

**CLARITY THROUGH CONTRAST
EXERCISE SESSION – WHOLE LIFE
[CLIENT SESSION 6A]**

CHECKING IN

Client Session Start – Check-in

You should open every new client session with a brief check-in on the last session.

A great question to reinforce positive results is – ‘What has gone well for you since our last session?’. This will also give you an indication as to what your client has put in practice from your previous session.

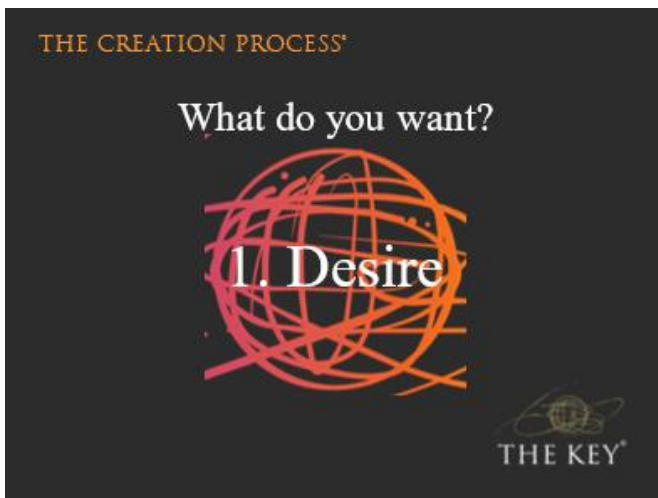
We would never embarrass a client if they haven’t done anything, we might say something like well ‘today is a clean sheet’ or ‘perhaps let’s recap on what you could do.’

Then move on to the new session.

CLARITY THROUGH CONTRAST EXERCISE

Okay we are now going to work through a powerful exercise to help you get clear about what you want in other words your DESIRES.

[SHARE SCREEN AGAIN]



Okay, Let's find out what you really want in the main areas of your life..

Here are some typical areas and actually some the areas we asked you about in The Discovery process although now we are going to go a bit deeper



CLARITY THROUGH CONTRAST EXERCISE VISION WHEEL

We are now going to look at your life and choose areas which represent life in its **completeness** for you.

To do this we will CREATE your **Vision Wheel**.

You have a blank **Vision Wheel** in the worksheet I sent you

[OR your workbook – page [] Hold it up and show them it.

Around the wheel you have blank spaces pop in the areas of your life that you want to focus on.

Think about your life and begin to populate this wheel with the areas of your life that you would like to get clarity in.

Now work your way around your blank wheel populating it with the areas you would like to get clear and focus on.

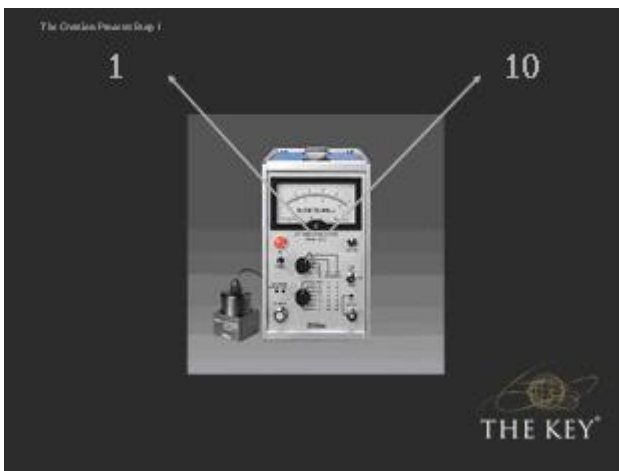
Using the examples, that we talked about earlier. (Leave the example up on the screen.)

CLARITY THROUGH CONTRAST EXERCISE VIBROMETER

Okay, we now have completed all your life categories.

Here is your “vibrometer”. *[This is fun not to be taken serious as a piece of equipment.]*

This measures how you feel about or your energy and vibration around an area of your life.



