

The  
*Paradigm*  
Daily

*A Journey of Self-discovery and Growth*

# The *Paradigm* Daily

*A Journey of Self-discovery* and Growth

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# Imperfection Wellness

## Wellness for the PERFECTLY Imperfect!

### The Imperfection Wellness Weekly Newsletter

Scan the QR code below & sign up for The Imperfection Wellness Newsletter, where you'll receive insights, tips and inspiration on everything wellness—from mindfulness & meditation to self-care and mental health.

**As a bonus for signing up**, you'll get these free wellness resources designed to help you live more mindfully every day:

- The Simple Guide to Wellness
- The Daily Gratitude Journal
- The Daily Meditation Tracker
- The Mindful Breathing Guide
- The Imperfection Wellness Prompt Journal

Stay connected, stay inspired, and take charge of your wellness journey! **Visit [ImperfectionWellness.com/newsletter](https://ImperfectionWellness.com/newsletter)** or click the QR code below and sign up today—and follow @PossleyParadigm on your socials!

ImperfectionWellness.com is your go-to resource for holistic wellness and mindful living. Discover powerful meditation techniques, expert insights from Scott, and tune into The Imperfection Wellness Podcast for everything wellness or The Imperfection Wellness Guided Meditation Podcast for calming, transformative meditations. Start your journey today. Find your inner-peace and fulfillment from within and learn to live more authentically, one day at a time.



## *The Paradigm Daily*

The Paradigm Daily is a workbook and journal that you can have next to your desk or workspace. Keep it where it is easily accessible for you to write in when you have 5 to 10 minutes. The questions help reinforce the concepts of the paradigm until they become a new habit. The repetition of the questions help create new pathways in your brain to reinforce new patterns of thinking, hardwiring new behaviors.

At a minimum, I recommend doing some of the activities in the Daily Activity Guide each day, every morning when you wake up, and right before you go to bed. You are worth the investment, and I guarantee that you will feel better after a month of reinforcing these new behaviors.

The goal is to write in this journal for at least 28 days, though you can repeat it as often as you like. Download additional copies for free at [ImperfectionWellness.com/journal](http://ImperfectionWellness.com/journal).

To learn more about Possley's Paradigm, read *More Than My Thoughts* by Scott W Possley, or see the end of this document for a summary and free copy of Possley's Paradigm.

Subscribe to the newsletter at [ImperfectionWellness.com/newsletter](http://ImperfectionWellness.com/newsletter) or scan the QR code below.





## *Daily Activity Guide*

The goal of the daily activity guide exercises is to reinforce new associations with your thoughts and thinking patterns. We do not want to create a fake emotional experience. Instead, we want to reinforce present moment thinking, while addressing blocks, barriers or walls in our thought processes, which prevent us from feeling inner contentment and fulfillment.

Start each day with one, some or all of the exercises below, then go into the journal section. For the journal section, the first 7 days are included here to get your started.

### **Awareness Exercise**

Start by bringing awareness to your thinking. Become aware that while you have thousands of thoughts each day, you are separate from your thoughts. Your thoughts may tell you that you are better than others or less than others. Your thoughts may tell you that there isn't enough to go around—be it food, housing, money, jobs, etc. Egoic thoughts give rise to never-ending commentary: judging, rating, and comparing you to everyone else around you. Instead of fighting this or believing this is you, just sit in awareness, knowing you have thoughts, and that you are separate from your thoughts. Be aware that the thoughts have no inherent meaning; instead they are half-truths, stories and fragments that the ego is feeding you. Bring your awareness to this without judgment or resistance, as humans have thousands of thoughts each day and you always will. Once you become aware of this, you are better able to utilize the other concepts in the paradigm.

### **Be The Observer Exercise**

Sit for 30 seconds or more and observe your thoughts, saying to yourself, "I am separate from my thoughts and what they say about me and the world around me. I am going to watch you (the thoughts) and may even turn away from you since I am separate from you."

Come back to the reality of present moment, as you ground yourself and feel yourself in your chair. Watch the thoughts as a parade or clouds going by, or as a movie. Over time, observing the thoughts allows you to detach from identifying with what your thoughts say. You move toward, “I have thoughts and I am separate from them,” as you move away from the fallacy of, “The thoughts are mine so they must be true.”

### **Acceptance Exercise**

Close your eyes for 30 seconds or more, and practice mindful breathing, focusing on your breath as you breathe in and out. As you do this, bring your attention to acceptance of everything, exactly as it is right now and as it was. This doesn't mean that everything is ok or that what happened was ok. Instead, you begin to realize and accept that what is or what was is unchangeable in the present moment. You sit with the discomfort of this and lean into acceptance. You let go of judgment—of good or bad, of being right or wrong—and feel the discomfort while breathing in and out.

While this feels uncomfortable at first, over time, it becomes empowering because you begin to realize you always have a choice and that your choices influence the future. As you do this, say to yourself, “I accept what is and what was in this present moment, knowing my actions today will influence my tomorrow. I may not like what is or what was, but I accept it as it is.”

**Note:** When we are in judgment (and we don't judge judgment as it is how we have functioned for so many years), we are aligned with ego. Acceptance of what is and was without judgment is a challenge, but helps us come back to present moment living.

### **Reframing Exercise**

See the reframing exercises on the next page and practice one or two daily as a daily affirmation.

