

Key Distinctions: 100 Distinctions To Fully Understand And Evolve Into

Distinctions are word pair comparisons, where one word is 'stronger' or more evolved than the other. In the examples below, the first word of the pair is the more evolved of the two. The value of distinctions is that they highlight an often-subtle difference between two fairly similar words. This difference is more than semantic—it's evolutionary. In other words, as you learn distinctions, you start to gravitate and orient around the stronger of the pair. In the book called *The Distinctionary* (which is viewable online at www.distinctionist.com), you can read descriptions/definitions of each of the following word pairs. There are about 500 distinctions made in the book.

If you know the difference, put an X in the preceding box. If you both know the difference and your life is fully oriented around the first of the word pair, then fill in the box. The goal is to have all 100 boxes filled in.

- 1-10**
- Accept vs justify
 - Accomplishments vs results
 - Adding value vs adding more
 - Assimilation vs integration
 - Assist vs help
 - Attain vs achieve
 - Attract vs seduce
 - Authentic vs genuine
 - Awareness vs knowledge
 - Balance vs juggle
- 11-20**
- Buff vs excellence
 - Build vs create
 - Capillary system vs promotion machine
 - Cellular learning vs acquire knowledge
 - Centers of influence (COI) vs network
 - Character vs personality
 - Charge neutral vs charge up/down
 - Choice vs decision
 - Coach vs consult
 - Coach vs help
- 21-30**
- Compassion vs empathy
 - Competence vs experience
 - Complete vs finished
 - Condition vs force
 - Confidence vs arrogance
 - Constructive vs comparative
 - Cooperation vs competition
 - Courage vs bravado
 - Deliver vs do
 - Desire vs compulsion
- 31-40**
- Discern vs judge
 - Distinction vs definition
- Do vs say
- Distinguished distinction vs ignorance
- Effective vs efficient
- Emotional cost vs financial cost
- Enroll vs sell
- Eternity vs purpose
- Evolve vs learn
- Experiment vs test
- 41-50**
- Expertise vs experience
 - Extensive vs inadequate boundaries
 - Extreme self care vs just enough
 - Feel vs think
 - Feeling vs emotional reaction
 - Financial independence vs savings
 - Flow vs momentum
 - For vs about
 - Freedom vs relief
 - Fulfillment vs satisfaction
- 51-60**
- Generous vs giving
 - Get vs understand
 - Healed vs healing
 - High standards vs self-righteousness
 - Honor vs protect
 - Inform vs promote
 - Initiate vs respond
 - Inkling vs evidence
 - Inspire vs motivate
 - Integrated vs compartmentalized
- 61-70**
- Integrity vs morality
 - Interdevelopmental vs interdependent
 - Intuition vs instinct
 - Language vs articulate
- Life design vs life plan
- Life vs lifestyle
- Market talents vs market self
- Mastery vs expert
- Material vs important
- Matter vs mean something
- 71-80**
- Meme vs gene
 - Model vs description
 - Model vs expert
 - Need vs want
 - Over respond vs over react
 - Path vs circle
 - Personal vs personable
 - Possibility vs pipe dream
 - Present vs future
 - Pull goals vs push goals
- 81-90**
- Ready vs able
 - Relationship vs result
 - Reserve vs reserves
 - Restore vs recover
 - Self worth vs self esteem
 - Selfish vs needy
 - Sensitize vs sensitive
 - Shift vs change behavior
 - Simplify vs eradicate
 - Solution vs answer
- 91-100**
- Space vs time
 - Standards vs boundaries
 - Surrender vs accept
 - Toleration-Free Zone vs intolerant
 - Truth vs facts
 - Under-promise vs over-deliver
 - Values vs morals
 - Vision vs goal
 - Who vs what
 - You vs roles

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