Explain that 10 is the highest vibration and what they want - 1 is lowest and what they don't want]

The Vibrometer checks how we feel about the area and your **vibe** (vibration) around it.

Not just what we think about it.

Remember feelings are so much more powerfully creative than thoughts.

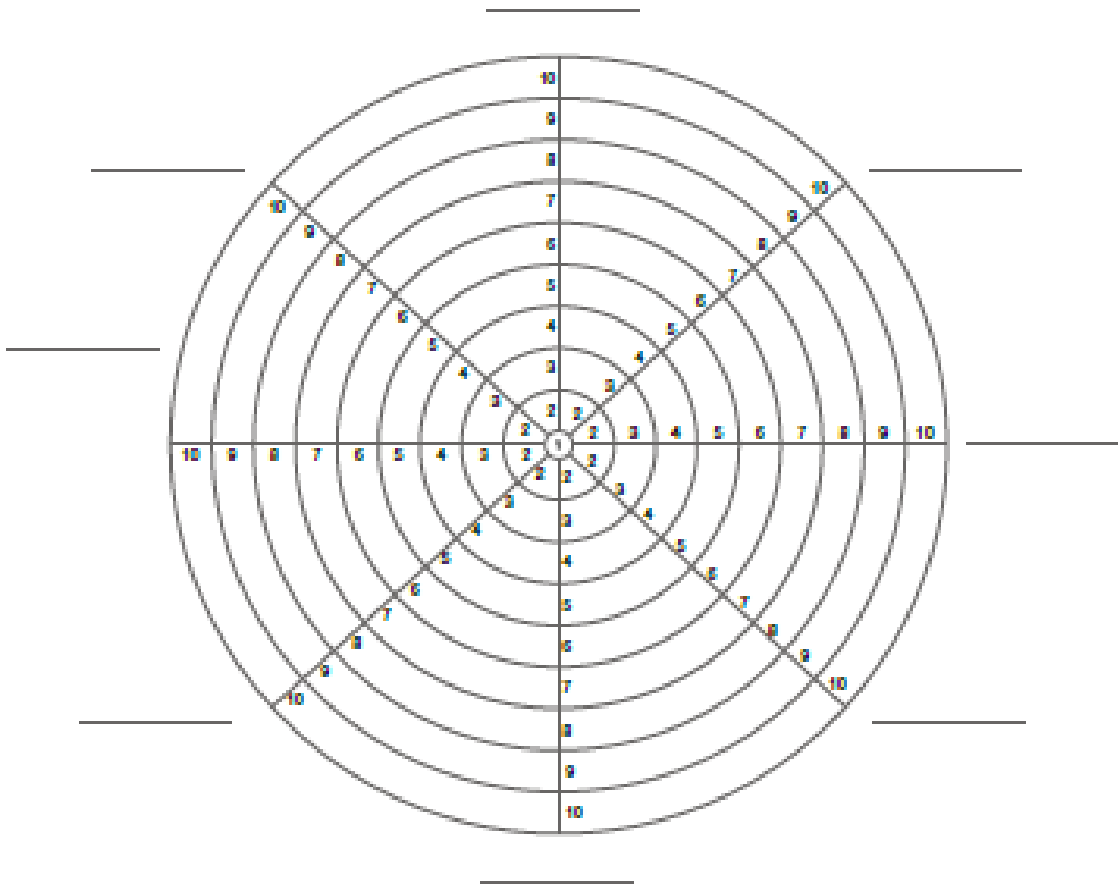
VISION WHEEL – WHOLE OF LIFE

VIBRATIONAL SCALE

10 = HIGH ENERGY / FEELING REALLY GREAT

5 = AVERAGE

1 = FEELING LOW / NOT GOOD



CLARITY THROUGH CONTRAST EXERCISE EXERCISE

[Your client will need their vision wheel worksheet for this]

Okay we are now going to tune in to each area to get your vibe.

Just close your eyes and relax Pause

Imagine this large vibrometer in front of your minds eye.

To help you get a reading

Ask yourself – ‘Health how do I feel about you? Feel what comes back.