## *Reframing Exercise*

| <b>False Egoic Statement</b>   | <b>Reframed as True Self</b>  |
|--|---|
| I'm not smart; I didn't go to college.   | I am brilliant. I learn differently. Many successful people are not college graduates.  |
| I am overweight, I am not good looking, I wish I had different hair, skin color, eye or nose shape, etc.         | I compare myself only to me and I am aware that media and marketing want to tell me differently. I am beautiful exactly as I am!                              |
| I wish I were young again.   | I find happiness in present moment and love the exact age I am. With my age comes knowledge and experience and I am exactly where I need to be.               |
| I will be happy when "this" happens or when I have achieved "this" or have a new house, car, job promotion, etc. | I find my contentment from within, in the here and now, the present moment, knowing that I can make changes today that will influence tomorrow.               |
| I wish I could do "x", but I am bad at everything. I just can't do anything right.                               | I can do anything I set my mind to. I set tangible goals and work towards them. It is an active process and if I work towards it, over time I can achieve it. |

## *Write Your Own Reframing Statements*

| <b>False Egoic Statement</b> | <b>Reframed as True Self</b> |
|------------------------------|------------------------------|
|                              |                              |
|                              |                              |
|                              |                              |
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|                              |                              |

## **Mindfulness & Mindful Breathing Exercises**

Bring mindful awareness to a simple task today, such as washing your hands, tying your shoes, or eating. As you do it, feel it fully, being completely aware of every step in the process. The easiest way to do this is to complete the task at half-speed. Engage in the process and appreciate each step, letting go of thought and judgment about what you are doing. Keep your awareness focused on this task for 30 seconds or more.

Alternatively, you can bring mindful breathing into any task or activity you are doing. As you complete the task, also bring your awareness to your breath, paying attention to your inhale and exhale. You will forget, and when you do, simply return your attention to your breath as you complete your task at hand, such as brushing your teeth, getting dressed, cooking or cleaning. Mindful breathing allows you to fully engage in present moment, creating space from your never-ending egoic thoughts. Over time, you can incorporate this practice throughout your day—while driving, sitting in a meeting, watching TV or engaging in any other activity.

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Write your own daily activity below:

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# Mindful Breathing Techniques

1

## Box Breathing

- This eyes open technique can be practiced anywhere, at any time
- While paying attention to your breath, inhale for a count of 4 seconds
- Then, hold your breath for a count of 4 seconds
- Next, exhale for a count of 4 seconds
- Then, hold for a count of 4 seconds
- Repeat this for 1-3 minutes several times a day

2

## Mindful or Conscious Breathing

- This eyes open technique can be practiced while walking, cooking, cleaning, or doing other tasks. Associate it with a task to reinforce practicing it!
- While paying attention to the task at hand (such as brushing your teeth), gently bring your attention to your breath while you also complete the task
- Pay subtle attention to your breath as you inhale and exhale
- As you continue your task, continue to place your attention on your breath
- When you forget, simply come back to the technique as you complete the task
- Practice this throughout the day, associated with any task(s) you like

3

## Eyes Closed Mindful Breathing

- Find a quiet place, sit comfortably, and close your eyes
- Take a slow deep breath, inhaling deeply through your nose, then exhale slowly through your mouth
- Now breathe naturally, allowing your breath to return to a natural rhythm
- Pay attention to each inhale and exhale, and when your mind naturally wanders, gently bring it back to your breath
- Do this for 3-5 minutes before and after work, and right before bed

4

## Tips

- There is no right or wrong way to do mindful breathing. The fact you are doing it makes it right!
- You will have thoughts. This is normal. Once you realize you are having thoughts, simply come back to the breath.
- The goal is to start small. Try each one out and see which one you like best. Try one for a few minutes several times a day.
- Come back to Mindful Breathing daily. Within 30 days you will see a change in yourself!

## *The Checklist*

Each day, choose one to three bullets and write them down as an affirmation of what you want to achieve. Read each one throughout the day as a reminder to reinforce a new pattern of thinking.

- I sit in acceptance of what is in this very present moment, letting go of regrets of yesterday and worries of tomorrow.
- I bring awareness to all situations and become the observer.
- I surrender to a power greater than and separate from me.
- I will forgive someone today, even if it is myself, for being human, knowing that humans are fallible and will make mistakes. I forgive so I don't have to carry the heavy emotional burden. This is freeing for me and doesn't mean what happened was ok!
- I will sit with the discomfort of a stressful or emotional situation and lean in, as I take a deep breath, and let go, knowing the discomfort will pass as the stored energy is released.
- I will do my best today. I may stumble and fall, but I will get back up. I will keep trying.
- What you (whoever "you" are) think of me is none of my business. What I think of me is none of my business. This is all ego passing judgments, ratings, and comparisons, so the information I get isn't helpful.

- I felt good scrolling through my social media today. If I don't, I will take a break and mute, delete or modify what I view so it is positive and leaves me feeling good. If needed, I will take a social media break.
- I know I always have a choice. I may not feel like I do, but I do. And choosing to do nothing is a perfectly acceptable choice. This can help take us out of any victim/martyr mentality we may have.
- I send love to myself and others, accepting us all as human—imperfections and all. There are many things I cannot change, so I begin by offering love and compassion to myself, letting go of judgment and comparison of myself and others.
- I drop the oars of the rowboat of life, letting go of control and the idea that I can control thousands of variables. I sit in present moment and mindfully breathe, knowing present moment is all we have in life.

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Write your own below:

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“

Life is not a struggle. The struggle is the inner conflict of what life is versus what we want it to be. Sit in acceptance and surrender, then set an intention and perform next right action.

Scott W. Possley

*Day 1*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 1 Continued*

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**Awareness:** I become aware in this moment that I am separate from my thoughts. What are my thoughts saying right now? What will I do to separate from my thoughts? E.g., view them as a movie, as clouds going by, or as a parade going by. Write a positively worded reframing statement about becoming aware of being separate from your thoughts.

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**Acceptance of Present Moment:** Am I fighting acceptance of everything that is, was, or will be? I will sit in the discomfort of acceptance for the next few minutes and feel the discomfort. If needed, I can perform some simple breathing exercises (see the Daily Activity Guide) as I become the observer and sit in acceptance. How did this feel?

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### Additional Reflection:

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The paper itself is a clean, off-white color.

*Day 2*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 2 Continued*

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**Present Moment Awareness:** Am I living in present moment? Or am I 'story-telling' and creating a false narrative; judging, rating and comparing myself or others? Write a reframing statement, setting an intention for yourself, to come back to present moment. Performing mindful breathing as outlined in the "Daily Activity Guide" can also help.

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**Identifying Wins:** What's one win from the last few days that I can celebrate? What challenge did I overcome or what have I achieved in the past few days? Include something you attempted or something you are working on that you are proud of. It can be something as simple as wiping the countertop or completing a school/work project. It is less about the outcome and more that you tried, creating a win!

