

# MATERIALS

Notebook, pen/pencil

## BELLWORK

- **THINK ABOUT THE HABIT YOU ARE CHOOSING TO CREATE (OR ELIMINATE). IN YOUR JOURNAL SECTION, WRITE TODAY'S DATE AND EXPLAIN YOUR MOTIVATION FOR WANTING TO CREATE OR REMOVE THAT HABIT. WHY DID YOU CHOOSE THAT AS YOUR HABIT? WHAT WILL IT MEAN TO YOU TO CREATE OR ELIMINATE IT AND/OR HOW WILL IT IMPROVE YOUR LIFE?**
- **ADD AN ENTRY INTO YOUR GRATITUDE LOG.**

# PARADIGMS AND PRINCIPLES

THE 7 HABITS



**TOP 10 ALL-  
TIME STUPID  
QUOTES**

# PARADIGMS- WHAT ARE THEY?

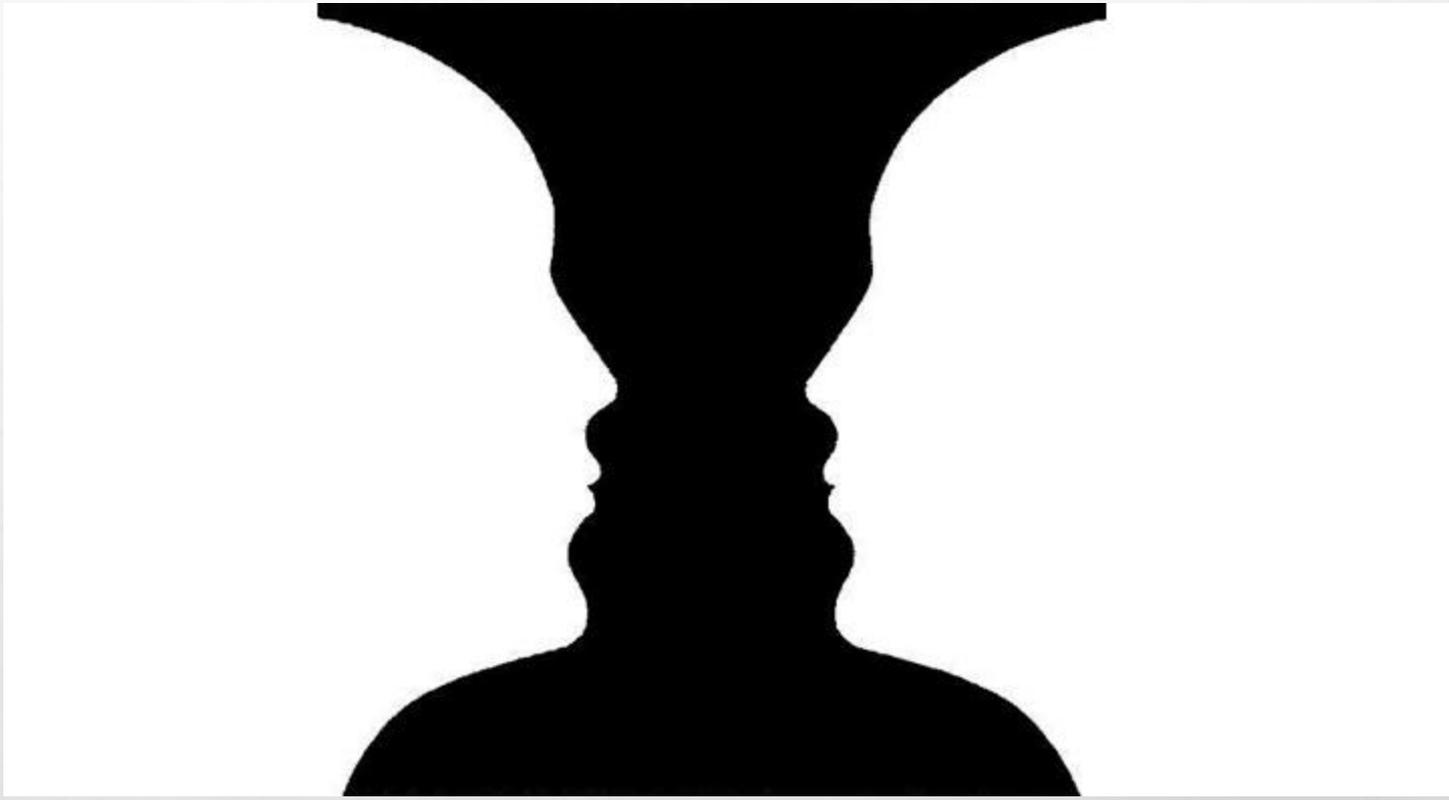
- **PERCEPTIONS ABOUT THE WAY THINGS ARE**