Example: You might visualise or feel that your health vibe is 7.

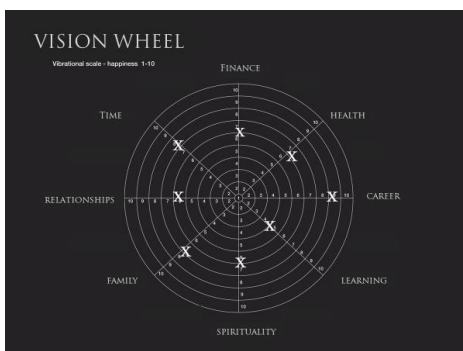
Use this technique to measure your feelings or vibe for **all of the** areas of your life.

Close your eyes and **ASK YOURSELF** for the vibe for each section of your wheel

Open your eyes after each vibe reading and marking an X on each of the spokes of your wheel for each area.

Complete the whole vision wheel [***Whole of Life Wheel***] in this way.

SLIDE

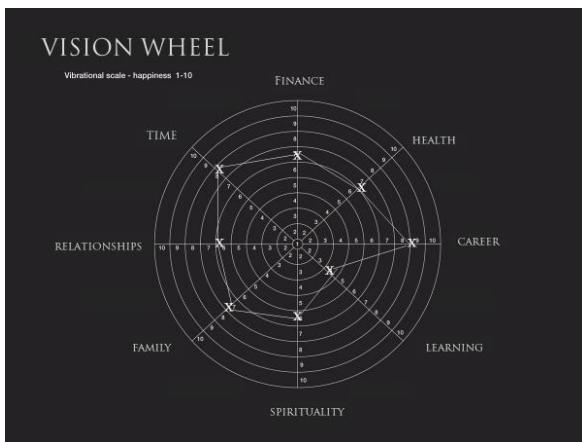


[Make sure they use their vibrometer to do this as this is starting to get them to use their imagination and also becoming intuitively aware].

When you have marked all of the Xs

Join all of the X's up to get a picture and image of what the **current shape of your life is.**

[SLIDE]



SAY And the good news is if you don't like your life shape remember it was created from past thinking and vibrations.

The new life shape starts here!

CLIENT FEEDBACK

[ASK] Do you have any insights here?

Are you surprised by the shape of your life?

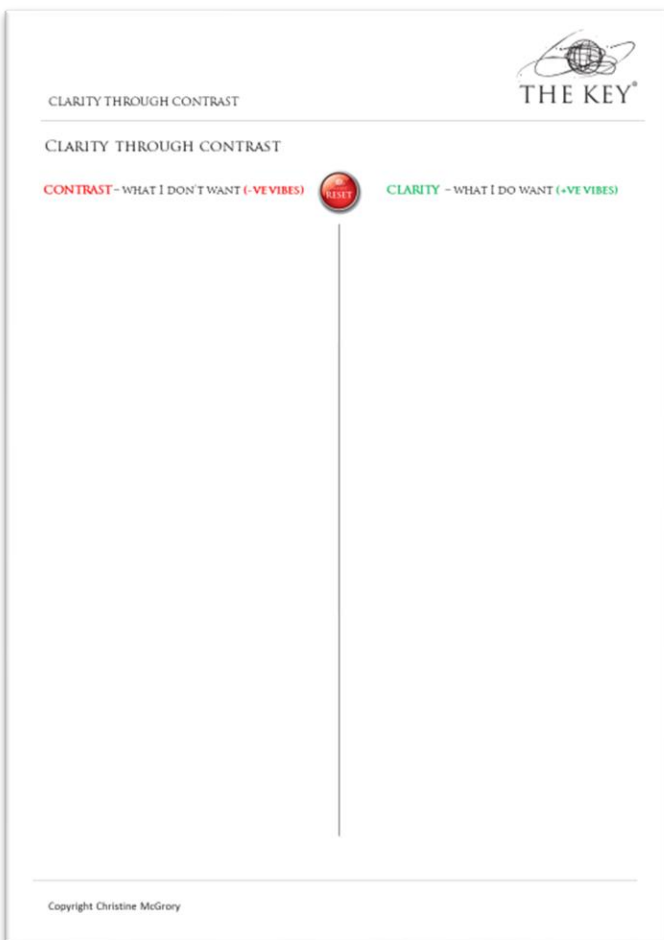
[Allow time for them to answer.]