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### Additional Reflection:

*Day 3*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 3 Continued*

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**Intention:** Where I place my attention, or what I attend to, grows. Creating an intention, what I intend to do today in this moment, helps refocus my attention. What is my intention today? E.g., "I intend to align with my True Self by refraining from judging myself and others." Or, "I intend to heal and improve myself." Or, "I intend to start running and these are the steps I will take."

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**Judgments, Ratings & Comparisons:** Do I need to let go of judgments, ratings (good vs. bad) & comparisons of self or others because I am attached to my ego and egoic thoughts? Am I judging, rating or comparing myself or others? Write a positive reframing statement.

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### Additional Reflection:

*Day 4*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 4 Continued*

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**Surrender:** Is there something that I need to surrender? Is there an overwhelming feeling or situation that is more than what I can handle right now? Surrendering frees me from carrying the burden, knowing an answer or solution will easily come once I let go. Write a positive reframing statement for surrendering. See Chapter 9.

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**Lean In & Let Go:** Is there a thought, feeling, emotion or experience that I am holding onto, fighting, avoiding, repressing or suppressing? What does letting go look like? How does it make me feel? How is my body responding? Write a positive reframing statement to support leaning in & letting go. See Chapter 10.

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### Additional Reflection:

*Day 5*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 5 Continued*

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**Forgiveness:** Is there any person or situation that I am holding onto that is hurting me by carrying the emotional weight? Am I able to forgive (it's not about forgetting) so I can move on? I forgive for me, to set me free, knowing my forgiveness doesn't mean approving of what happened. Write a positive reframing statement. See Chapter 11.

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**Self-Compassion:** Am I showing myself self-compassion? Am I in/was I in negative self-talk in the last day? What would I say/how would I treat my best friend or a loved one in a similar situation? Write a positively worded reframing statement. Note: If I can't show myself self-compassion, I become self-compassionate by being ok with my resistance. I choose not to judge myself or go into comparisons of what someone else might do.

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### Additional Reflection:



*Day 6*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 6 Continued*

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**Hope:** What am I looking forward to today or what goal do I want to work towards? What do I want to accomplish in the coming weeks, months or years? Note: We always want to stay in present moment, as our contentment & fulfillment is always from within, in the present moment, but this helps create hope and gives us something to work towards.

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**Abundance:** Am I coming from an abundance mindset, knowing there is enough to go around, versus a mindset of scarcity, lack or not enough? Write a positively worded reframing statement with an abundance mindset, and incorporate some of your previous gratitude statements.

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### Additional Reflection:

*Day 7*

*Date:*     /     /

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As you look back at your week, there were likely many wins. There were also likely missed opportunities that we focus on, and we sometimes mis-label those as "failures." If you tried, then it's a success. If it was a missed opportunity, call it that instead of labeling it a failure.

**Reflection Questions:**

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What accomplishments or milestones did I achieve this week that I am most proud of (and maybe include getting to this point in the journal)?

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How am I celebrating and reinforcing these wins?

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## *Day 7 Continued*

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What were some missed opportunities this week? Instead, can you celebrate them as wins, in that you tried?

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What am I most grateful for in the last week?

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Were there situations or experiences this week that challenged me to surrender or let go, let go of control over a situation or my environment? How did it feel to surrender or let go?

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## *Day 7 Continued*

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Resilience is quick recovery with agility to keep going after a setback. How was I resilient this week? How did it feel? If I wasn't resilient this week, what skills do I want to work on? Will I meditate more or utilize other breathing exercises like mindful breathing? Will I focus on surrender, forgiveness, or letting go?

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Did you notice yourself getting associated with egoic thoughts or judging, rating and comparing? What next right actions (Chapter 13) were helpful in separating from these thoughts? What do you want to work on in the coming week when you becoming associated with your ego and its thoughts? Were you able to be the observer? Were you able to set an intention and perform next right action? If not, write an intention and action statement now:

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### Additional Reflection:

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 8 Continued*

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**Awareness:** I become aware in this moment that I am separate from my thoughts. What are my thoughts saying right now? What will I do to separate from my thoughts? E.g., view them as a movie, as clouds going by, or as a parade going by. Write a positively worded reframing statement about becoming aware of being separate from your thoughts.

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**Acceptance of Present Moment:** Am I fighting acceptance of everything that is, was, or will be? I will sit in the discomfort of acceptance for the next few minutes and feel the discomfort. If needed, I can perform some simple breathing exercises (see the Daily Activity Guide) as I become the observer and sit in acceptance. How did this feel?

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### Additional Reflection:

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

*Day 9*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 9 Continued*

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**Present Moment Awareness:** Am I living in present moment? Or am I 'story-telling' and creating a false narrative; judging, rating and comparing myself or others? Write a reframing statement, setting an intention for yourself, to come back to present moment. Performing mindful breathing as outlined in the "Daily Activity Guide" can also help.

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**Identifying Wins:** What's one win from the last few days that I can celebrate? What challenge did I overcome or what have I achieved in the past few days? Include something you attempted or something you are working on that you are proud of. It can be something as simple as wiping the countertop or completing a school/work project. It is less about the outcome and more that you tried, creating a win!

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### Additional Reflection:

*Day 10*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 10 Continued*

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**Intention:** Where I place my attention, or what I attend to, grows. Creating an intention, what I intend to do today in this moment, helps refocus my attention. What is my intention today? E.g., "I intend to align with my True Self by refraining from judging myself and others." Or, "I intend to heal and improve myself." Or, "I intend to start running and these are the steps I will take."

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**Judgments, Ratings & Comparisons:** Do I need to let go of judgments, ratings (good vs. bad) & comparisons of self or others because I am attached to my ego and egoic thoughts? Am I judging, rating or comparing myself or others? Write a positive reframing statement.

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### Additional Reflection:



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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 11 Continued*

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**Surrender:** Is there something that I need to surrender? Is there an overwhelming feeling or situation that is more than what I can handle right now? Surrendering frees me from carrying the burden, knowing an answer or solution will easily come once I let go. Write a positive reframing statement for surrendering. See Chapter 9.

