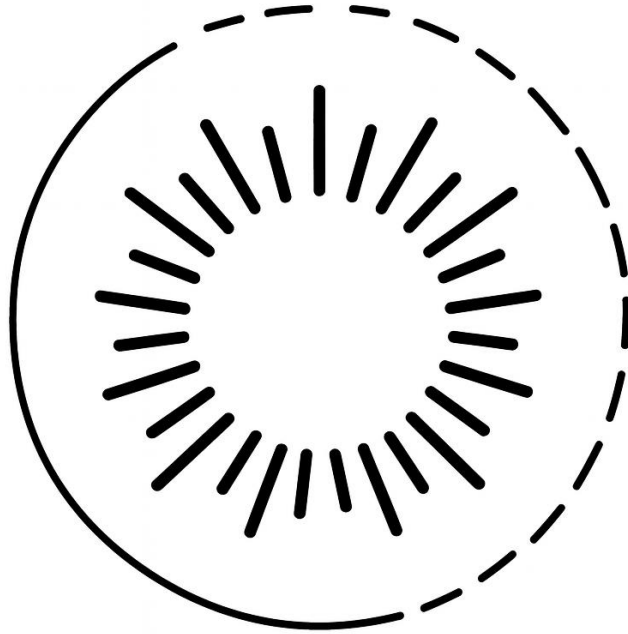


The Power of Ontological Context

The Fundamental Context for Human Performance is Identity – Who We Are

Outcomes / Results	Consistent, powerful, measurable, acknowledged / celebrated	Very few or none, based on circumstance, come and go
Quality of Actions	Flow, generative, energizing, fulfilling	Struggle, forced, obligation, resistance
Actions	Purposeful, strategic, bold initiative	Procrastination, hesitation, avoidance, over-analyze
Frame of Reference	Abundance, creativity	Scarcity, fear
Focus of Attention	What's possible and working	What's missing and wrong
Dreams / Intentions	Inspired, expansive, visionary	Limited, withheld, abandoned
Hopes / Outlook	I can create a better future.	The best I can do is survive.
Sense of Others	Partners, allies	Threats, obstacles
Sense of Self	Whole, integrated	Broken, fractured
Mood / Background Experience	Open, optimistic	Heavy, resigned
Body Sensations / Somatic State	Relaxed, energized	Tense, depleted
Feelings/Emotions	Joy, gratitude, curiosity	Resentment, frustration, fear
Thoughts	I can handle this.	I can't do this.
Interpretations	"This is a chance to grow."	"This is proof I'm failing."
Perceptions	I see opportunity all around me	I see problems everywhere
STRUCTURE OF INTERPRTATION (Fundamental Filter) 		
Way of Being	Who I am being = "capable, resourceful"	Who I am being = "not enough"
Commitment	Authenticity, Express Self	Survival / Safety, Avoid Threat
Type	Empowering	Disempowering
IDENTITY	WHO I AM BEING	

GAME PLAN FOR LIFE



The Ontological Breakthrough Process