[Be comfortable and allow silences they are processing your question]

EXERCISE PART 2 - WHAT IS THE CAUSE OF THIS SHAPE?

Okay, the next stage is to look at **what has caused your shape** (in other words - what you don't want) and to get clear about what we do want.

SLIDE & WORKSHEET



If you go your workbook/worksheet you will see the Clarity through Contrast Process. [Hold it up so that they can see it].

EXERCISE PART 2 - WHAT IS THE CAUSE OF THIS SHAPE?

Take your vision wheel and select each area of the wheel.

For example HEALTH first

On the LHS of the page write everything down that is lowering your vibe in this area in other words

Everything that **you don't want for** that area in this case health.

For example:

- Weight – I don't want to be overweight
- I don't want to be this shape
- I don't want to be lazy

Now show them the screen with examples



The screenshot shows a coaching exercise titled "CLARITY THROUGH CONTRAST" with the logo "THE KEY" in the top right. Below the title, it says "CLARITY THROUGH CONTRAST – EXAMPLE". There are two columns: "CONTRAST - WHAT I DON'T WANT (-VE VIBES)" and "CLARITY - WHAT I DO WANT (+VE VIBES)". A red circle highlights the "CONTRAST" column. The handwritten notes in the "CONTRAST" column are:

- Finance - 7
I never have enough money
I hate my job
- Family - 5
I am exhausted fighting
They don't listen to me
- Health - 7
I don't like how I look
I can't lose that extra weight
I am always tired

CLARITY THROUGH CONTRAST WORKSHEET

CONTRAST – WHAT I DON'T WANT (-VE VIBES)



CLARITY – WHAT I DO WANT (+VE VIBES)



EXERCISE PART 2 - WHAT IS THE CAUSE OF THIS SHAPE?

[Ask you client to give you some examples to check they understand]

Keep writing your contrast in relation to each category

LHS ONLY until you have covered every section.

The more contrast you have the clearer you can be.

So write down as much as you can.

The more contrast you get out the better.

AND THEN STOP. [DO NOT RESET YET]

CHECK IN – [Take the slide down so that you can see the client clearly].

How is this list making you feel?

Is it accurate of what is going on in your life and how you feel generally?

Have some dialogue here.

EXERCISE PART 2 - RESET

Remember this ?

We shared it with you in the last session we had?

What is it?

[Reset slide]



Yes a RESET button

Okay, Do you now want to RESET on all of these things you don't want?

Remember how to do this.

Take one thing you have written that you don't want.

Close your eyes and ASK **“So what DO I want?”**

RESET and write down the opposite of this.

Continue down your list until you have a list of wants.

EXERCISE PART 2 - RESET

[Give them some examples.]



The screenshot shows a worksheet titled "CLARITY THROUGH CONTRAST" with the "THE KEY" logo. It is divided into two columns: "CONTRAST - WHAT I DON'T WANT (-VE VIBES)" and "CLARITY - WHAT I DO WANT (+VE VIBES)". A red circle with the word "RESET" is positioned between the columns. The examples are as follows:

CONTRAST - WHAT I DON'T WANT (-VE VIBES)	CLARITY - WHAT I DO WANT (+VE VIBES)
Finance - 7 I never have enough money I hate my job	I always have enough money I want a new job
Family - 5 I am exhausted fighting They don't listen to me	I will be okay I want them to listen
Health - 7 I don't like how I look I can't lose that extra weight I am always tired	I want to look slimmer I have only a few kilos to go I want to be fitter

IMPORTANT NOTE

Your client will not know about I AM or I AM in the process etc yet so just allow the flow of opposites to come out.