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**Lean In & Let Go:** Is there a thought, feeling, emotion or experience that I am holding onto, fighting, avoiding, repressing or suppressing? What does letting go look like? How does it make me feel? How is my body responding? Write a positive reframing statement to support leaning in & letting go. See Chapter 10.

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### Additional Reflection:

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*Day 12*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 12 Continued*

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**Forgiveness:** Is there any person or situation that I am holding onto that is hurting me by carrying the emotional weight? Am I able to forgive (it's not about forgetting) so I can move on? I forgive for me, to set me free, knowing my forgiveness doesn't mean approving of what happened. Write a positive reframing statement. See Chapter 11.

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**Self-Compassion:** Am I showing myself self-compassion? Am I in/was I in negative self-talk in the last day? What would I say/how would I treat my best friend or a loved one in a similar situation? Write a positively worded reframing statement. Note: If I can't show myself self-compassion, I become self-compassionate by being ok with my resistance. I choose not to judge myself or go into comparisons of what someone else might do.

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### Additional Reflection:

*Day 13*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 13 Continued*

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**Hope:** What am I looking forward to today or what goal do I want to work towards? What do I want to accomplish in the coming weeks, months or years? Note: We always want to stay in present moment, as our contentment & fulfillment is always from within, in the present moment, but this helps create hope and gives us something to work towards.

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**Abundance:** Am I coming from an abundance mindset, knowing there is enough to go around, versus a mindset of scarcity, lack or not enough? Write a positively worded reframing statement with an abundance mindset, and incorporate some of your previous gratitude statements.

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### Additional Reflection:

*Day 14*

*Date:*     /     /

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As you look back at your week, there were likely many wins. There were also likely missed opportunities that we focus on, and we sometimes mis-label those as "failures." If you tried, then it's a success. If it was a missed opportunity, call it that instead of labeling it a failure.

**Reflection Questions:**

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What accomplishments or milestones did I achieve this week that I am most proud of (and maybe include getting to this point in the journal)?

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How am I celebrating and reinforcing these wins?

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## *Day 14 Continued*

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What were some missed opportunities this week? Instead, can you celebrate them as wins, in that you tried?

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What am I most grateful for in the last week?

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Were there situations or experiences this week that challenged me to surrender or let go, let go of control over a situation or my environment? How did it feel to surrender or let go?

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## *Day 14 Continued*

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Resilience is quick recovery with agility to keep going after a setback. How was I resilient this week? How did it feel? If I wasn't resilient this week, what skills do I want to work on? Will I meditate more or utilize other breathing exercises like mindful breathing? Will I focus on surrender, forgiveness, or letting go?

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Did you notice yourself getting associated with egoic thoughts or judging, rating and comparing? What next right actions (Chapter 13) were helpful in separating from these thoughts? What do you want to work on in the coming week when you becoming associated with your ego and its thoughts? Were you able to be the observer? Were you able to set an intention and perform next right action? If not, write an intention and action statement now:

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### Additional Reflection:

*Day 15*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 15 Continued*

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**Awareness:** I become aware in this moment that I am separate from my thoughts. What are my thoughts saying right now? What will I do to separate from my thoughts? E.g., view them as a movie, as clouds going by, or as a parade going by. Write a positively worded reframing statement about becoming aware of being separate from your thoughts.

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**Acceptance of Present Moment:** Am I fighting acceptance of everything that is, was, or will be? I will sit in the discomfort of acceptance for the next few minutes and feel the discomfort. If needed, I can perform some simple breathing exercises (see the Daily Activity Guide) as I become the observer and sit in acceptance. How did this feel?

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### Additional Reflection:



*Day 16*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 16 Continued*

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**Present Moment Awareness:** Am I living in present moment? Or am I 'story-telling' and creating a false narrative; judging, rating and comparing myself or others? Write a reframing statement, setting an intention for yourself, to come back to present moment. Performing mindful breathing as outlined in the "Daily Activity Guide" can also help.

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**Identifying Wins:** What's one win from the last few days that I can celebrate? What challenge did I overcome or what have I achieved in the past few days? Include something you attempted or something you are working on that you are proud of. It can be something as simple as wiping the countertop or completing a school/work project. It is less about the outcome and more that you tried, creating a win!

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### Additional Reflection:

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

*Day 17*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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---

**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 17 Continued*

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**Intention:** Where I place my attention, or what I attend to, grows. Creating an intention, what I intend to do today in this moment, helps refocus my attention. What is my intention today? E.g., "I intend to align with my True Self by refraining from judging myself and others." Or, "I intend to heal and improve myself." Or, "I intend to start running and these are the steps I will take."

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---

**Judgments, Ratings & Comparisons:** Do I need to let go of judgments, ratings (good vs. bad) & comparisons of self or others because I am attached to my ego and egoic thoughts? Am I judging, rating or comparing myself or others? Write a positive reframing statement.

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### Additional Reflection:

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 18 Continued*

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**Surrender:** Is there something that I need to surrender? Is there an overwhelming feeling or situation that is more than what I can handle right now? Surrendering frees me from carrying the burden, knowing an answer or solution will easily come once I let go. Write a positive reframing statement for surrendering. See Chapter 9.

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**Lean In & Let Go:** Is there a thought, feeling, emotion or experience that I am holding onto, fighting, avoiding, repressing or suppressing? What does letting go look like? How does it make me feel? How is my body responding? Write a positive reframing statement to support leaning in & letting go. See Chapter 10.

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### Additional Reflection:

*Day 19*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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---

**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 19 Continued*

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**Forgiveness:** Is there any person or situation that I am holding onto that is hurting me by carrying the emotional weight? Am I able to forgive (it's not about forgetting) so I can move on? I forgive for me, to set me free, knowing my forgiveness doesn't mean approving of what happened. Write a positive reframing statement. See Chapter 11.

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**Self-Compassion:** Am I showing myself self-compassion? Am I in/was I in negative self-talk in the last day? What would I say/how would I treat my best friend or a loved one in a similar situation? Write a positively worded reframing statement. Note: If I can't show myself self-compassion, I become self-compassionate by being ok with my resistance. I choose not to judge myself or go into comparisons of what someone else might do.

