



Hi, this is Raul Rivera and on behalf of the Advanced Coaching and Leadership Center, I want to congratulate you for your interest in our coaching processes and tools. If you're listening to this audio, then there's a good chance that you are a successful life coach and we know very well you have learned and designed effective processes to help people achieve what they want in life.

In this recording, we're sharing with you one of our most powerful processes that took more than 30 years to develop and refine.

It is one of our most effective processes.

Use this procedure on yourself and use it as many times as you want to on your clients. You'll be amazed by the results that you can achieve in a short period of time.

Before we begin. Please make sure of the following: have at least 30 minutes free of any distractions. You have to be in a completely private space where you can be fully present during this time.

We suggest you follow the instructions and questions in this audio and pause the audio at the end of each question to write your answers on a piece of paper, tablet, or computer, whichever works best for you.

Do not continue with the audio until you have finished writing down to the last idea that comes to your mind after each question. It is very important that you write your answers and that you not only think about them. In this way, you will also be acting in the physical universe and not only in your mind.

The first step to achieve the desired results in any area is to optimize your mindset. To achieve it, it is necessary to remove the precepts thoughts or limiting beliefs that prevent us from achieving what we want.

In other words, we need to start with a clean slate. Today, I will have the pleasure of sharing with you the Clean Slate process.

I will guide you through the process so that you can run it on yourself.

Now, when you want to run it on your clients, just follow exactly the same instructions that I will share with you. The first question I want to ask you is:

In what area of your life would you like to improve or get better at?

Your health, your business, your relationships, your finances. Make sure you can name this area of your life with just one word.

Please pause the audio and take the time to choose an area of your life in which you would like to improve or get better at.

Now that you have chosen the area of your life where you want to improve, we are ready to begin the Clean Slate process.

<https://go.knowledgism.com/handlemindset>



Please look in a good dictionary for the definition of that word that represents the area of your life in which you want to improve or get better at.

Pause this audio and make sure you read the definition of that word fully and out loud. If you discover words within the definition that you don't understand, please look up those definitions as well. Using a good dictionary. Once this is done, continue with the audio.

Congratulations on reading the definitions out loud. Now, answer the following questions.

One, what is your comprehension of the word you chose? Pause the audio and write your comprehension. If when writing your comprehension you still do not feel clear or you're confused in relation to the meaning of the word, then reread the definition of the word and make sure you understand all the terms contained in it.

Do not continue with the audio until you have a clear idea of the meaning of the word.

Does that word or subject trigger or remind you of anything? Pause the audio and look for your answers internally and write them down.

Three. What precepts do you have about it from the word or subject you chose? If you're not clear on what a precept is, look up the definition in a good dictionary. I will also share with you a definition that could help you, along with a description and some examples.

Precept a rule or law by which you run your life by. Precepts are basically the ways we face life.

Negative precepts like I'm too old, I'm too young, I'm too fat, I'm too skinny, I'm dumb. They are just excuses for not doing something.

Pause this audio and write down all the precepts that you could have in relation to the world or topic you chose. Write them all down. It does not matter if they're positive or negative.

Once you have written down all of them, place this list of precepts in order of importance and ask yourself which of these precepts is the one that is triggered in you most often when you think about the word or topic.

Once you have identified the main precept, you're ready to continue with the process.

Four. Does the precept create an image or vision?

If the answer is yes, pause this audio and write in detail the description of this image or vision that you are perceiving.

Five. How does the precept manifest in your presence-time as an additional note presence time includes the past, the present, and the extended future. Pause this audio and write down all your perceptions about it.

Six A: what have been or could be the consequences of having this preset?

Pause this audio and write down all the consequences you can perceive.

Six B: have there been or could there be any other consequences?



Pause this audio and do not continue until you have written all the consequences that you're able to perceive of having this precept?

Seven. Do you have any other precepts about or from the work or subject you chose?

If any other additional precept came into view, pause this audio and write it down. If you're interested in clarifying this new precept or any other precept from the original list, you can return to questions four, five, six A and six B.

and answer them again connected to that new precept. Otherwise continue with the process and reread the definition of the word you chose out loud and then rewrite your understanding of it.

It is very likely that you will notice that your understanding of this word has increased. Pause the audio and write your answers.

Eight, connected to the word or subject you chose. Do you have any misdefined terms? If the answer is yes, pause the audio and look up the definition of those terms in a good dictionary and then read each definition out loud. Otherwise continue with the process.

Nine, connected to the word you chose. Is there an ability if the answer is yes, pause the audio and name this ability and then write a description of this ability along with the consequences of having it.

Ten, what dream or goal does comprehending the word you chose contribute to or support? Pause the audio and write the precise and detailed description of that dream or goal.

Eleven. What problem does comprehending the word you chose solve?

Pause the audio and write your answer.

Twelve. What vision does comprehending the word you chose create or reinforce?

Pause the audio and write a detailed description of that vision.

You have completed the Clean Slate process and on behalf of the Advanced Coaching and Leadership Center, I just want to say thank you for creating this space and time to go through this process.

Please use this process as often as you want to and let us hear from you. We would love to hear your wins. Thank you so much.