Give your client a good amount of time to RESET and when you see that they have completed the exercise

UNSHARE the screen and feedback.

EXERCISE PART 2 - RESET

CLIENT FEEDBACK

[Ask your client to slowly go through what they have written. This helps you check that they are getting it right.]

Ask in general :-

- How is your energy when you think about what you don't want?
- How is your energy when you think about what you do want?
- Can you feel the difference?

[Talk about this – **this is very powerful for clients].**

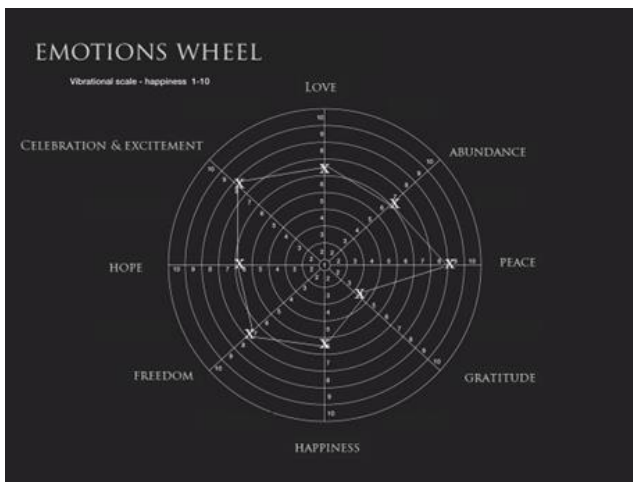
[To complete this session say] – “By simply shifting our focus from what we don't want to what we do want, we can change our thoughts, our feelings and what we ultimately create either positive or negative.”

**CLARITY THROUGH CONTRAST
– EMOTIONS
[CLIENT SESSION 6B]**

CLARITY THROUGH CONTRAST EXERCISE EMOTION'S WHEEL

We are now going to do the whole exercise again only this time giving your EMOTIONS your focus energy and attention.

Exploring your emotions moves our awareness out from the things and stuff of life to the space we create from... our feelings.



[Take them through the whole facilitation exercise this time focusing on their emotions.

Please note this may evoke powerful emotions so caution them that they are in a safe and loving place]

FACILITATION STEP 1 – Choose the blank emotions wheel and decide what you will focus on

FACILITATION STEP 2 – Fill in the areas with the emotions **you would like to experience** in your life.

