

# QUALITY WORLD

**Described as a "personal picture album of the significant people, things, and ideals that make our lives better.**

**The Quality World can also be described as how we want our ideal life to be.**



**The pictures in our world:**

- ✓ **Meet one or more of our basic needs**
- ✓ **Are changing and changeable**
- ✓ **Are unique**
- ✓ **Are different in levels of intensity & achievability**

# PERCEIVED WORLD

**Described as being a part of our Quality World.**

**The Perceived World can also be described as being made up of our 5 senses, which are what we see, smell, touch, taste or hear.**

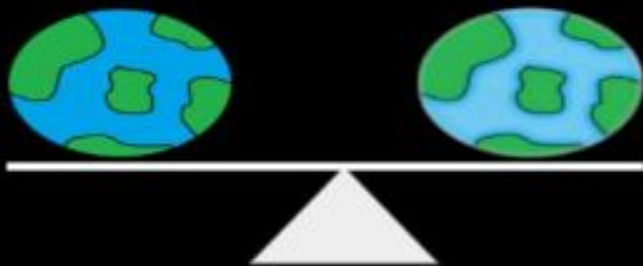


**Our Perceived World is:**

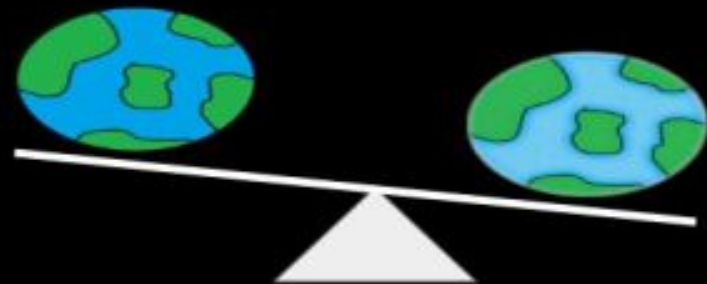
- ✓ **Highly subjective**
- ✓ **Unique**
- ✓ **Constantly changing**
- ✓ **Frequently inaccurate**

# COMPARING PLACE

**"As we go through life, we are constantly comparing what we want (Quality World) with what we have (Perceived World)."**



*If both Worlds are well-balanced, we will feel good and continue to do what we are doing.*



*If both Worlds are unbalanced, we will feel a frustration signal, which will lead us to behave differently.*