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### Additional Reflection:

*Day 20*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 20 Continued*

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**Hope:** What am I looking forward to today or what goal do I want to work towards? What do I want to accomplish in the coming weeks, months or years? Note: We always want to stay in present moment, as our contentment & fulfillment is always from within, in the present moment, but this helps create hope and gives us something to work towards.

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**Abundance:** Am I coming from an abundance mindset, knowing there is enough to go around, versus a mindset of scarcity, lack or not enough? Write a positively worded reframing statement with an abundance mindset, and incorporate some of your previous gratitude statements.

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### Additional Reflection:

*Day 21*

*Date:*     /     /

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As you look back at your week, there were likely many wins. There were also likely missed opportunities that we focus on, and we sometimes mis-label those as "failures." If you tried, then it's a success. If it was a missed opportunity, call it that instead of labeling it a failure.

**Reflection Questions:**

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What accomplishments or milestones did I achieve this week that I am most proud of (and maybe include getting to this point in the journal)?

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How am I celebrating and reinforcing these wins?

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## *Day 21 Continued*

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What were some missed opportunities this week? Instead, can you celebrate them as wins, in that you tried?

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What am I most grateful for in the last week?

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Were there situations or experiences this week that challenged me to surrender or let go, let go of control over a situation or my environment? How did it feel to surrender or let go?

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## *Day 21 Continued*

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Resilience is quick recovery with agility to keep going after a setback. How was I resilient this week? How did it feel? If I wasn't resilient this week, what skills do I want to work on? Will I meditate more or utilize other breathing exercises like mindful breathing? Will I focus on surrender, forgiveness, or letting go?

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Did you notice yourself getting associated with egoic thoughts or judging, rating and comparing? What next right actions (Chapter 13) were helpful in separating from these thoughts? What do you want to work on in the coming week when you becoming associated with your ego and its thoughts? Were you able to be the observer? Were you able to set an intention and perform next right action? If not, write an intention and action statement now:

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### Additional Reflection:

*Day 22*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 22 Continued*

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**Awareness:** I become aware in this moment that I am separate from my thoughts. What are my thoughts saying right now? What will I do to separate from my thoughts? E.g., view them as a movie, as clouds going by, or as a parade going by. Write a positively worded reframing statement about becoming aware of being separate from your thoughts.

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**Acceptance of Present Moment:** Am I fighting acceptance of everything that is, was, or will be? I will sit in the discomfort of acceptance for the next few minutes and feel the discomfort. If needed, I can perform some simple breathing exercises (see the Daily Activity Guide) as I become the observer and sit in acceptance. How did this feel?

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### Additional Reflection:

*Day 23*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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---

**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

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## *Day 23 Continued*

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**Present Moment Awareness:** Am I living in present moment? Or am I 'story-telling' and creating a false narrative; judging, rating and comparing myself or others? Write a reframing statement, setting an intention for yourself, to come back to present moment. Performing mindful breathing as outlined in the "Daily Activity Guide" can also help.

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**Identifying Wins:** What's one win from the last few days that I can celebrate? What challenge did I overcome or what have I achieved in the past few days? Include something you attempted or something you are working on that you are proud of. It can be something as simple as wiping the countertop or completing a school/work project. It is less about the outcome and more that you tried, creating a win!

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### Additional Reflection:

*Day 24*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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---

**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 24 Continued*

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**Intention:** Where I place my attention, or what I attend to, grows. Creating an intention, what I intend to do today in this moment, helps refocus my attention. What is my intention today? E.g., "I intend to align with my True Self by refraining from judging myself and others." Or, "I intend to heal and improve myself." Or, "I intend to start running and these are the steps I will take."

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---

**Judgments, Ratings & Comparisons:** Do I need to let go of judgments, ratings (good vs. bad) & comparisons of self or others because I am attached to my ego and egoic thoughts? Am I judging, rating or comparing myself or others? Write a positive reframing statement.

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### Additional Reflection:

*Day 25*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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---

**Action Plan:** What is my action plan for today if I get stuck associated with thoughts? For example, I will try meditation, an ice cold water plunge, walking around the block, 25 jumping jacks, other? See Chapter 13.

---

## *Day 25 Continued*

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**Surrender:** Is there something that I need to surrender? Is there an overwhelming feeling or situation that is more than what I can handle right now? Surrendering frees me from carrying the burden, knowing an answer or solution will easily come once I let go. Write a positive reframing statement for surrendering. See Chapter 9.

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**Lean In & Let Go:** Is there a thought, feeling, emotion or experience that I am holding onto, fighting, avoiding, repressing or suppressing? What does letting go look like? How does it make me feel? How is my body responding? Write a positive reframing statement to support leaning in & letting go. See Chapter 10.

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### Additional Reflection:

*Day 26*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below. Repeat your affirmation 3-5 times each morning, night and throughout the day. Additionally, you can use the paradigm affirmation: I am Beautiful, I am Strong, I am Worth It, I am Enough!

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---

**Gratitude:** List 3-5 things you are grateful for, and they can repeat as often as you like. Note: An easy gratitude exercise is to be grateful for each of your senses and what they bring you, e.g., I am grateful that I can taste my favorite meal, I am grateful that I can hear my favorite song, etc.

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## *Day 26 Continued*

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**Forgiveness:** Is there any person or situation that I am holding onto that is hurting me by carrying the emotional weight? Am I able to forgive (it's not about forgetting) so I can move on? I forgive for me, to set me free, knowing my forgiveness doesn't mean approving of what happened. Write a positive reframing statement. See Chapter 11.

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---

**Self-Compassion:** Am I showing myself self-compassion? Am I in/was I in negative self-talk in the last day? What would I say/how would I treat my best friend or a loved one in a similar situation? Write a positively worded reframing statement. Note: If I can't show myself self-compassion, I become self-compassionate by being ok with my resistance. I choose not to judge myself or go into comparisons of what someone else might do.

