

New Foundation Exercise

THIS IS ONE OF MANY EXERCISES YOU CAN USE TO DISCOVER THE POWER OF DISTINCTION STACKING IN YOUR LIFE.

Overview



Blueprint Below



Directions and Example



Look at the blueprint below. Start at the bottom and work your way up. Each day **choose** a distinction to bring into your life. We will use the distinction, **Do want vs. don't want**, for this example.



Grab a pen and paper, and **journal** your thoughts about the difference between those two pieces. Some things will be apparent but **dig deeper**. Such as: "when I focus on what I "don't want," I feel tense, and wow, it's not that easy for me to recognize what I "do" want in some situations." Etc.



Then take this distinction and **explore** it in your life. **Notice the real-world implications** of the difference. "How do people react when you complain about what you "don't want"?" When you look for what you "do want," do you find ways to get it? Does it feel better to focus on one or the other? Etc.



To integrate and **include** this new concept into your life, write down the answers to questions like these: **what is the benefit** of knowing the difference between these concepts? How can I integrate this into my life? Etc.

Blueprint for a New Foundation

USING OUR DISTINCTION STACKING TECHNOLOGY[©]

