

6

Hyrum Smith

Module 3, Lesson 4, Handout 1

Power of Perception Notes

1. Take Notes.
2. Reflect on (think about) what you have heard for 36 hours.
3. Teach one other person what you have learned in 48 hours.

INTRODUCTION

The basic principles that help a human being become more productive and effective has not changed for six-thousand years.

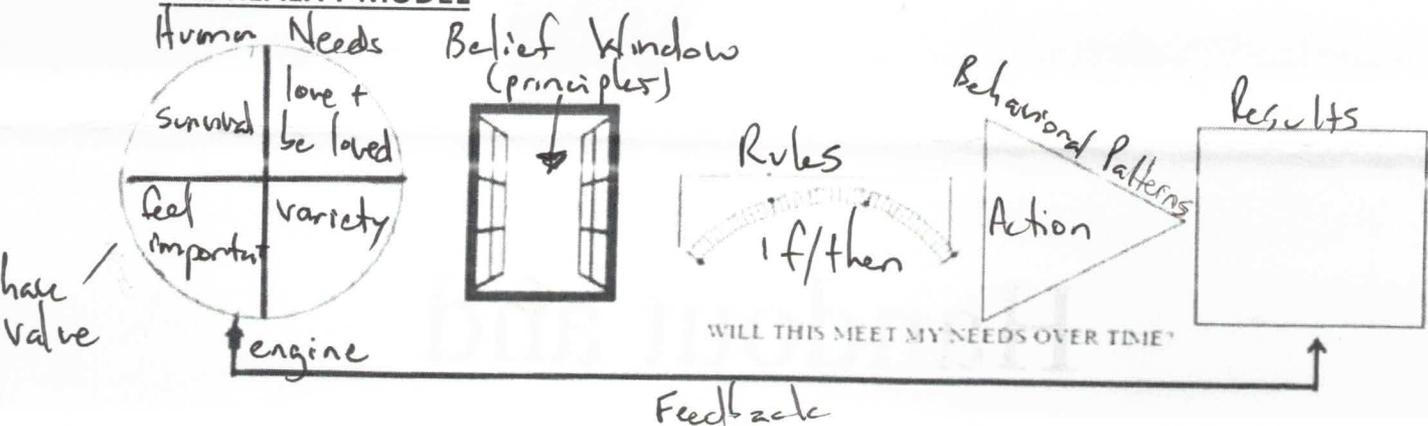
The Real World is the world as it really is, not as we wish it was or think it should be.

Principles are what we believe to be true about ourselves, the world and our place in it.

Natural Laws are fundamental patterns of nature and life that human experience has shown to be valid.

Addiction is compulsive behavior with short-term benefits and long-term destruction.

THE REALITY MODEL



(H)

7 Natural Laws

1. If the results of your behavior do not meet your needs over time, then there is an incorrect principle on your belief window.
2. Results take time to measure.
3. Growth is the process of changing principles on your belief window.
4. Addiction is the result of deep and unmet needs.
5. If your self-worth is dependent on anything external, you are in big trouble!
6. When the results of your behavior DO meet your needs over time, you experience inner peace.
7. The mind naturally seeks harmony when presented with two opposing principles.

6 Steps to Using the Model

1. Identify patterns the behavior _____.
2. Identify possible principles driving the behavior. why?
3. Predict future behaviors based on those principles.
4. Identify alternative principles.
5. Predict future behavior based on the new principles.
6. Compare steps 3 and 5.

3 types of individuals

1. The pessimist sees the brutal facts & quits.
2. The optimist has boundless faith & ignores the brutal facts.
3. The realist sees the brutal facts & has faith it can be dealt with.

Pain is inevitable. misery is optional!