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### Additional Reflection:

*Day 27*

*Date:*     /     /

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Start your day with at least one of the activities from the  
**Daily Activity Guide** Section

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**Daily Affirmation:** Write an affirmation statement below.  
Repeat your affirmation 3-5 times each morning, night and  
throughout the day. Additionally, you can use the paradigm  
affirmation: I am Beautiful, I am Strong, I am Worth It, I am  
Enough!

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**Action Plan:** What is my action plan for today if I get stuck  
associated with thoughts? For example, I will try meditation,  
an ice cold water plunge, walking around the block, 25  
jumping jacks, other? See Chapter 13.

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## *Day 27 Continued*

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**Hope:** What am I looking forward to today or what goal do I want to work towards? What do I want to accomplish in the coming weeks, months or years? Note: We always want to stay in present moment, as our contentment & fulfillment is always from within, in the present moment, but this helps create hope and gives us something to work towards.

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**Abundance:** Am I coming from an abundance mindset, knowing there is enough to go around, versus a mindset of scarcity, lack or not enough? Write a positively worded reframing statement with an abundance mindset, and incorporate some of your previous gratitude statements.

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### Additional Reflection:

Day 28

Date:     /     /

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### 4 Week Reflection

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Congratulate yourself for getting to this milestone! This reflection is meant to assist you in identifying the subtle and not so subtle improvements you made over the past month. We don't always see or recall how much we have changed since starting this, so chose one or several of these questions to reflect on the past month. Additionally, you can repeat the journal for free. Visit [ImperfectionWellness.com/Journal](http://ImperfectionWellness.com/Journal) to download additional copies of The Paradigm Daily.

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Was I more aware of my thoughts and that I am separate from them? Was I able to be the observer and become separate from my many thoughts? How did that feel?

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What positive growth came out of this last month?

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How did the affirmation and gratitude exercises feel? Write an affirmation and gratitude statement to use in the coming month.

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Do I have awareness that contentment and fulfillment are from within? If not, write a positively worded reframing statement to use as an affirmation.

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Acceptance of what is, what was, and what will be can be challenging. Was I able to sit with acceptance? How does this concept feel? What have I learned to accept? What am I still struggling with? Am I 100% accepting of self? Have I fully embraced myself? Write a reflection on this coming from a positive, compassionate and empathetic place.

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What knowledge or skills have I gained this last month? Did I achieve something I never thought I would? How have I grown this last month? What did I learn about myself?

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Did I show myself self-compassion, self-acceptance and self-love this past month? What did that look like? How did it feel? If I was not able to, was there a mental block I want to work on, including forgiving myself? Maybe writing a new affirmation statement: "I am worth self-compassion and self-love," because I AM!

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In what ways did I surrender to the flow of life and trust what 'is'? How did it feel? Discomfort is ok! All that is good is not comfortable and all that is comfortable is not good!

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Was I able to Lean In & Let Go of a suppressed feeling or emotion? How did that feel? Discomfort is ok and a part of the healing journey. Write a reflection on this coming from a positive, compassionate and empathetic place.

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Was I able to forgive myself or someone else for something in the past, however small it may have been? What was the hardest thing to overcome with forgiveness? How do I feel now compared to before?

Note: Forgiveness can be hard. As a reminder, you forgive on your terms, if and when you are ready, after time has elapsed, and only if you want to. You do this FOR YOU, so you don't have to carry the emotional burden anymore. And most importantly, forgiveness doesn't mean what happened was right! See Chapter 7 for more on Forgiveness.

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In the coming weeks, what do I want to keep working on? Do I have a goal to work towards or need to modify a goal? Note: Changing goals is fine if it aligns with your choice and you want to.

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What is your Next Right Action plan to sustain your wins over this last month? See Chapter 9 for ideas. Additionally, you can learn how to meditate to help sustain these gains. Find out more at [ImperfectionWellness.com](http://ImperfectionWellness.com)

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Additional Reflection:

Additional Reflection:

Additional Reflection:

Additional Reflection:

Download additional copies of  
The Paradigm Daily  
at [ImperfectionWellness.com/journal](http://ImperfectionWellness.com/journal)



Wellness for the  
*PERFECTLY* Imperfect



# **Possley's Paradigm**

[ImperfectionWellness.com](https://ImperfectionWellness.com)



Welcome to Possley's Paradigm, a guide to discovering a more fulfilled, present, and authentic life. Whether you're new to the concept of mindfulness or already exploring ways to bring more awareness into your daily routine, this booklet is designed to support you. The journey you're about to take involves looking at yourself and the world around you in a whole new way—by recognizing that your thoughts do not define you, and that true peace and contentment is found within.

### **The Story Behind Possley's Paradigm**

This paradigm is a product of my own life's journey—a path shaped by over 20 years of experience in healthcare as a Physician Assistant, my deep dive into mindfulness practices starting in the early 2000's, and personal struggles that changed my outlook forever. In 2015, I learned Vedic Meditation, a practice that allowed me to quiet my mind and see beyond the constant noise of my thoughts. This life-changing experience eventually led me to leave my corporate career in healthcare administration and focus fully on helping others discover their true selves beyond their thoughts. In 2024 I became a Vedic Meditation teacher and decided to combine all of my experience into creating a holistic wellness paradigm that people can apply to their lives wherever they are on their wellness journey.

Possley's Paradigm is a set of nine universal truths. These concepts, when applied to your daily life, help you break free from egoic thoughts and the false beliefs they feed. These concepts are more than theoretical; they're practical tools to help you discover that you are more than what your

thoughts say about you and the world around you. With this awareness, you can embark on your wellness journey to finding contentment and fulfillment from within as you live a more authentic life.

### **Meditation: The Gateway to Deepening Your Understanding of Possley's Paradigm**

At the heart of Possley's Paradigm is the practice of meditation. For many people, meditation can seem intimidating or even impossible—especially if you think meditation is about stopping your thoughts. But here's the thing: **you don't need to stop thinking**. In fact, in the two types of meditation I teach, **thoughts are welcome**. The goal isn't to silence the mind, but to create space between you and your thoughts, allowing you to observe them without getting caught up in their story. It's this space that helps you realize that you are more than what your thoughts say about you and the world around you!

