PERCEPTION
SECTION SUMMARY

Perception is a funny thing. Well, not always. One might say it plays tricks on you, as if "it" was some external entity rather than something within yourself. It may be more accurate to say that we play tricks on *ourselves*.

Perception

(Noun) [per-sep-sh*uh*n]
A single unified awareness derived from sensory processes while a stimulus is present as interpreted with the mind; cognition; understanding.

What's true for all of us is that perception is reality. The way we interpret and understand the world directly affects our beliefs and the way we live. Perception creates bias just as much as it creates understanding. It creates fear just as much as it creates curiosity.

Here's where we might consider perception as being a matter of choice. This, in large part, is a function of open-mindedness along with a commitment to learning and continuous improvement for personal growth. The decision is a matter of whether you want your reality to be narrow or vast?

As we explore the full-range of perception, it combines inner monologue and our external interactions with the world around us. As individuals, we have unique circumstances with many moving parts. They possess different values, character traits and perspectives, among all else.

It's essential to begin exploring how we can see things so differently within ourselves now that we know that perception shapes our moment-by-moment experiences. This will help instill that perception can and will be altered by various factors at any given time.

Expectations matter. To that end, here's what we'll do to help make sense of it all:

DAY 1 Activities

- Module I Video Overview
- Perception Video
- Perception Section Summary (you are here)
- Personal Values Assessor

DAY 2 Activities

- Perception Snapshot (Internal)
- Personal Beliefs Assessor
- Perception Snapshot (External)

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