

Have you ever had an experience where you made an assumption, only to find that you had jumped to a conclusion too quickly? Describe the experience below.

Yes, I have made an assumption about different tv shows multiple times.

One time was about the show "dexter" I thought it wouldnt be intriguing to me because I like more fast paced shows and i made the assumption that this show wasnt fast paced when it is.

What was the assumption you made?

I assumed the show was not fast paced and that it would be boring

Think about some other assumptions you may have made. What will you do this week to work on one of them?

Ive made assumptions about people before, I never judge a person based on my assumptions though. This week if i see someone ive never met before, I wont make a single assumption about them, instead ill ask and find out the truth.

EXAMINING YOUR PARADIGMS

Have you ever been to a different country or even to a different region in your country? What was strange to you?

I have, ive gone to the dominican republic. I tend to not really judge people, but one thing

that stood out to me was the fact that there were entire families going places together

usually in america, the older kids will stay home but not there. everyone does everything together

there

Did people act the way you expected them to? What did you think about their actions?

Yes i think they did, they minded there own buisness in the towns and in the resort they were

extremely friendly. I admired there actions, they saw foreigners and didnt even look at us

or judge us at all.

Looking back on your travel experiences now, what do you think people thought about you? Do you believe their thoughts about you were probably similar to your thoughts about them?

Idk if my thoughts about them were similar to theres of me but i think they saw me and

just saw a kid with his family having fun on vacation and didnt really think much else of it

If you had the opportunity to get to know people in your travels, how did that change your assumptions about them?

It was a while ago so i dont really remember assuming anything about any of the people there
i do however remember that there was one man my parents had met last time they went there
and they said he was really nice and when i got to know him and interacted with him, what
i was told was validated and true.

SHIFTING YOUR PARADIGM

Think about the different routes you can take to your home or work. Are some ways more complex than others? Is one way sometimes more convenient than another? Why or why not?

I live in the center of my town so theres a lot of streets surrounding my house. but when i think
about the route i take back home from school its always the one thats fastest. Its the fastest
because it has the least amount of turns.

Have you ever found a new way home that you didn't know existed? What were the unexpected feelings of traveling different routes?

Yes, it was longer, i never took it again. i dont like driving so i always like to get home asap.

Now think about the way you interact with people. Are there several ways to approach them? What new ways might you try?

yes there are an infinite amount of ways to approach someone. I always approach people in

a friendly manner but maybe if its someone im helping ill try in a more proffesional tone / manner

Effectiveness lies in the balance: the P/PC Balance®. “P” stands for production of desired results—the golden eggs. “PC” stands for production capability—the ability or asset that produces the golden egg.

In spite of the obvious need for balancing P and PC, we frequently neglect and abuse physical, financial, and human resources. For instance, we don't properly maintain our bodies, the environment, or our valuable physical possessions. Of equal concern, we overlook relationships, neglecting kindnesses and courtesies.

On the other hand, PC investments such as exercising and eating properly, increasing skills, and developing relationships contribute to our quality of life. Relationships are stronger, finances are more secure, and physical assets last longer.

Reflect on Aesop's fable “The Goose and the Golden Egg.” Take a few moments and write your own fable about yourself. In terms of your production and production capability, where do you need to develop greater balance? Here's an example to help get you thinking:

A talented and enterprising young woman was a wife, mother, and businesswoman. She wanted to do a good job for herself, her family, and her company. She worked hard and was soon recognized as someone whom people could depend on to get things done quickly, efficiently, and with high quality, whether at home or at work. Things began piling up. She came home barely in time to put the kids to bed. The quality of her life diminished on every level. She felt tired all the time, and she ended up feeling used and abused.

An ambitious young man was a son, significant other, and student. He wanted to make
a good life for himself. He studied hard and worked tirelessly to improve his skills. He was
starting to not feel so out of place anymore, he was finally getting to the knowledge level he felt
he needed to be at in order to fit in.

6. The principle of spontaneity and serendipity—the ability to experience life with a sense of adventure, excitement, and fresh rediscovery instead of trying to find a serious side to things that have no serious side.

The essence of pleasure is spontaneity.

—GERMAINE GREER

7. The principle of consistent self-renewal and self-improvement in the four dimensions of one's life: physical, spiritual, mental, and social/emotional.

This is the single most powerful investment we can ever make in life—investment in ourselves, in the only instrument we have with which to deal with life and to contribute.

—STEPHEN R. COVEY

List five principles that affect your life on a daily basis. In what ways are you affected? Do they impact you in positive or negative ways?

1. The principle of continuous learning. every single day Im learning

something new. I have a need to keep learning and keep getting better

2. the principle of service. If anyone I care about is feeling down or if I

notice somethings wrong Im always the first one to make sure theyre ok

and ask them if they want to talk about anything

3. The principle of balance. I try to not get too sucked into coding

I have other things I need to do, other classes i need to do work

for. As well as a need for time for myself.

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4. The principle of spontaneity and serendipity. I always like to
live my life to the fullest and do things on a whim.
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5. The principle of staying positive and optimistic. One thing I
always do is look on the bright side of things. Its how I stay sane
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