices in our head).

How to manage Dissuasion

1. Notice What You're Noticing
2. Push the pause button
3. Go back to your vision
4. Talk back with statements of truth.
5. Create strong prescriptive statements for yourself.

**Defcon 3**

Fear – Drama – Tired- Overwhelm - Confusion

How to manage Defcon 3

1. Notice What You're Noticing
2. Push the pause button
3. Interrupt the fight or flight by breathing in to a count of 3 and out to a count of 6.
4. Ask yourself is this happening now? If it did then my God and I would handle it.
5. Go back to your vision

After each of these processes you want to ground it with taking an action step towards your dream. It could be as small as making a phone call or sending an email.