- **THE WAY YOU SEE SOMETHING, YOUR POINT OF VIEW, FRAME OF REFERENCE OR BELIEF**

Write these definitions in the glossary sections of your notebooks!

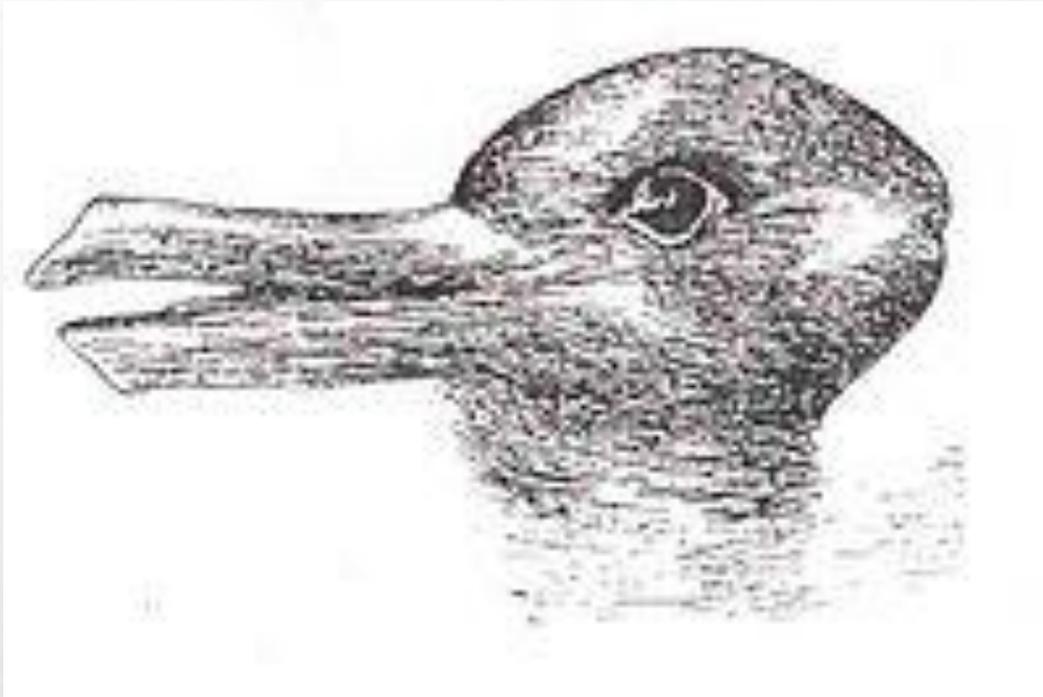
Frank and Ernest



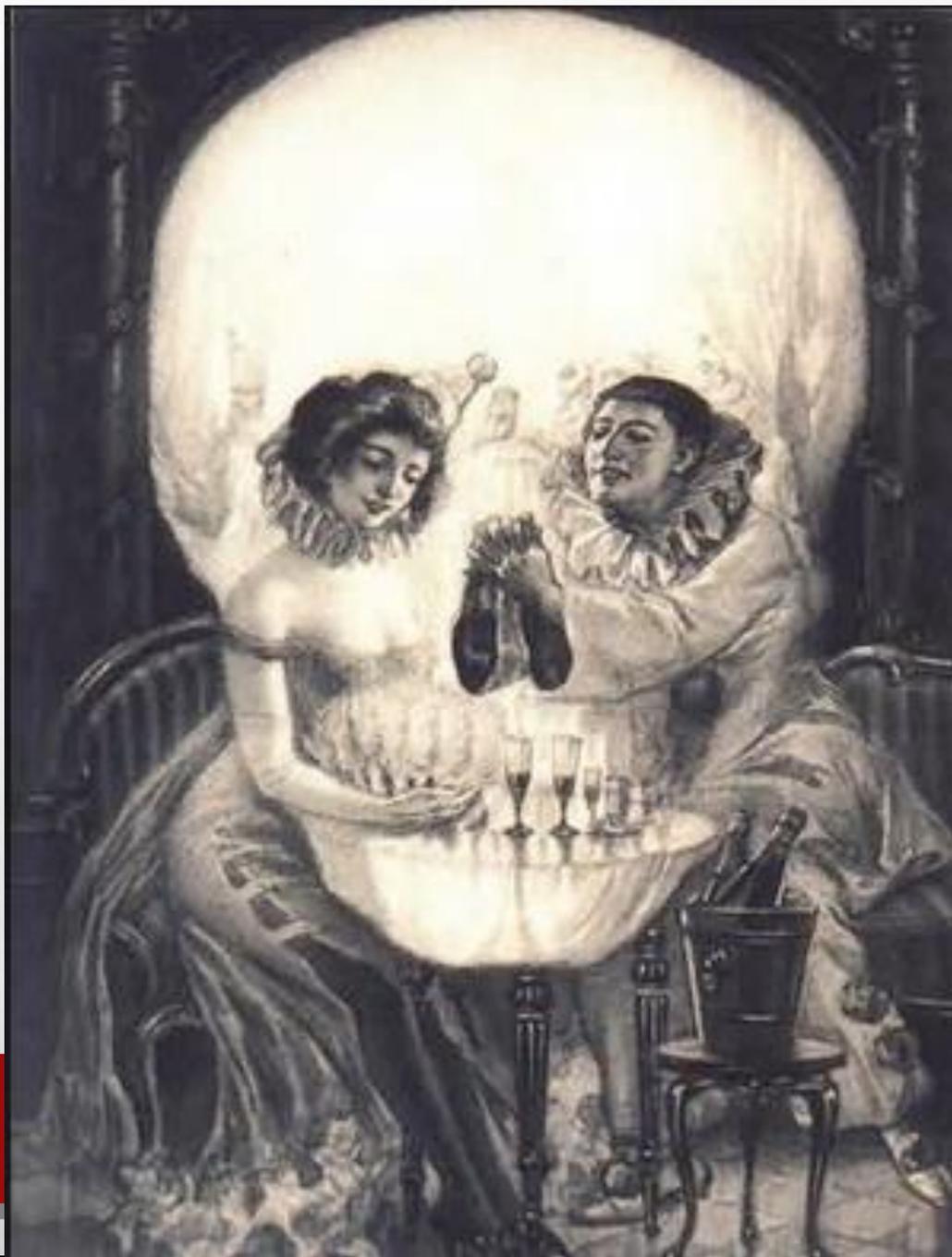














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# PARADIGM SHIFTS

- **CHANGE IN PERSPECTIVE**
- **WHEN THIS HAPPENS YOU GET THE “REST OF THE STORY” SO ALL THE INFORMATION PUTS EVERYTHING IN PERSPECTIVE.**
- **PEOPLE HAVE PARADIGMS ABOUT THEMSELVES, OTHER PEOPLE AND ABOUT LIFE IN GENERAL**

# HOW DO YOU “SEE” YOURSELF?

In the journal section of your notebooks, draw a large pair of glasses and write about how you view yourself, others, and life in general. What do your “glasses” say about you?



