Identifying paradigms that we create 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 seem 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 __________________________________________________