

# ELEVATE 360

Grow Into a Whole New You

## Work Book



## Chapter 1. What is a Paradigm Shift in Your Life?

### Exercise 1: Why is a Paradigm Shift so Important for Your Life?

The point of this exercise is to ensure that you know what a paradigm shift is and why it is so important. Please answer the following questions:

What is a paradigm shift and what are the major benefits?

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Why is personal growth so important?

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What are the 3 steps to initiate a paradigm shift?

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Why do you need to embrace new perspectives and beliefs?

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## Chapter 2. The Psychology of Change and Why People Resist It

### Exercise 2: How to Tackle Change Effectively to achieve Your Paradigm Shift

To achieve a paradigm shift in your life you need to handle change correctly. Please answer the following questions:

What are the stages of change?

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What are the most common reasons for people resisting change?

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What role does fear play in resistance to change?

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What are the best strategies for overcoming resistance to change and managing it effectively?

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## Chapter 3. Why New Year Resolutions Fail

### **Exercise 3: Understand why the Vast Majority of New Year Resolutions Fail so you can Succeed**

The aim of this exercise is for you to understand the most common reasons why New Year resolutions fail so you can avoid this. Please answer the following questions:

What are the 4 main reasons why New Year resolutions fail?

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Which strategies would you use to overcome common obstacles to resolution success?

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How can you stay motivated and committed?

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## Chapter 4. Take Stock of Your Life Ready for a Paradigm Shift

### **Exercise 4: Know how to take Stock of Your Life to Prepare for a Paradigm Shift**

You need to take stock of your life so that you can prepare for your paradigm shift. Please answer the following questions:

Why are self-reflection and self-awareness so important?

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How will you identify areas for improvement in your life?

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Why is it important to embrace change and let go of old habits and beliefs?

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What actions will you take today to prepare for your paradigm shift?

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## Chapter 5. How to Cultivate a Growth Mindset and Embrace Change as an Opportunity

### Exercise 5: Why you must Cultivate a Growth Mindset

A growth mindset is essential for a successful paradigm shift. Please answer the following questions:

What are the main benefits of cultivating a growth mindset?

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Which methods are best to overcome fixed mindset beliefs?

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What are the most effective steps to take to cultivate a growth mindset?

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Which strategies will you use to embrace change effectively?

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## Chapter 6. Set SMART Goals to Achieve Your Paradigm Shift

### Exercise 6: Use the SMART Goal-Setting Framework to Set the best Goals

Setting goals is a crucial component of achieving a successful paradigm shift. Please answer the following questions:

Why is it so important to set goals for your paradigm shift?

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What is the SMART goal-setting framework?

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What will you do to find inspiration for your goals?

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## Chapter 7. How to Create Habits for a Successful Paradigm Shift

### Exercise 7: Understand the Importance of the right Habits for a Successful Paradigm Shift

Incorporating the right habits into your daily routine will give you momentum to achieve your paradigm shift. Please answer the following questions:

Why are habits so powerful for creating lasting change?

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How will you identify the old habits you need to change for a paradigm shift?

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What is the best way to create a habit loop for sustainable change?

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How will you embrace the new paradigm and maintain your new habits?

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