

Meme Triangle: Assumptions/Perceptions/Reality

Name: _____ Date: _____

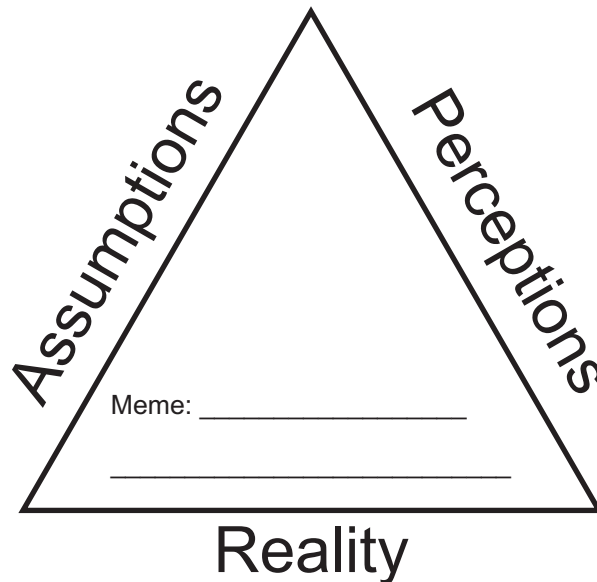
Our *assumptions* about life influence our *perceptions*. Taken as a whole, all our *perceptions* add up to our own version of *reality*. For example, if your *assumption* is that the world is flat, how would that influence your daily *perceptions* and your daily *reality*? What if your *assumption* is that the world is round?

In the center of the triangle below, write the meme you wish to change. Your *assumptions* about the meme are the 'what.' The *perceptions* about those assumptions are the 'why.' The *reality* created from those perceptions is the 'how.'

What assumptions need to change in order to change your meme? Write those in the space marked 'what' below.

What perceptions generated by those assumptions need to change in order to change your meme? Write those in the space marked 'why' below.

How would your reality change if your meme changed? List these changes in the space marked 'how' below.



What: _____

Why: _____

How: _____
