

clarity **Point** coaching

Eliminating Fear and Gaining Clarity

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Client Signature

Coach Signature

Tenets of Claritypoint Coaching

1. **We preach what we practice.** The simple system for clear, fearless thinking that Claritypoint Coaching teaches is not just an idea or a technique. It is a life philosophy and way of being that is based in universal principles of truth that apply to all people. We do not just teach these principles we live them (to the best of our ability) every day. This doesn't mean we live them perfectly, because we are all students in the classroom of life with lots more to learn. It means we work on it daily and use the tools we give our clients.
2. **We believe the real purpose and point of being on this planet is to learn and grow – and more specifically to learn to love. We see life as a classroom not a test.**
3. **Our number one goal is to help each individual to see who they are and their intrinsic worth accurately.** The truth is you are absolutely perfect as you are right now. You are right on track in your perfect process of becoming. Your value is infinite and absolute and nothing you do or don't do can diminish it. Your value isn't on the line because life is a classroom not a test.
4. **Our coaching process is all about you the client – not the coach.** Our process is one of “drawing out” not “putting in” truth and clarity. It is about helping each person discover what truth is to them. We are not here to solve your problems or tell you what to do. We are here to give you the tools to see yourself, others and situations accurately so you can solve your own problems. We are not serving you when we tell you the answers. We will instead teach you how to listen to your truth.
1. **Our second goal is to help you to see your life's journey in a positive way.** We want you to understand there are no mistakes and no accidents. Every experience is a lesson and can serve you. We know most people need to rebuild trust with life before they can learn to love. The Claritypoint process has been designed to do this.
5. **Our process is about replacing false, fear-based, subconscious ideas with principles of truth.** We teach clients to understand and see their subconscious thoughts, so they can consciously change them. You can't change what you don't know is there. We provide tools of discovery like the Fear Assessment to aid this effort.
6. **We give clients the tools they need, to see other people accurately and to understand human nature and human behavior.** When you can see other people and situations accurately you can make better choices and build better relationships.
7. **The most important tool we teach is The Clarity Formula.** We recommend you review this often. This formula will free you from fear in any situation.
8. We define **Clarity** as a state in trust and love, where you can see yourself, other people and situations accurately. Fear cannot exist in this place.

Objectives

Clarity: Clearness as to perception or understanding; Clearness of thought. Seeing things accurately.



Clarity Point:

“If you change the way you look at things, the things you look at change.”

What To Expect

Our program is designed to help you gain **Clarity** so you can see yourself, other people and the world around you accurately. From this place you can make better choices and create more success and happiness in your life.

Your coach will provide a safe place without judgment, where you can discover the subconscious programs of fear, which are currently skewing your perspective about your life. You will be taught principles and given tools that will help you to eliminate fear and see your experiences accurately. This will give you a strong foundation from which you can make the changes you want to make.

Don't be surprised if your coach refuses to give you the answers you are seeking. We believe the answers to your problems, will be found inside you. We constantly encourage our clients to listen to the voice of their own inner truth. We will help you to learn to trust life, the Universe, and yourself and at deeper level than you currently do. We will teach you how to find Clarity so you can discover the answers you seek for yourself.

During each session, your coach(es) will facilitate experiences and conversations to get you thinking about powerful Universal Principles of truth. However, the majority of the real work, to change your life, will be done by you at home. In other words, if you want to get your money's worth from the program and create lasting change in your life, we highly recommend that you put everything you have into doing the homework and assignments.

Commit to reading the assignments three times a day and set aside time to meditate daily on what you are discovering about yourself. Lasting change requires dedicated practice. The more you put into this process the more you will get out. The Claritypoint Coaching Process always works if you do the work.

Throughout the course you will be given Toolbox worksheets and charts. If you will keep these handy and use them often, they will help you to find answers, behave appropriately and manage your life successfully. At the end of the course you will have all the tools you need to change your life for the better – but just like real tools they won't do you any good unless you get them out and use them.

Sub-Conscious Programs

When you were a child...

