

# Identify your paradigms

Identifying paradigms that we created for ourselves or the ones we inherited from our culture or environment allows us to get free of our pre-conceived ideas on things and gives us access to more freedom. Those paradigms are the way you see things and life. They are not bad or wrong and you should not try to get rid of them. This exercise allows you to identify them. Afterwards, if some of these paradigms seems not to serve you well anymore, you then have a choice to create other ones.

## 1. Training

- For me, training is \_\_\_\_\_
- My days of rest are \_\_\_\_\_
- Those who don't train are \_\_\_\_\_
- Those who train too much are \_\_\_\_\_
- Training never allows for \_\_\_\_\_
- Training always permit to \_\_\_\_\_
- In cases of over-training, I think \_\_\_\_\_
- When I am stressed by my training, I think \_\_\_\_\_
- To manage a career well, it takes \_\_\_\_\_
- To have success, I must \_\_\_\_\_
- If I become the best then I \_\_\_\_\_
- I must continue to train because \_\_\_\_\_
- When training, I should get \_\_\_\_\_

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## 2. *Money*

- For me, money is \_\_\_\_\_
- My Bank account is \_\_\_\_\_
- Athletes who have more money than I do are \_\_\_\_\_
- Athletes who have less money than I do are \_\_\_\_\_
- Money never allows to \_\_\_\_\_
- Money always can \_\_\_\_\_
- When I owe money to someone, I think \_\_\_\_\_
- When I have money problems, I think \_\_\_\_\_
- For money management, I am \_\_\_\_\_
- To make money, I must \_\_\_\_\_
- If I make too much money, then I \_\_\_\_\_
- I can't make a lot of money because \_\_\_\_\_
- I should receive more \_\_\_\_\_

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### 3. *Personal*

- For me, religion is \_\_\_\_\_
- Hobbies are \_\_\_\_\_
- Reading seems like \_\_\_\_\_
- Emotions allows me to \_\_\_\_\_
- Emotions restrains me from \_\_\_\_\_
- My health is for me \_\_\_\_\_
- Coaches are \_\_\_\_\_
- Sleeping is \_\_\_\_\_
- Food and meals allows me to \_\_\_\_\_
- Dentist means for me \_\_\_\_\_
- Time management is for me \_\_\_\_\_
- My body is \_\_\_\_\_

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#### 4. *Relations*

- For me, friends are \_\_\_\_\_
- My neighbors are \_\_\_\_\_
- People who respect my values are \_\_\_\_\_
- People who do not respect my values are \_\_\_\_\_
- The phone is for me a \_\_\_\_\_
- True friends are \_\_\_\_\_
- Forgiveness is \_\_\_\_\_
- Romantic for me means \_\_\_\_\_
- Having a life partner allows me to \_\_\_\_\_
- My parents are \_\_\_\_\_
- Party's are some time to \_\_\_\_\_
- Writing to someone I love is \_\_\_\_\_
- My teammates are \_\_\_\_\_

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### 5. *My environment*

- For me, television is \_\_\_\_\_
- I acknowledge beauty by \_\_\_\_\_
- Owners of big cars are \_\_\_\_\_
- People without a roof are \_\_\_\_\_
- My clothes allows me to \_\_\_\_\_
- A decoration inspires me if \_\_\_\_\_
- The role of the place I live is to \_\_\_\_\_
- When I see a mess, I \_\_\_\_\_
- Repairing broken things is for me \_\_\_\_\_