



# SIMPLY THE BEST COACHING

**CLEAN SLATE...** Have you ever wondered what it would be like to start all over again, knowing what you know now, but with a completely clean slate? All of your experience, learning and wisdom? None of those obligations, doubts, limiting beliefs, tolerations, complications or mistakes? Well, now you can. Use this exercise to do just that.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Steps:**

1. Find a quiet place, free from interruption and schedule some time for yourself.
2. Imagine that you are changing your professional and/or personal life over the next 90 days, with all of your assets and skills, but none of your liabilities and perceived weaknesses.
3. Write a list of the top 10 things you could do differently, or have differently around you, over the coming 90 days.
4. Take time to consider and feel what it would be like to have what you have written.
5. Ask yourself: "So what would happen if I did this, made these decisions, and put in place these new boundaries?"
6. Consider the possibilities and the outcome(s).
7. Begin doing 1 or 2 things differently! Starting now.

**10 Things I Could Do Differently or Have Differently Around Me Now:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**7 Ways I Would See Things Differently or Feel Differently as a Natural Consequence of These Changes:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

inspiring smart women to thrive as leaders



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