



Subconscious Programming

When you were a child you were taught to conform or suppress who you really are in order 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 than who you are to be good enough.

You were told things like...

Don't upset other people.

Be more assertive.

Don't get your hopes too high.

Don't say anything mean.

Be afraid of what others think of you.

Don't be a know it all.

It's safer not to talk too much.

Be nice.

You should be ashamed of yourself.

Be quiet.

What else did you learn or experience as a child?

What other conclusions might you have drawn from things you saw or experienced?

There are two core fears EVERY ONE ON THE PLANET experiences to some degree every day. These came from two specific false beliefs you accepted as a child.

- 1. The fear of failure (the fear you aren't good enough).**
- 2. The fear of loss (the fear your life won't be good enough).**



False Belief One

You learned 2 false beliefs that created your two core fears

The first false belief is that... your value is changeable (in question and must be earned). It can go up or it can go down. You think you can earn more or lose value.

Think about what this means... that you can gain value and lose value based on things you do, have, think or how you look. You also believe the opinions of others influence your value. It also means you believe there are some people who are better or worse than other people.

You have accepted this as truth, but it's not – it's only a perspective. These ideas were adopted subconsciously and they now play into how you see the world and how you feel every day. As long as you believe some people are better than other people you will always be afraid you aren't good enough.

This belief is the reason you have core fear number one – **The Fear of Failure (that you might not be good enough)**.

You have had this since you were a small child because you learned the idea that your value was tied to these four things:

1. Your appearance
2. Your performance
3. Your property
4. The opinions of others.

Core Fear One

The FEAR that you might not be good enough (Fear of failure).

What specific things about your appearance, performance or property are you afraid aren't good enough?

Whose opinion makes you fear you aren't enough?



False Belief Two

You subconsciously believe that because we have the freedom to make choices that affect other people, life is therefore dangerous, unpredictable, random, chaotic, meaningless and your life can be ruined. You learned to fear life and all the ways you can lose or be mistreated.

Think about what this means... that your journey can get ruined, thrown off track or even taken from you prematurely. There are so many things that go can wrong that we live in stress and fear all the time. We fear everything that could go wrong and take from the quality of our life.

This belief is the reason you have core fear number two – **The Fear of loss (that your life might not be good enough)**. You have had this since you were a small child as you learned that things can be unfair. You started worrying, protecting and guarding yourself and your things.

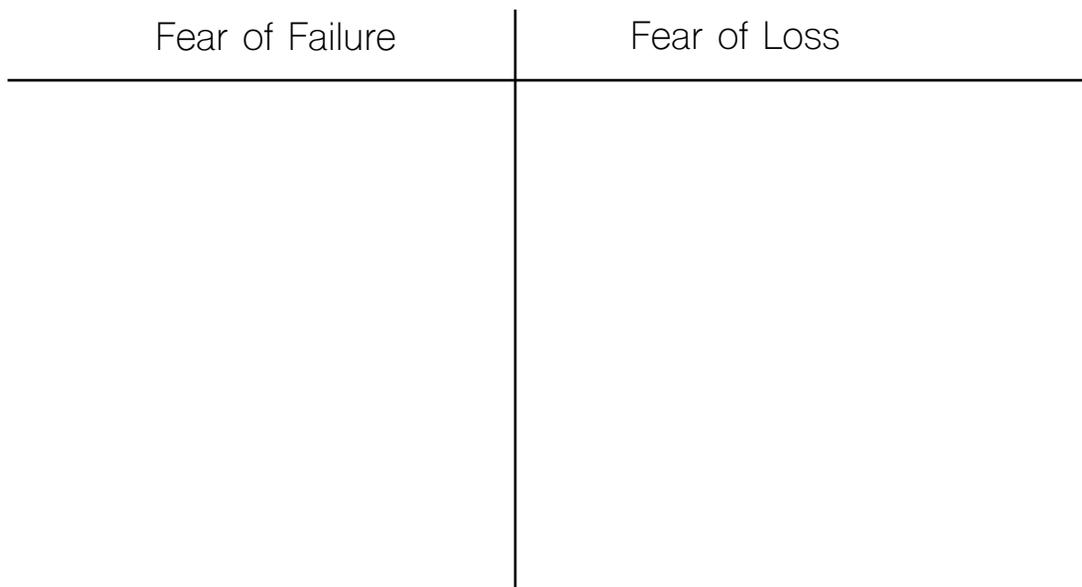
This idea is again, not truth – it’s only perspective (which means you could choose something else.)