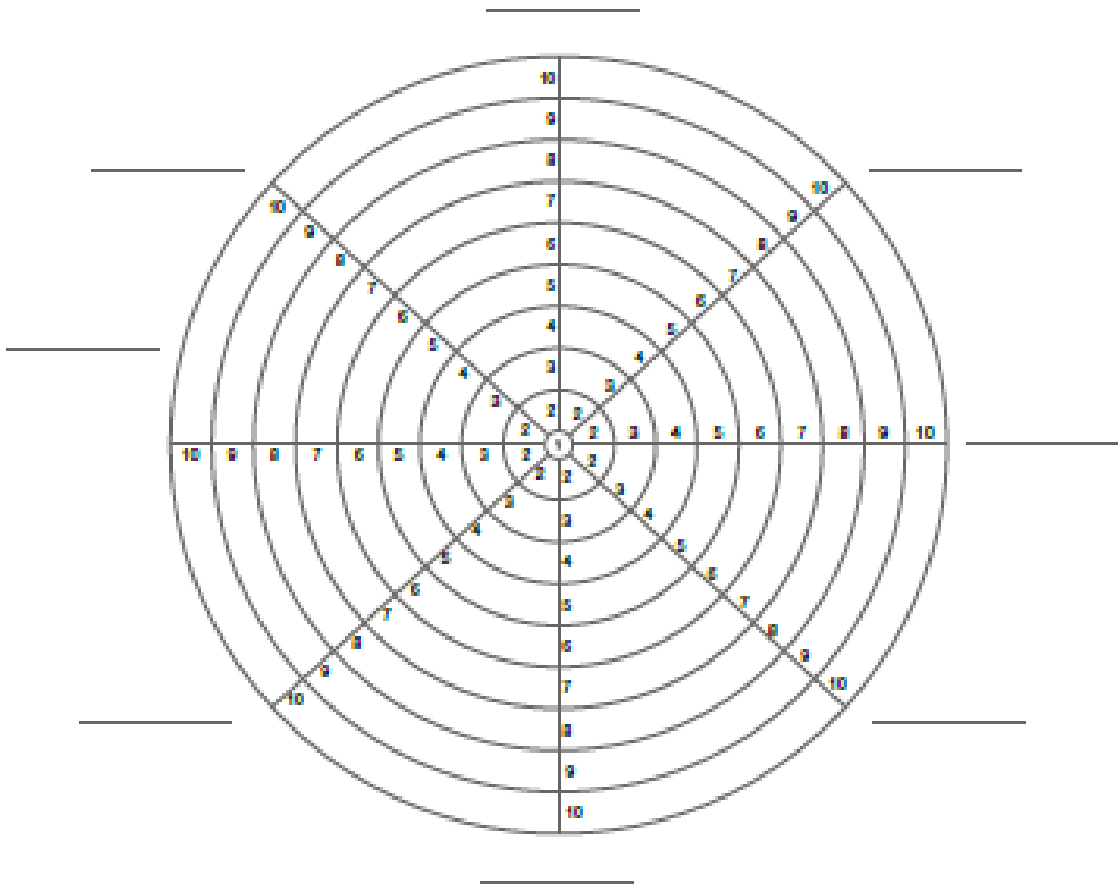
VISION WHEEL – EMOTIONS

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CLARITY THROUGH CONTRAST EXERCISE EMOTION'S WHEEL

FACILITATION STEP 3 –

Use the vibrometer technique to gauge the feeling and vibe and plot it.

Do a couple of examples with them first.

Example:

Ask yourself {LOVE} how do I feel about you?

Mark your vibration around the wheel.

FACILITATION STEP 4 – Work through your Contrast in relation to each emotional area.

CLARITY THROUGH CONTRAST



CLARITY THROUGH CONTRAST – EMOTIONS

CONTRAST – WHAT I DON'T WANT (-VE VIBES)



CLARITY – WHAT I DO WANT (+VE VIBES)

Love - 4

I don't feel loved
They make me so angry

Happiness - 5

I am so unhappy
My life is purposeless
I hate the way I look
It makes me feel so sad
to think about it
They make me feel depressed.

CLARITY THROUGH CONTRAST EXERCISE

EMOTION'S WHEEL

FACILITATION STEP 5 – Reset and Work through your Clarity



CLARITY THROUGH CONTRAST

CLARITY THROUGH CONTRAST – EMOTIONS

CONTRAST – WHAT I DON'T WANT (-VE VIBES)	CLARITY – WHAT I DO WANT (+VE VIBES)
<u>Love - 4</u> I don't feel loved They make me so angry	I feel loved They make me happy
<u>Happiness - 5</u> I am so unhappy My life is purposeless I hate the way I look It makes me feel so sad to think about it They make me feel depressed.	I am feeling happy I have a purpose I like the way I look I don't think about that anymore I make myself happy

FACILITATION STEP 6 – Feedback

- How do you feel about this?
- Do you notice any different in your energy or feeling from the first whole of life exercise?
- Do you have any Aha's here?
- Anything you would wish to say?

Explain again that we create from our emotions and feelings so it is more important to focus on how we feel that what we want.

We can't create something new from the same energy that created it.

Einstein said this!

Have a general chat about this and end with ...

the great news is that you have now completed Step 1 of The Creation

CLARITY THROUGH CONTRAST EXERCISE CELEBRATE

Great news is that you have now completed Step 1 of The Creation Process

– Getting clear about what you want.

This is powerful work and what you have achieved here will set you up for all of our future coaching sessions.

