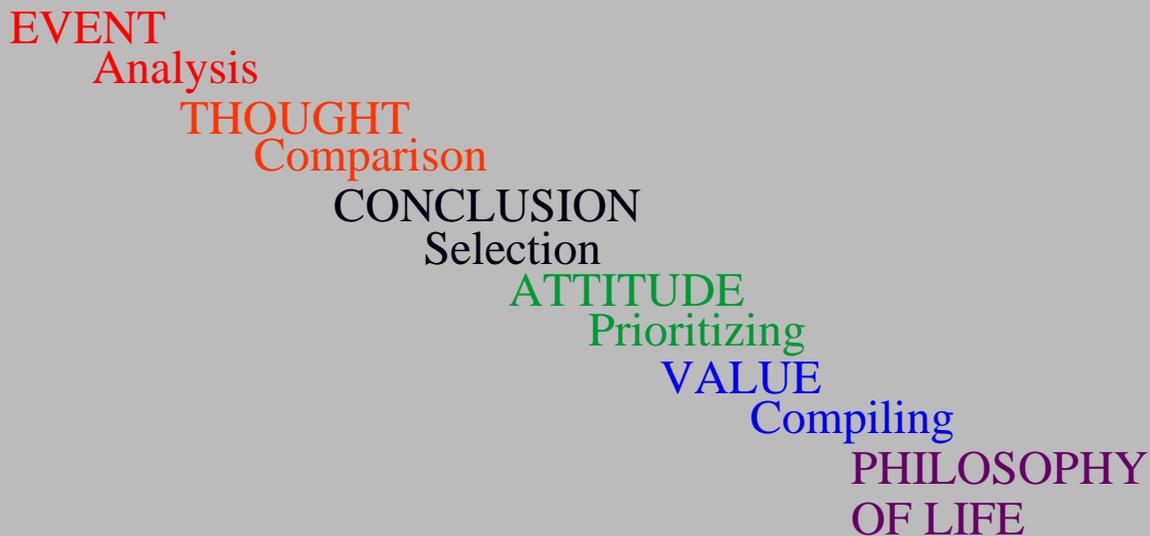


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HANDOUT - PHILOSOPHY OF LIFE

There is a distinct system we use to develop and continuously update our philosophy of life.



It begins with an **EVENT**, a feeling, something you imagine, a behavior you observe, taste, hear, feel, smell, get an idea about, or simply stated, an event is something that happens. Our mind records everything that happens in what I call a 3D mode - the visual, auditory, and emotional interactive record, permanently retained for all time. It is recorded in your brain.

THE INTERESTING THING, IS THAT WE CAN DECIDE TO INPUT CORRECT INFORMATION AND THEN DECIDE TO USE THAT NEW AND CORRECT INFORMATION INSTEAD OF THE OLD.

For the sake of discussion, an event is something we agree has a start point, an end point, and whatever **OCCURS**, in between those two points, we establish as the information to evaluate.

Whether we realize it or not, we think about the event. We unconsciously and systematically make an **ANALYSIS** of what happened. Through inductive and deductive reasoning, we work at it until we reduce what happened to a complete **THOUGHT**.

All our thoughts about events, that have occurred throughout our entire life, are separate from each other. As our mind manages all this information, we unconsciously begin to compare all our thoughts to find out which thoughts relate with other thoughts. The mental process of comparing our thoughts permits us to formulate a **CONCLUSION**. Just like in the formulation of a thought, we sifted through events. The conclusion is the end result of the very specific mental process of comparing our thoughts - our mind makes a decision these files make up a unique folder of information that is related and compatible.

We **SELECT** from many similar or related conclusions to form an **ATTITUDE**. Attitudes enable us to form a more solid general position from which to react or respond to events in our life.

Again, an **ATTITUDE** is a **previously developed position** enabling a person to react or respond somewhat automatically to life situations - without having to stop and think through everything each and every time a similar circumstance or situation occurs. We program ourselves to operate with less effort and energy.

An attitude is an *arrangement of thoughts and conclusions* into an organized body of information from which the decision to act in a certain way, or a pattern, is developed and made ready to be acted out almost automatically in recurring similar situations.

To understand the word **VALUE** we merely think of **PRIORITIZING**, or ranking our attitudes, with the attitude having the most meaning, importance, significance, or merit, at the top of the list and the attitude of least importance, worth, or utility, at the bottom.

Normally people think attitudes are our values! I think that perception is incorrect. I think our value system operates somewhat independently from our attitudes. When most people talk about their values they are really talking about their conclusions or their attitudes. Our attitudes change very little as the value, or the order of ranking on the priority list, changes constantly. We change the ranking order of our attitudes with each new situation presented. Today we are impeccably honest - but tomorrow, in a different situation, with different circumstances, we think it is better to withhold the truth or even tell a little white lie. Our conclusions and attitudes did not change - just the situation.

Our **PHILOSOPHY OF LIFE** is the final result of analyzing events and happenings to form thoughts, comparing thoughts to decide our conclusions, selecting conclusions to form attitudes, ranking an attitude to establish value, and COMPILING all of our attitudes into a master life plan. Our Philosophy of life is the integrity that generates our Character. If we are to change character we have to start with events and thoughts.

The dictionary definition of the word PHILOSOPHY is: 1) the study and knowledge of the principles that cause, control, or explain facts or events; 2) Study of the basic principles of a particular field of knowledge; 3) Practical wisdom that comes from knowledge of general laws and principles; 4) A system of general beliefs or views; 5) Serenity, composure.

There are a few other words that need to be defined before we jump off into the rest of the "NXChange" program. They are:

BELIEF; The mental acceptance of the truth or actuality of something we give credence to, have faith in, conviction about, or are persuaded to accept as opinion. The act of the mind or the mental ascent to something as being true. Beliefs are based on reasoning or fruit of authority - and not uncommonly the fruit of prejudice, myths, or invalid sources of information that are incorrect or filled with error data.

FAITH is acting on a belief trusting the belief to be true and trustworthy.

TRUST is an assured reliance, often instinctive, upon the truthfulness, honesty, or uprightness of another person or belief.

CONVICTION is a *confirmed belief* arrived at through reasoning - confirmed by actual proof and unquestionable evidence. Conviction is grounded in reality and factual information that can be relied upon regardless of the circumstances or situation. Convictions are embraced only after the result of careful examination. Convictions are reliable while beliefs are unreliable programs to use in our life operating system. I like to have a conviction that I have labored over until I'm confident I have it right. Convictions stand the test of time. Question everything!

If you have questions about the evolution and need for this material or if you have suggestions that might improve this handout, please contact me.

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