# PARADIGMS OF SELF

- **DOES YOUR SELF-PARADIGM HELP YOU OR HURT YOU?**

- **LOW PERCEPTION OF SELF PUTS LIMITATIONS ON OURSELVES**

- **GOOD SELF PERCEPTION-HELPS BRING OUT THE BEST**

- **READ ABOUT KING LOUIS XVI ON PAGE 15 (IF TIME)**

# PARADIGMS OF OTHERS

- **SEEING THINGS FROM A DIFFERENT POINT OF VIEW CAN HELP US UNDERSTAND WHY OTHER PEOPLE ACT THE WAY THEY DO**

# PARADIGMS OF LIFE

- **YOU CAN USUALLY TELL WHAT YOUR PARADIGM IS BY ASKING YOURSELF A FEW QUESTIONS:**
  - ❖ ***WHAT IS THE DRIVING FORCE OF MY LIFE?***
  - ❖ ***WHAT /WHO DO I SPEND MOST OF MY TIME THINKING ABOUT?***
- **WHATEVER IS MOST IMPORTANT TO YOU WILL BECOME YOUR PARADIGM, YOUR “GLASSES” OR YOUR LIFE-CENTER.**
- **SPENDING TOO MUCH TIME ON ANY ONE OF THESE THINGS CAN BE PROBLEMATIC.**

# PARADIGMS OF LIFE

- 1. FRIEND CENTERED**
- 2. STUFF CENTERED**
- 3. BOYFRIEND/GIRLFRIEND CENTERED**
- 4. SCHOOL CENTERED**
- 5. PARENT CENTERED**

# PARADIGMS OF LIFE

**6. WORK CENTERED**

**7. ENEMY CENTERED**

**8. HERO CENTERED**

**9. SELF CENTERED**

**10. SPORT/HOBBY CENTERED**

# PARADIGMS OF LIFE

- **FRIEND-CENTERED**-YOUR WHOLE LIFE REVOLVES AROUND THEM, BUT...THINGS CHANGE
- **STUFF-CENTERED**-FOCUSING ALL YOUR ENERGY ON GAINING MATERIAL THINGS. POSSESSIONS ARE GREAT TO HAVE BUT NOT A GOOD WAY TO JUDGE OURSELVES OR OTHERS BASED ON WHAT THEY HAVE OR DON'T HAVE

# PARADIGMS OF LIFE

- **BOYFRIEND/GIRLFRIEND CENTERED-**  
**FOCUSING YOUR WHOLE EXISTENCE ON A PERSON MAKES YOU SEEM DEPENDENT, WHICH MAY NOT GO OVER WELL.**
  
- **SCHOOL-CENTERED-****GET TOO OBSESSED WITH GRADES AND TEST SCORES AND DON'T ENJOY OTHER ASPECTS OF SCHOOL, WHICH IS JUST AS IMPORTANT**

# PARADIGMS OF LIFE

- **SPORT/HOBBY CENTERED-SO FOCUSED ON THE ACTIVITY THAT IF THE ACTIVITY IS GONE, THEY HAVE NOTHING ELSE**
- **WORK-CENTERED-BEING A WORKAHOLIC MIGHT BE A SIGN OF WANTING MORE STUFF**
- **SELF-CENTERED-THINKING THE WORLD REVOLVES AROUND YOU AND YOU BECOME OBLIVIOUS OF OTHERS**

# WHAT'S THE PROBLEM WITH BEING CENTERED ON THESE THINGS?

In your journals, answer the question above in relation to the centers we talked about yesterday.

**PRINCIPLE-CENTERED**  
***THE REAL THING***



# WHAT IS A PRINCIPLE?

- **A BASIC TRUTH OR ASSUMPTION**
- **A RULE OR STANDARD THAT PEOPLE LIVE BY**
- **MORAL OR ETHICAL STANDARDS**

**IF YOU LIVE BY THEM, YOU WILL EXCEL AND IF YOU  
BREAK THEM YOU WILL FAIL**

# EXAMPLES OF PRINCIPLES

- **HONESTY**

- **RESPECT**

- **LOVE**

- **INTEGRITY**

- **RESPONSIBILITY**

- **LOYALTY**

- **MODERATION**

- **COMPASSION**

...and many more!

