

Overview

Beliefs are decisions that we have made in the past that provide the construct for our 'Model of the World' (what we refer to as our reality)

Since we rarely reflect on them or question how they are serving us, we miss amazing perspectives and opportunities, just because we do not believe they can exist.

When we are feeling challenged as we grow, having a technique to get to the root of what is underpinning our beliefs can unlock our potential immediately.

Process

This is a repeated questioning technique that requires 2 people. The Spring Cleaner, and Facilitator

1. Facilitator: Responsible for creating and hold space. Mention the following:
 - Facilitator will not be coaching or giving advice
 - Facilitator holds zero judgement – as humans have all kinds of crazy responses to things
 - Facilitator will hold everything in confidence – like a Cone of silence
2. Spring Cleaner – choose a topic and agree to go deep
e.g. leadership, sales, filling a training

Script:

Facilitator: So, _____ (Topic), whatcha got on that?

Spring Cleaner: (Responds with what pops up) _____

Facilitator: Thank you. What else you got on that?

Repeat until they empty out.

The facilitator will know the Spring Cleaner is complete when the statements become positive. You may also see their face flush and shoulders relax.

Facilitator: Guide the spring cleaner to make three statements:

- **Gratitude** statement about topic
- **Desire** for the future about the topic
- **Acknowledgement** of self around topic

**Acknowledgment: Spring Cleaning is taught by Sage Lavine it has been adapted slightly

