

STRATEGIES for SUCCESS

Week 2

PART 1 - THE SET UP

1. Get in the Habit (week 1)

2. Paradigms & Principles (week 2)

Paradigms & Principles

Notes and Test

NOTES on Part 1 SET-UP - 2. PARADIGMS AND PRINCIPLES

What is a paradigm? Another word for perceptions is paradigms. A paradigm is the way you see something; it's your point of view, frame of reference or belief. Paradigms are like glasses. When you have incomplete paradigms about yourself or life in general, it's like wearing glasses with the wrong prescription. That lens affects how you see everything else.

We have paradigms about ourselves, about other people, and about life in general.

Paradigms of self – Are your paradigms of yourself helping or hindering you?

Paradigms of others – We have paradigms, not only about ourselves, but also about other people. And, it is possible they can be way out of whack, too. Seeing things from a different point of view can help us understand why other people act the way they do. Seeing things from another point of view can make all the difference in our attitude toward others. When we get all the facts, there can be a “paradigm shift”. Most of our problems (with relationships, self-images, attitude) are the result of a messed-up paradigm or two. Hopefully, this course will help you create more accurate and complete ones.

Paradigms of life – We have paradigms about the world in general. Your paradigm about the world can be answered by asking yourself a few questions: “What is the driving force in my life?” “What do I spend my time thinking about?” “Who or what are my obsessions?” Whatever is most important to you - will become your paradigm, your glasses, or, as I like to call it, your life-center. Some of the more popular life-centers for teens include Friends, Stuff, Boyfriend/Girlfriend, School, Parents, Sports/Hobbies, Heroes, Enemies, Self, and Work. Of course they each have their good points, but they are all incomplete in one way or another, and, they'll mess you up if you center your life on them.

FRIEND-CENTERED: Make as many friends as you can, but don't build your life on them. It is an unstable foundation. People will change, and you will change.

STUFF-CENTERED: Sometimes we see the world through the lens of possessions or “stuff”. There is nothing wrong with achieving success and enjoying our stuff, but ‘things’ should never become

the center of our lives. In the end, they have lasting value. Our confidence needs to come from within, not from without. From the 'quality of our hearts', not the 'quantity of things' we own.

Covey stated that this saying says it all: "If who I am is what I have and what I have is lost, then who am I?"

BOYFRIEND/GIRLFRIEND-CENTERED: This may be the easiest trap of all to fall into. Who hasn't been focused on a crush or a boyfriend or girlfriend at one point? Have as many girlfriends or boyfriends as you'd like, just don't make them your center.

SCHOOL-CENTERED: Among teens, centering one's life on school is more common than you might think. They often become so obsessed with getting good grades that they forget that the real purpose of school is to learn. You can do extremely well in school and still maintain a healthy balance in life. Thank goodness our worth is not measured by our GPA.

PARENT-CENTERED: Your parents can be your greatest source of love and guidance, and you should respect and honor them, but living to please them above everything else can become a real nightmare. You should always care about what your parents think and should be influenced by their opinions, but, ultimately, you have to be responsible for your life and your actions, but you must try to please yourself before anyone else.

OTHER POSSIBLE CENTERS: SPORTS- OR HOBBY-CENTERED is a big one. How many times have you seen a sports-centered person build his/her identity around being a great athlete only to suffer a career-ending injury? It happens all the time. And the kid has to rebuild his/her life from scratch. The same goes for hobbies and interests--- dance, debate, drama, music or clubs.

HERO-CENTERED: You can be devastating when the person are idolizing does something stupid, ends up in jail, or dies. Who will you look up to then?

ENEMY-CENTERED: These people build their lives around hating a group, a person, or and idea. Why not put that energy toward something that makes you happy?

WORK-CENTERED – Workaholism is usually driven by a compulsive need to have more stuff, like money, cars, status, or recognition, which can never fully satisfy – because there is always something coming out that you will want.

SELF-CENTERED: These people think the world revolves around them and their problems. This results in their being so worried about their own condition that they cannot see the needs of others.

AS YOU CAN SEE, ALL THESE AND MANY MORE LIFE-CENTERS DO NOT PROVIDE STABILITY THAT YOU NEED IN LIFE.

NOW

*******The Real Thing*******

A PRINCIPLE-CENTERED LIFE

There is a center that really works. What is it? It's being **PRINCIPLE-CENTERED!!!** Principles never fail! It takes faith to live by principles!!! Breaking principles always catches up with these people in the end. A principle-centered life is simply the most stable, immovable, unshakable foundation you can build upon. Principles will never fail you! It's a natural law or principle. Just

as there are principles that rule the physical world, there are principles that rule the human world.

THE FOLLOWING IS A LIST OF JUST A FEW BASIC PRINCIPLES THAT YOU SHOULD LIVE BY:

- 1) SERVICE
- 2) HONESTY
- 3) RESPECT
- 4) GRATITUDE
- 5) MODERATION
- 6) FAIRNESS
- 7) INTEGRITY
- 8) LOYALTY
- 9) RESPONSIBILITY
- 10) COMPASSION
- 11) HARD WORK
- 12) UNSELFISHNESS
- 13) LOVE
- 14) PASSION

Each of the 7 Habits is based upon a basic principle or two.

That's what makes them so powerful!

The long and short of it is: "PRINCIPLES RULE"!

ASSIGNMENT -Test 2
Part 1 The Set Up - 2. Paradigms and Principles

Assignment #5: Test #2

I. List 10 Principles a person should live by:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

II. Choose one principle and write a 6 sentence paragraph about how a person in your life exemplifies that principle.

III. Answer the following questions:

1. Define Paradigm: _____

2. What is a Paradigm Shift? _____

3. What makes friends an unstable center? _____

4. Why does "NOT" centering your life on a boyfriend or girlfriend strengthen the relationship? _____

5. What is the "Real Things" or the 'Rules' that RULE the HUMAN world?
