

# Understanding your current paradigm

Pre-session

*Before we explore what a paradigm is and how to shift it, take some time to reflect on where you are right now. There are no right or wrong answers - this is simply a snapshot of your starting point.*

**A note before you begin:**

A paradigm is the lens through which you see yourself and the world - a collection of beliefs, assumptions, and habits of thought that shape how you experience life. Most of us have never consciously examined ours. This worksheet helps you begin that process.



## SECTION 1

### Where I am now

**What has brought you here today?**

*What are you hoping to understand, change, or move past?*

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**How would you describe your current view of yourself and the world?**

*Think about the stories you tell yourself most often.*

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**How does this worldview show up in your body and emotions?**

*For example: tension, anxiety, low energy, frustration, numbness.*

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**How would you rate your psychological wellbeing right now?**

*Circle a number*

**Struggling** 1 2 3 4 5 6 7 8 9 10 **Thriving**

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SECTION 2

## **Beliefs & patterns**

**What assumptions about yourself do you suspect might be holding you back?**

*These are often the beliefs we've held so long we've stopped questioning them.*

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**If you could let go of one deeply held belief about yourself, what would it be - and why?**

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**Think of a recent success. What beliefs about yourself helped make that possible?**

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What is a challenge you keep running into? What fear or belief do you think might be fuelling it?

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SECTION 3

# What I'm moving toward

Describe who you want to be in one year's time. What would they be doing differently?

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What are three outcomes you most want to create in the next six months?

- 1. 

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- 2. 

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- 3. 

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If you knew you couldn't fail, what would you do differently right now?

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What quality or strength do you most want to develop through this work?

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SECTION 4

# Readiness for change

How ready are you to challenge some of your most fundamental beliefs about yourself?

Circle a number



What do you anticipate might be the hardest thing to let go of?

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What kind of support helps you most when you're going through significant change?

For example: encouragement, accountability, space to reflect, direct challenge.

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# Setting an intention

Before you arrive at the masterclass, complete this sentence:

I am here because I am ready to \_\_\_\_\_

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