You were taught to conform or suppress who you really are, to win the approval of other people. You were taught to feel small and insecure. You came into this world completely fearless and impressionable – then you learned fear. No matter what kind of child you were, you got the message that you needed to be different to be good enough. You were told things like...

Don't upset other people.

Don't get your hopes too high.

Don't be a know it all.

You should be ashamed of yourself.

Be nice.

Be more assertive.

Be afraid of what others think of you.

It's safer not to talk too much.

What will people think?

Be quiet.

Other subconscious programs you may have learned:

A fear of failing – looking bad, embarrassment, being found out as not enough.

A fear of success – fear of the responsibilities and commitments.

Conforming to get along – people pleasing

Crying, shouting and playing games to get what you want or win

Don't play if you can't win

The 2 biggest core fears that often drive your subconscious mind are:

- 1) That you might not be good enough (Fear of failure)
- 2) That your life may not be good enough (Fear of loss)

Understanding how your mind works:

Think of an iceberg floating in the ocean, only 10-15% of it is above the surface, the rest is unseen under the water. The same goes for your mind, only 5% of your thoughts are conscious, the rest are subconscious. Your subconscious programs are powerful because they are fast. They influence you before you have time to think.

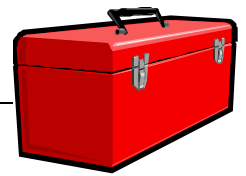
The first step to changing them, is to become consciously aware of them. Once you are aware, you can practice consciously choosing something better. This takes some diligent practice but you can and will do it.

Your subconscious mind is faster, but your ability to consciously choose is stronger. If you don't consciously choose a healthy mindset, your subconscious mind will choose for you and it will usually choose fear.



RECLAIM YOUR POWER TO CHOOSE YOUR MINDSET
Subconscious Mind is faster

Tool Box



Examine your subconscious programs - Worksheet

Old Program/Policy _____

What believing this
gives me...

What believing this
costs me...

New Policy _____

Old Program/Policy _____

What believing this
gives me...

What believing this
costs me...

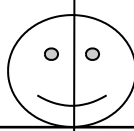
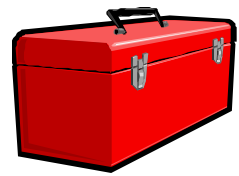
New Policy _____

Old Program/Policy _____

What believing this
gives me...

What believing this
costs me...

New Policy _____



Voice of Fear

Voice of Inner Truth

Fear

All about Me
Needs to get love

Value is Earned
Perfect or not good enough
External Validation

Trust and Love - Clarity

Loves Self and Others
Can give love

Value is Absolute
You are always good enough
Internal Validation



Drama

Criticism
Sees people as different from me
Sees them as better or worse

Accuracy

Compassion
Sees people as the same as me
We are all good and bad at times

Two core fears

- 1) I might not be good enough or loved – a fear of failure.
- 2) My life might not be good enough – a fear of loss.

This voice wants me to focus on myself. It wants to stop me from learning or loving.

Two truths to trust

- 1) Your value isn't on the line because life is a classroom
- 2) Your life is the perfect classroom for you and every experience is a lesson.

This voice wants me to focus on learning and loving.

If you find yourself in fear, you can get out by choosing trust and love. Follow these simple steps
This is the purpose of my life.

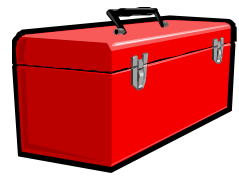
The Clarity Formula

Trust

1. I choose to trust that my value is absolute and infinite.
2. I choose to trust that whatever happens will be my perfect classroom journey.

Love

1. I choose to see the other person/people as the same as me.
2. I choose to be a giver not a getter of love and validation.



These are the basic principles behind Claritypoint Coaching – review them often.

1) There are only two states you can be in – Fear or Trust & Love. You will always be either in...

Fear –worried about yourself and trying to get the love, attention or fair treatment you need, OR Trust and Love – where you can give love and attention to others.

2) You must consciously choose trust and love, or your subconscious mind will automatically choose fear for you. Use the Clarity Formula to help you do this.