Core Fear Two

The FEAR that your life might not be good enough (Fear of loss).

These two core fears drive most of your subconscious programming. They are also responsible for most of your behavior and especially your bad behavior.

Think of some bad behaviors, and see if you can figure out which core fear might be behind them (hint: some behaviors could be caused by either or both.)





Examine your subconscious programs/policies 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
Needy incapable of love

Value is changeable
 You must earn it
 Perfect or not good enough
 External Validation

Trust and Love - Clarity

Loves Self and Others
Can give love

Value is absolute
 and infinite
 Always good enough
 Internal Validation



Drama

Criticism
 Sees people as different from me
 Shame and Blame Game

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.

Accuracy

Compassion
 Sees people as the same as me
 Responsible & Forgiving

Two new perspectives

- 1) My value is infinite and cannot change – life is a classroom.
- 2) My life is the perfect classroom for me and every experience is a lesson.

Becoming mindful and watching your thoughts is easy when there are only two choices – you are either in fear or trust and love – and you can consciously choose which you want to be in right now using the Clarity Formula. This simple formula could change your life if you use it.

The Clarity Formula™

There are two steps for trust, which you must choose first, then 2 steps for love.

Trust

Love

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

1. I choose to see the other person/people as the same as me.
2. I make a love motivated choice, which might be towards God, another or myself.



Basic principles of ClarityPoint Coaching

- 1) **There are only two states you can be in – Fear or Trust & Love.**
Fear – worried about yourself and needy for love, attention and fair treatment 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.** 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, unless you see it that way. It's all perspective.
- 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.



Optional Challenges

Talk to your coach about which challenges they recommend for you.

Challenge 1:

Do something nice for yourself this week, something you would normally feel guilty doing. Find something that nurtures you and is a real treat. Do it because you are as important as everyone else.

Challenge 2:

Do something new every chance you get. 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.

Challenge 3:

Do something that scares you this week. Get out of your comfort zone and use the Clarity Formula to help you do it. Be prepared to share with your coach what you did.

Challenge 4:

Do some of the Optional Journaling. We want you to choose which of the questions resonate with you. Read each of them and decide if the exercise would serve you. We don't want you to do any busy work, so choose the questions that have meaning for you,

“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

Challenge 5:

Re-write some policies you are now aware of. You may use your assessment report to find out of balance policies you may have. Use the worksheet in this material to help you write new policies that would serve you more.



Optional Journaling

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 I the trash say..." **I am so done with this!**"

Possible Journal Writing Questions:

- 1) Write about the things you don't like about yourself. When you get in fear, what less than loving behavior shows up?*(Throw this page away.)*
Write about the behavior you see in other people that you admire. Then write about how you could adopt that behavior. *(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 you are 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
- 6) 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.)*



Reading 1

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We recommend you record this on your phone with some baroque classical music in the background and listen to it 3 times a day. Or you can read it three times a day – for a week or two.

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 and if I am good enough.

Some times I feel good about myself, and some times 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. My value is unchangeable. I am exactly who I am supposed to be and I have the same value as everyone..

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 is infinite and I 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 don't compare myself with other people any more.

Everyone is on a different journey to learn different lessons. They have different strengths and weaknesses. I honor who they are and realize our value is the same. I also 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. These experiences are helping me in my process of becoming the best me.



Reading 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 helps 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.

I choose trust and love. I now hear and recognize the voice for what it is. I recognize it's selfish, insecure ideas in my head and I choose to trust the process of life. I choose to treat all people with love and compassion.

I am now 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 choose goodness and love, 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 life, myself and others.

The voice of fear wants me to see people as better or worse than me, instead of seeing them accurately as the same. The fear in my head, sees differences in people so it can create conflicts. I choose to see people as the same as me, and see them with wisdom and compassion. Through understanding my two sides I also understand other people.

We all make mistakes and these mistakes are a perfect and important part of our growth. We need to make them in order to learn. I will not spend time beating myself up for making mistakes. I choose to learn lessons and let mistakes go. I am comfortable with the real, flawed and perfect me. I also forgive others quickly and allow them to learn and grow.

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 might struggle with them on occasion. 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.

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.