# PRINCIPLES NEVER FAIL

- **IF YOU APPLY YOUR PRINCIPLES TO THE PARADIGMS WE TALKED ABOUT LAST CLASS, YOU WILL ALWAYS HAVE BASIC TOOLS TO HELP YOU WITH ANY PARADIGM PROBLEM**
- **BOYFRIEND/GIRLFRIEND PARADIGM**
  - **LOYALTY OR GIVE EXAMPLE**
- **SCHOOL PARADIGM**
  - **MODERATION OR GIVE EXAMPLE**
- **OTHERS?**

# **EXAMPLE OF BREAKING PRINCIPLES**

- **FAKING BEING SICK SO YOU DON'T HAVE TO GO TO SCHOOL**
- **BREAKING A TRAFFIC LAW AND GETTING CAUGHT**
- **OTHERS?**

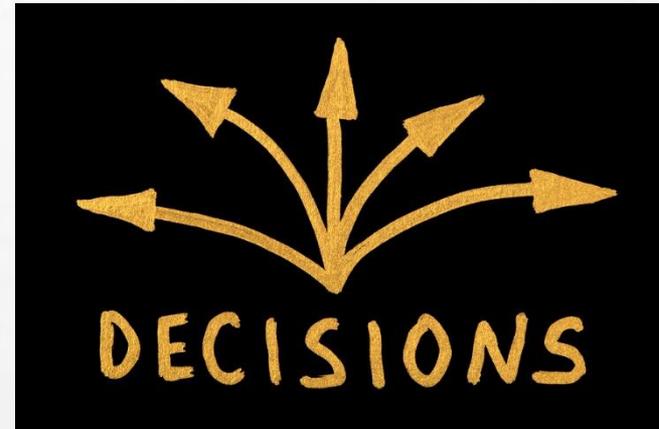
# **EXAMPLES OF PRINCIPLES THAT HELP YOU EXCEL**

- **YOU FIND BEATS HEADPHONES IN THE CAFETERIA ON THE FLOOR**
- **YOU DON'T KNOW WHO THEY BELONG TO, SO YOU CAN POCKET THEM OR GIVE THEM TO AN ADULT IN CHARGE.**
- **YOU CHOOSE TO GIVE THEM TO AN ADULT AND A STUDENT COMES BACK LOOKING FOR THEM. THE TEACHER TELLS HIM WHO TURNED THEM IN, AND HE THANKS YOU BY BUYING YOU SOMETHING IN THE CAFETERIA.**

# **EXAMPLES OF PRINCIPLES THAT HELP YOU FAIL**

- **YOU FIND BEATS HEADPHONES IN THE CAFETERIA ON THE FLOOR**
- **YOU DON'T KNOW WHO THEY BELONG TO, SO YOU CAN POCKET THEM OR GIVE THEM TO AN ADULT IN CHARGE.**
- **YOU DECIDE TO KEEP THEM. FINDERS KEEPERS, LOSERS WEEPERS. YOUR FRIENDS ASK YOU WHEN YOU GOT A NEW HEADPHONES AND YOU TELL THEM YOU FOUND THEM IN THE CAFETERIA. THIS INFO GETS BACK TO ADMINISTRATION AND YOU GET CAUGHT.**

# YOU DECIDE!



- **WE EACH NEED TO DECIDE TO MAKE OUR PRINCIPLES THE CORE “CENTER” IN OUR LIVES. FOR EVERY SITUATION YOU FIND YOURSELF IN, ASK YOURSELF, “WHAT’S THE PRINCIPLE IN PLAY HERE?” SEARCH FOR THE PRINCIPLE THAT WILL HELP YOU SOLVE THE PROBLEM.**
- **DO I NEED HONESTY? RESPECT? RESPONSIBILITY? OTHERS?**