What Are Paradigms?

Paradigms are the way we see, understand, and interpret the world—our mental map.

Paradigm Shifts

Think of a time in your life where you experienced a Paradigm Shift (e.g., you experienced a role change, witnessed a dramatic event, or learned new information).

1. What was the event or circumstance?

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2. What did you learn that changed your paradigm?

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Paradigm Shifts (CONTINUED)

3. How did that Paradigm Shift affect your behavior?

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4. What results did you get?

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5. Which principles of effectiveness applied?

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