Through [ImperfectionWellness.com](http://ImperfectionWellness.com), I offer both free and paid meditation training to help you integrate this practice into your life. Additionally, on my website, I offer free guided meditations which are designed for people with thoughts—because we all have them! The beauty of this practice is that it allows you to live more fully in the present moment without being held back by egoic thinking.

In addition to meditation, I also offer podcasts and online resources that complement Possley's Paradigm. These tools can support your personal growth and help you break free

from the thought patterns that limit your potential. Everything you need is available at [ImperfectionWellness.com](https://ImperfectionWellness.com), where you can explore free content or sign up for a deeper, more personalized meditation training.

### **Possley's Paradigm: A Roadmap to Inner Peace**

Think of this booklet as a brief overview to the nine transformative concepts that make up Possley's Paradigm. As you explore each one, you'll begin to see how awareness, acceptance, and other core principles can help you move through life with more clarity and ease. Remember, this is your journey—it's okay to take it at your own pace and interpret these concepts in a way that fits your unique wellness path.

By practicing these nine universal truths, you can detach from egoic thoughts, uncover your true self, and live more fully in the present moment. This paradigm offers a pathway to inner peace and fulfillment, encouraging a life less burdened by negative thinking and more enriched by self-awareness and acceptance.

And if you'd like to take it further, listen to "The Imperfection Wellness Podcast" (wherever you stream your favorite podcasts) to go into greater detail on the 9 concepts of Possley's Paradigm as well as other wellness topics.

With gratitude,

*Scott W. Possley*

# The Nine Pillars of Possley's Paradigm

**Awareness:** I am aware that I have thousands of thoughts each day and this is normal. I am aware that I am more than what these thoughts say about me and the world around me. I am aware that I am separate from these thoughts and that they are not based in truth. They are fragments, half-truths and stories from the past and future. I am aware that when I am identified as one with the thoughts, I am out of present moment living and it is unlikely that I feel happy or fulfilled as our egoic thoughts always want more.

**Attachment:** Ego creates attachment to people, places, things, ideas, opinions & thoughts. When attached, I can become paralyzed at the thought of not having them because my self-worth becomes tied to these attachments. I know I am more than my egoic attachments. Releasing our egoic attachments doesn't mean I can't enjoy these items, ideas, and opinions. It simply means I am not defined by them. I know I am more than my attachments. I can relinquish, surrender and let go of the emotional attachments I have while still enjoying them.

**Acceptance:** I fully accept everything in my life exactly as it is, the good and the bad. The past is over, and the future is an unknown. I accept that I am the sum total of all of my choices, and I know I always have a choice, as tough as that choice may be. I sit in present moment, fully accepting everything exactly as it currently is, was, or will be. I know I am where I am because of my choices, and my choices today influence tomorrow, aware that there are also other variables out of my control influencing my tomorrow.

**Be the Observer (of thoughts):** I have thoughts like everyone else. As I am separate from my thoughts, I choose to be the observer. My thoughts are separate from me and go by like I am watching a movie, a parade or as passing clouds in the sky. I am the observer of all my thoughts as they go by, saying to self, “I am separate from my thoughts. I am more than what my thoughts say about me and the world around me.”

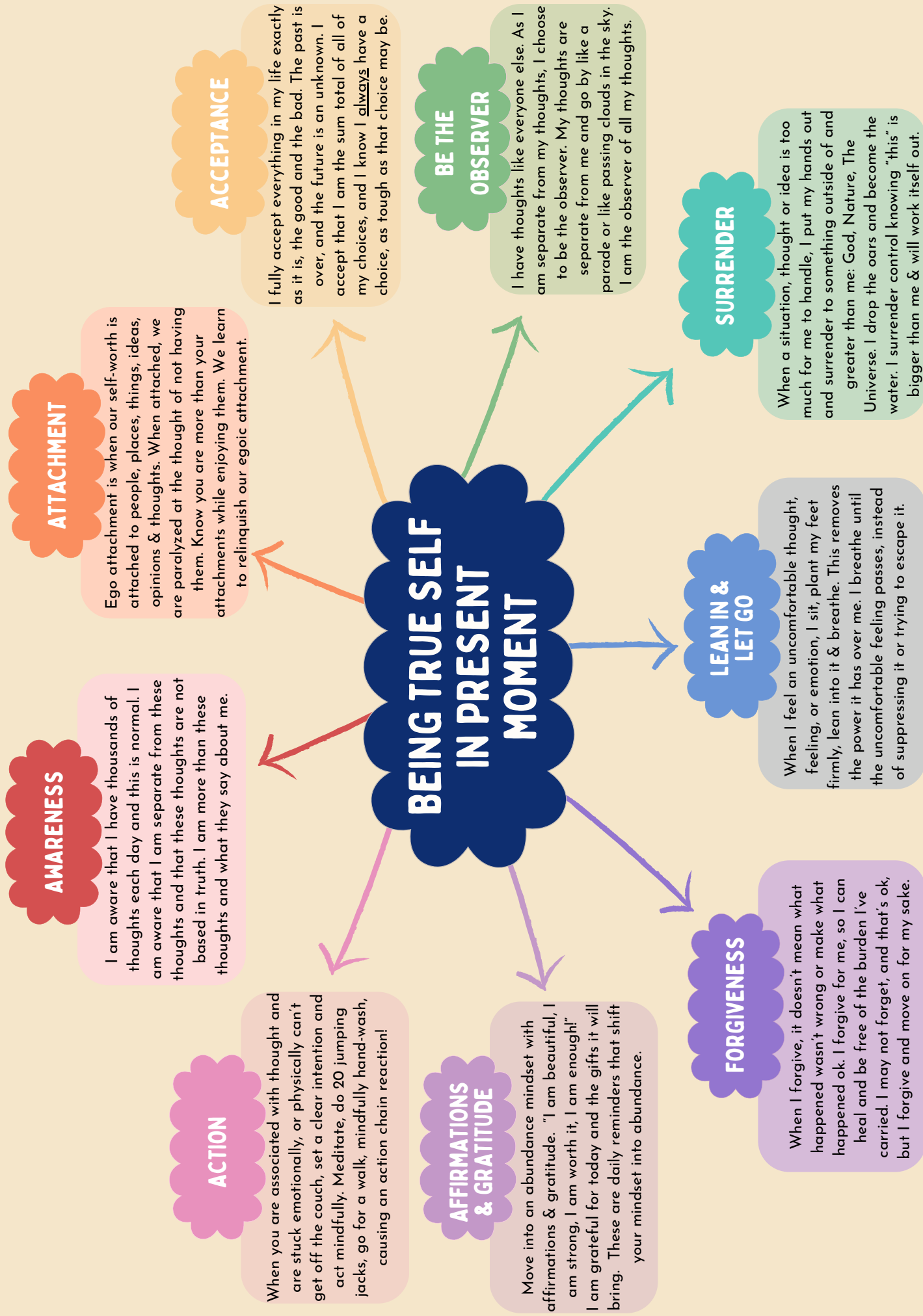
**Surrender:** When a situation, thought or idea is too much for me to handle, I put my hands out and surrender to something outside of and greater than me: God, Nature, The Universe, Consciousness, etc. I drop the oars and become the water. I surrender control knowing “this” is bigger than me & will work itself out.

