

# 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.



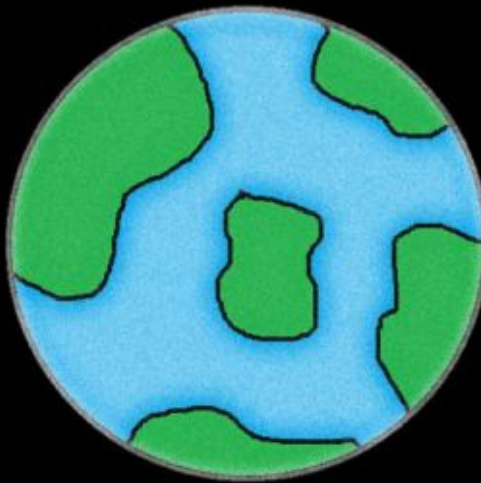
The pictures in our world:

- ✓ 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.

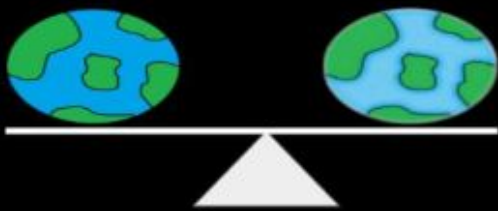


**Our Perceived World is:**

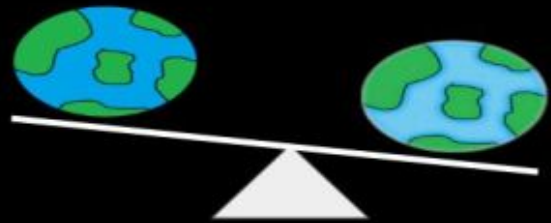
- ✓ Highly subjective
- ✓ Unique
- ✓ Constantly changing
- ✓ Frequently inaccurate

## 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.*