



THE FOUR PERSONAL PARADIGMS



FOR TODAY'S
LEADERS

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A **PARADIGM** is a mental filter through which we view the world and make meaning of our life experiences. These filters are defined by a constellation of our core beliefs, which influence the decisions we make every day. At any given time, we experience our lives from one of four of these worldviews: integrity, achievement, duty or fear.

INTEGRITY: Our first paradigm is all about developing an inner moral strength that helps us become bigger than our circumstances and challenges.

Take Responsibility

Integrity requires us to recognize ourselves as responsible for our actions as well as our reactions in every situation we face. Though difficult, we must learn to face our self-defeating tendencies and let go of our fear of failure.

Gain Perspective

Perspective is key to this paradigm, causing us to acquire a “want to” over a “have to” or “ought to” attitude about our tasks. To live in Integrity we must be ever-conscious of the present and take hold of our current life situations, whatever they may be. This worldview leads us to high self-esteem and good relationships, in which we desire win-win situations for everyone we encounter.



PERSONAL DIGMS



ACHIEVEMENT: The achievement paradigm is marked by a strong personal competence in which we have high internal motivation to pursue and achieve whatever it is we perceive to be "success".

Personal Motivations

Because personal success is different to everyone, the motivation behind this paradigm will vary. Will some crave the external success of wealth or power, others seek internal well-being. Yet whatever the reason, achievement will look similar in any situation.

A Dose of Discipline

This worldview is characterized by discipline, hard work, and goal-oriented initiatives. Achievement often comes with a continual striving for more in some capacity, and a mindset that there is always more work to do. We are less influenced by society, and more by our personal desires and picture of success. Our "oughts" and our "shoulds" come from within, not from the outside world.

Within this paradigm we cultivate our own internal standard for performance and behavior. Though this competitive nature and striving for perfectionism can propel us to meet our goals, it can also lead to high stress levels and crippling self-criticism.



DUTY: This paradigm is where most of us tend to spend our lives. We spend our time understanding and accepting the way things are “supposed to be”. This causes us to live in a constant desire for conformity to these pre-determined standards. We act how we are supposed to act and do what we ought to do.

Humble Heroes

Duty calls us to be steady, dependable, and honest, working to be good people in every aspect of our lives. The way we feel about ourselves is dependent upon how we perceive that others feel about us. We strive to be honorable in our daily tasks and have moderate self-esteem. We are humble and good-hearted in our lifestyles.

Often times, if we are not careful, we become addicted to the approval of those around us, stifling our own needs and creative expression because of our desire to satisfy the expectations of others.

FEAR: Fear is a crippling paradigm. It causes life to be a constant battleground. Pain overtakes any positive action in our lives and yet we feel powerless to do anything about it. The amount of emotional energy used to combat these stresses can lead to an increased level of anxiety, depression and mental illness.

Striving for Survival

We are motivated by a “have to” or “afraid to” attitude and develop a mentality focused on surviving rather than living. Most tasks and responsibilities are viewed as unpleasant, causing us to have a primarily negative outlook on life. Feelings such as inadequacy, anger, and extreme sadness overcome our ability to see the positive things happening around us. We often act out these feelings in ways that are destructive to ourselves and to others.

Comfort in Security

We attach quickly to any substance or situation that makes us feel secure, often causing the excessive intake of alcohol, food, drugs, sex, etc. The feeling of being lost in our fear leaves little room for us to find or demand respect for ourselves.

Our personal paradigm influences our attitudes, worldviews, emotions and outlook on life. Thus it is of the utmost importance that we evaluate which paradigm we currently live in, and take steps to attain paradigms that affect our life more positively.