3) The voice of fear sees other people as different from you – either better than you or worse than you. You have the ability to see people accurately, as the same as you, if you consciously choose to.

4) Your value is not on the line. Your value is infinite and absolute. You are a struggling, scared, divine, amazing human being in process. You are safe in this process of learning. When you make mistakes you can apologize and do better next time. Mistakes do not affect your value.

5) Each experience is in your life for a perfect reason, to teach you something. There are no exceptions to this rule. Your responsibility is to figure out these lessons and keep growing and learning. You are not expected to be perfect, ever. You will always be a student in the classroom of life.

6) Fear drives about 80% of all human behavior. There are two core fears which are behind almost everything we do. They are:

1) The fear of not being good enough (fear of failure).

2) the fear that life won't be good enough (fear of loss).

7) Fear is behind almost all bad behavior. When people hurt, offend or even attack you, it is not really about you. It is about their fear of failure and loss. All bad behavior is about their fears about themselves.

8) Most bad behavior is really a request for love or validation. This behavior does not make you want to love or validate this person but it is what they need and will create the best results for all involved, if you choose love.

9) The most powerful way to make another person feel validated is by listening to them. When you ask questions, listen and honor and respect their right to their own opinions and ideas, you show them that you value them at the deepest level. Your coach may periodically quiz you on these principles. Study them often and even more importantly practice them in your daily thinking.

Challenges

Session # 1



Clarity Point:

"Maybe you weren't raised by parents who set you up for success by planting positive characteristics in your family line. Possibly you've inherited attitudes of defeat, mediocrity or negativity. But you can be the one to set a new standard."

- Shannon Tecson

This week for homework you will be reading the "Who am I" reading assignment. This is the most important question you will answer throughout your life. Everything you have experienced in your life, your appearance and all your strengths and weaknesses contribute to the identity you have created for yourself, but they are not who you are.

You are much, much more. Throughout this coaching experience, you will have the opportunity to explore different perspectives around how you see yourself. We hope that you will discover deeper dimensions of your unique gifts, a purpose in life and a sense of infinite and absolute value like you have never felt before. We hope that you will see you are incomparable and have a unique gift to bring to the world.

As you complete the homework this week, take some time to think about how your life experiences have shaped your identity. Question whether those experiences meant what you thought they meant. What have they taught you? How have they influenced who you have become?

Challenge 1:

Take some time and do something nice for yourself this week. Find something that nurtures you that is a treat, that you would usually feel selfish doing. Do it because you are as important as everyone else.

Challenge 2:

Do something new. Break your routine and do something different every day this week. Keep track of the new and different thing you do each day. Be prepared to share.

(Change your morning routine, eat at a new place, try new food, drive home a different way, wear a different outfit combo. Break your habits, break from routine – do something that feels adventuresome!)

Recognize some habits that may be driven by subconscious fear and choose to consciously do things differently. Be prepared to share.

Homework

Session # 1

What to do:

Do the Challenges and be prepared to share.

Read the reading assignment three times a day.

Do a journal assignment each day.



Clarity Point:

To escape fear, you have to go through it not around it.

Journaling is a great tool of self-discovery. It gives you a chance to record your thoughts thus enabling you to review them. It also gives you an opportunity to explore ideas and concepts and make some decisions about them, all in a space and time that is not threatening or judgmental.

You'll notice that some journaling assignments ask a pair of questions, and after the first question, we ask you to rip out the page and throw it away. While throwing this page away say... ***"I am so done with this!"***

Possible Journal Writing Questions:

- 1) Write about the things you don't like about yourself. *(Throw this page away.)*
Write about the qualities you see in other people that you admire. Then write about how you could adopt those qualities. *(Keep this page in your journal.)*
- 2) Write about who you have tried to be, to conform, to what you thought others wanted you to be. *(Throw this page away.)*
Write about your real self and how you could change your behavior and be more genuine. *(Keep this page in your journal.)*
- 3) Write about the things you criticize yourself for. *(Throw this page away.)*
Write about some things that make you happy. *(Keep this page in your journal.)*
- 4) Write about your fears about what others think of you and why are you worried about it? What are you afraid of? Why? *(Throw this page away.)*
Write about how you can be true to you. Write about ways you will stop comparing yourself with others. *(Keep this page in your journal.)*
- 5) Write about ways your ego has created drama and conflict by seeing others as different from you. *(Throw this page away.)*
Write about how you can see others as the same as you. Write about ways you will choose to see people clearly. *(Keep this page in your journal.)*
- 6) Write about what you have learned about yourself this week. *(Keep this page in your journal.)*
- 7) Write about how you will give yourself permission to be you. *(Keep this page in your journal.)*

Who am I

That is the question I've been asking and trying to answer my whole life. Ever since I was born I have been trying to figure out who I am.

Sometimes I feel good about myself, and sometimes I feel worthless. My view of myself changes according to each situation - even though I am the same me all the time.

This confusion has ruled my past but it will not rule my future. I have flittered about like a leaf in the wind long enough. I have listened too long to the voice in my head that judges my value and criticizes my performance. Those days are over, starting today I will see the truth

I am good enough right now. I am just as I am supposed to be at this point in my journey. My nature is Divine and good. My value is infinite and absolute.

I am exactly who I am supposed to be right now.

I have many talents, strengths, and gifts. Many of these strengths and gifts I have yet to discover but they are in me. I have everything I need to be successful in life.

I now understand my value and totally accept everything about who I am. I am unique. There is no one in the world like me. I am amazing and incomparable. I can no longer compare myself with other people.

They are on a different journey to learn different lessons. They have different strengths and weaknesses. I honor who they are and I know they are right where they are supposed to be on their perfect journey too.

I am here in a process of becoming, which is giving me the opportunity to learn, grow and become the person I am meant to be. Part of my process here requires experiencing fear, drama, guilt and pain. Without these experiences I could not understand love, peace, accuracy, forgiveness and compassion.

The experiences are helping me in my process of becoming.

Reading Assignment

Session # 1

Reading Assignment

Session # 1

The voice of fear (in my head) causes trouble in my life. It encourages me to be selfish, scared and dramatic.

It also serves me. It is helping me to see the good in myself and others, by letting me also see the bad. We all have both inside us. The voice of fear is giving me options so I have the opportunity to choose who I want to be every day.

Fear will not run my life anymore. I now hear and recognize this voice for what it is. I recognize it's fear-based ideas and choose to trust the process of life. I choose to treat people with love and compassion. I choose trust and love.

I am creating the life I want. I choose gratitude instead of complaining. I choose trust instead of fear. I am making love-based decisions every day.

I come from goodness and love, so no matter the situation. I always have the choice to express my goodness and the love inside of me. I am the love I have for God, life, myself and others.

The voice of fear wants me to see people as better or worse than me, instead of seeing them accurately. The fear in my head, sees differences in people so it can create conflicts.

I will choose to see people as the same as me and see them with love and compassion. Through understanding my two sides I also understand other people.

We all make mistakes and those mistakes are a perfect and important part of the process of life. We need to make them in order to learn.

I will not spend time beating myself up for making mistakes. I will choose to learn the lessons and let them go. I am comfortable with the real, flawed but perfect me.

On occasion the voice of fear in my head may encourage me to be selfish, unkind, immature or mean. These experiences help me learn about forgiveness, love and compassion.

Sometimes my perfect lessons take a while to learn. I will struggle with them on occasion as I grow. I will trust this process. I will not let mistakes and weaknesses define me.

I am not my mistakes.

I am not what I do.

I am not what I look like.

I am not my weight or my clothing.

I am not what others think I am.

I am not my social position or my job.

I am not my performance.

I am so so much more.

Reading Assignment

Session # 1

I am a unique and incomparable soul in process, on my own unique and perfect journey of becoming.

I am exactly who I am meant to be right now and I have everything I need to realize my full potential. I am discovering the truth about who I am.

I am love.

I am ME.