POINT OF VIEW, PARADIGM & PROCESS

How exactly DO you have a breakthrough?

This is the question people often ask me when they're ready to overcome their fear or anxiety around deep water. (I run a program called First Breath™ that combines scuba diving and life coaching to help people have a breakthrough in their relationship to deep water.)

It's not that these (usually quite smart, resourceful, and capable) people have never had breakthroughs in their lives—it’s just they’re not sure HOW they happened.

To cause breakthroughs intentionally, we must first become aware of our points of view—the lenses that colour how we think, feel, and act in our lives. (Mostly we’re unaware of our points of view, like the fish unaware of the water in which it swims. Mostly we act like things are just the way they are. Period.)

A particular point of view gives us a particular paradigm in which we live our lives. Which then informs our relationship to "reality" and gives us a model for understanding the "laws" by which we and the world operate. The paradigm tells us what's possible, and what's not.

The point of view I bring to my coaching practice (and my life, for that matter) can be summed up as follows: "As I think, so I am. As I am, so I do. And as I do, so I have." This point of view then gives me what I call the "Think. Be. Do. Have." paradigm.

Within THIS paradigm, there is a clear 3-step process—or pathway—to creating breakthroughs (what I call the "breakthrough process"):

1. Personal Discovery: choose an area of life that isn’t working as well as we’d like it to, and then work our way "backwards" from what we have (the circumstances (that we don’t want) to what we believe (that’s limiting or disempowering us)

2. Self-Love: fully accept ourselves—and where we are on our journey—as "perfect", without judgment or resistance. This creates a powerful space for us to create something new (as distinct from trying to change something that's wrong).

3. Personal Re-Creation: choose a new way of thinking (a new point of view), which then naturally gives us a new experience, drives new behaviour, and ultimately produces new results.
To see how I use the Coaching Game in my First Breath™ (1 Day) coaching session, [click here](#).

The genius of The Coaching Game is its unique ability to help people gain new insights into the limiting beliefs that hold them back. To see what they couldn’t see before.

And to discover new, empowering points of view and ways of thinking that transform their experience of themselves and their life. Which then drives new actions and produces new results.

I've been honoured to work with many people—young and old—who've embraced this new "Think. Be. Do. Have." paradigm and overcome their fear of deep water. And for their reward, they've experienced the magic of breathing underwater and the wonder of floating effortlessly in an underwater paradise.

**BIO:** Jason Sugar is a PADI Master Scuba Diver Trainer, Professional Life Coach, and founder & CEO of Breakthrough Adventures where he leads "life coaching + scuba diving" programs for people on vacation that dramatically alter people's relationship to deep water—and, more importantly, to themselves. [breakthroughadventures.com](http://breakthroughadventures.com)

**QUOTE:** "The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." ~ William James