**Lean-in & Let Go:** When I feel an uncomfortable thought, feeling, or emotion come over me, I sit and get centered with my feet firmly planted on the ground. I lean in and feel what is coming up and take slow deep breaths for 3-5 minutes as the energy around this sensation is released and slowly dissolves. The goal is to breathe through the sensation, refraining from avoiding, distracting, redirecting, repressing, suppressing, etc. I let go of the judgments, ratings, and comparisons of the ego. I let go of attachment with the thought, I let go of association with the thought. I let go of the idea that the thought is me. I let go each and every time the thought comes up that tells me I am less than or better than someone else.

**Forgiveness:** When I forgive, it doesn't mean what happened wasn't wrong or make what happened ok. I forgive for me, if and when I want to, on my terms, if and when I am ready to, so I can heal and be free of the emotional burden I am carrying. I don't have to forget, but I forgive and move on for my sake, on my timeline, if and when I want to. It's about lessening my emotional connection with an act or situation that is no longer serving my greater good.

**Affirmations & Gratitude:** Move into an abundance mindset with affirmations & gratitude. Affirmations & Gratitude are written and said daily to reframe our thinking and shift our mindset from lack and scarcity to one of plenty and abundance. The paradigm affirmation is, “I am beautiful. I am strong. I am worth it. I am enough!” And if you aren't sure what to be grateful for, be grateful for your senses, that you can smell a flower or taste your favorite meal, hear your favorite song or read your favorite book.

**Action:** When you are associated with thought and are stuck emotionally, or physically can't get off the couch, set a clear intention and act mindfully. Meditate, do 20 jumping jacks, go for a walk, mindfully hand-wash, any of which can cause an action chain reaction! Get unstuck from ruminating thoughts and overwhelming feelings or emotions by performing next right action. In such anxious or depressed states, one can feel physically and emotionally locked down. Take action, any action! Launch into an activity for you which creates space and separation from your egoic ruminating thoughts!





# PRESENT MOMENT, TRUE SELF & EGO

## Present Moment Living:

The goal of Possley's Paradigm is to bring you back to present moment living, realizing we are separate from our egoic thoughts. Present moment is all we have. The past is over and the future is an unknown. While we can plan for tomorrow, there are many variables outside of our control that also influence our future. When we worry about the future and have regrets of the past, we are missing out on this Present Moment which is all we have.

## True Self:

We are True Self when we become separate from our ego's never-ending judging, rating and comparing. It is our Authentic Self that realizes, "I am content in this Present Moment, as that is all I have." As True Self, I realize there is more that unites us than divides us in this human experience, coming from a place of abundance, knowing there is plenty to go around, as opposed to the ego's lack and scarcity mindset.

## Ego:

The ego is the voice within giving rise to endless thoughts, commentary, ratings, judgments. It gives rise to comparisons of the world around us. It comes from a place of fear, lack and scarcity in trying to protect you. It inflates or deflates you by telling you that you are better or less than others. We realize the ego is always with us AND that we are separate from our ego so we can live as True Self in Present Moment!

## Possley's Paradigm Action Plan

Start today!

1. Bring **awareness** to your thoughts and patterned beliefs, as you question the truth of these thoughts & beliefs!

Know that you are separate from and more than what your thoughts say about you and the world around you.

2. Bring awareness to any egoic **attachment**, noting if your self-worth is tied to any possessions, idea, job title or self-belief (e.g. my worth is based on my looks), knowing you are separate from your egoic attachments.

3. Sit in the discomfort of **acceptance**, acceptance of what is, was or will be, knowing you are the sum total of your choices up to this point in your life.

Knowing this, we are still engaged in our life and our decisions, knowing your choices today influence tomorrow.

4.. **Be the observer** of your thoughts feelings and emotions, knowing you have them, but are more than them.

5. **Surrender** to something outside of yourself and greater than you or to your True Self that's free of ego.

6.. **Lean in & let go**, releasing your suppressed and repressed thoughts, feelings, ideas and self-beliefs, instead of numbing and avoiding.

7. **Forgive**, if and when you want to, on your terms, knowing it doesn't mean that what happened was ok, but for the simple fact that you no longer have to carry the emotional burden.

8. **Affirm** daily, "I am beautiful! I am strong! I am worth it! I am enough!" and perform daily **gratitude**: "I am grateful for the opportunities before me today!"

9. Set an intention and perform next right **action**.

10. Learn to meditate, learn to center yourself in present moment as True Self with fulfillment and contentment from within.

Visit [ImperfectionWellness.com](http://ImperfectionWellness.com) for more tools and resources to support your on your wellness journey!



The information provided in this booklet for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified mental health provider with any questions or concerns you may have regarding your physical and mental health & well-being.

If you or someone you know is in crisis, experiencing thoughts of self-harm, or contemplating suicide, help is available. Please call the National Suicide & Crisis Lifeline at 988—available toll-free, 24 hours a day, 7 days a week.