Ten Steps to Change your Life ... *FOREVER*

SEAN ORFORD
THE PEOPLE PERSON

PARADIGM SHEET

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Date	Paradigm	Situation Where were you? Who was there? What were you doing?	Emotions What/how did you feel? How strongly did you feel it? (1-10)	Thoughts and/or images What did you think? Did this paradigm link from/to past events?	Rate your paradigm How strongly do you believe the paradigm?

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