

Acknowledge and identify the emotion by saying, "I feel \_\_\_\_\_."  
Awareness is key.

1. fi State



Analyze the thoughts that are producing the emotion. What is the story you are telling yourself about the situation.

2. Analysis



Discover the underlying fi Paradigm (fearful, ignorant belief). This should be something that you believe about yourself, people in general, your business, or the universe.

3. fi Paradigm



Inject LoGOS (Love of God, Other, Self). This is about finding Truth.

4. LoGOS



Decide on a new pi Paradigm (powerful, informed belief). This should be something positive, with good energy. Remember, paradigms are decisions.

5. pi Paradigm



Look for evidence. This is crucial! Find evidence that supports this new pi Paradigm in your past or current experience or in other peoples' experiences. It doesn't have to be "significant"; it just has to be true and support the new paradigm.

6. Evidence



Focus your thought on those examples. Look for new examples as you move forward.

7. Focus



Notice the shift in your emotional state. How do you feel now?

8. pi State



Take purposeful action from a pi State

9. Action



Celebrate the results. Also acknowledge the new evidence for your pi Paradigm.

10. Results



# Shifting from fi to pi