### ****Paradigm Shift Worksheet****

#### **1. Identifying Current Beliefs**

Reflect on your current beliefs and mindset. Answer the following questions to pinpoint the paradigms you’ve been operating under.

* **What are some limiting beliefs I inherited from my upbringing (e.g., epigenetic memories)?**
* **What beliefs did I have about success, money, or relationships early on in my journey?**
* **Which beliefs have I unconsciously carried from my past that may be hindering my growth?**

#### **2. Recognizing External Influences**

Consider how external factors (people, experiences, and societal norms) have influenced your paradigm.

* **How did the challenges in my life (e.g., health struggles, relationship changes, financial struggles) affect my mindset?**
* **What role did recognition or setbacks play in shifting my perception of my own capabilities?**
* **How did my environment, including my upbringing and early experiences, contribute to my way of thinking?**

#### **3. Quantum Physics & Energy Awareness**

Think about how energy affects your manifestations and experiences. Reflect on your understanding of energy and its connection to quantum physics.

* **What energy patterns have I been emitting that are not aligned with my desired future?**
* **How does my mindset shape the energy I attract?**
* **In what ways have I experienced the manifestation of energy in my life, both positively and negatively?**

#### **4. Moments of Awakening and Growth**

Identify key moments of realization where your paradigms began to shift.

* **What was the defining moment when I recognized my previous mindset was limiting?**
* **How did I feel when I realized that every challenge was an invitation to pause, reset, and realign with my energy?**
* **What practices or changes have helped me move from a survival mindset to one of abundance and growth?**

#### **5. Redefining Your Paradigm**

Now that you have reflected on your previous paradigms, consider how you want to reshape your future mindset.

* **What new beliefs and thoughts will help me grow personally and professionally?**
* **How can I incorporate compassion, integrity, accountability, respect, and empowerment (ICARE) into my daily actions and decisions?**
* **What energy will I intentionally emit to align with my goals and manifestations?**

#### **6. Action Steps**

Take action on the paradigm shifts you want to embrace. Write down your steps for reprogramming your mindset.

* **What are three small actions I can take today to reinforce my new mindset?**
* **How will I track my progress and adjust if needed?**
* **Who can I rely on for accountability and support as I shift my paradigms?**

At the risk of losing some audience, this far in to this journey, I may add, there are a few other subjects I feel important to address. These are my beliefs bout these things. Not to push on you but to inspire you to take the knowledge and test the waters as deep as you want to go

**]**