

# CLEAN SLATE THINKING

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## 1. WHAT IS CLEAN SLATE THINKING?

It's a great decision-making process that involves you working from a blank slate and designing your life with a new vision from the ground upwards.

Clean slate thinking enables you to:

- combine your past acquired knowledge, skills and experiences with your current values, feelings and beliefs for each major area of your life that is not working well, and
- redesign it with better clarity, for your future.

It enables you to free your mind and emotions from your past actions and decisions that have held you back and to think and believe in new possibilities, without any sense of commitment or concern.

Use clean slate thinking to:

- make more intuitive and optimal decisions, based upon your current feelings and beliefs,
- move on from situations that are no longer serving you, and
- put in place more meaningful goals to transform your personal and professional life.

## 2. HOW TO USE IT?

Choose an important matter that you want to change in your life and say to yourself:

**“Knowing what I now know about this matter and how it has made me feel – what would I not do again?”**

You effectively visualise yourself back in time before the particular decision was made about the matter. You remember how negative it made you feel.

You then give yourself permission to make that decision again, using all of the valuable knowledge and internal wisdom that you now have about it.

## 3. CLEAN SLATE THINKING EXAMPLE

Here is an example question:

**Should I move on from this business partner?**

Ask the following clear slate thinking questions to arrive at the best answer:

- Does my business partner still appreciate and value me in the same way that they did when we first kicked off our relationship?
- Does my business partner support the best interests of our business?
- Has my business perspective changed towards them and/or have I outgrown them?
- Are they financially draining our business at a cost that we can no longer afford?

If you answer the first two questions with a “no” and the last two with a “yes” - then whilst it may be a short-term challenge of your time and energy to go through the process of moving them kindly out of your life, it may ultimately be the best long-term decision that you can make.

## 4. MORE EXAMPLES OF CLEAN SLATE THINKING

Here are a few more examples of how clean slate thinking can help you achieve the best outcomes:

**a) Is your client too high maintenance, constantly complaining and/or not paying your bills on time?**

Ask yourself:

- Does your client still appreciate and value you in the same manner that they did from the start of your relationship?
- Are they wearing you out when other clients are not?
- Is your organisation carrying them at a cost that you can no longer afford?

If you answer the first question with a “no” and the last two with a “yes” - you may wish to consider moving them on.

## b) Should I hold onto or sell my current property?

Ask yourself:

- If I was considering buying this property now in the current market and/or for its current value - would I do so again or move onto another investment?
- Noting that every asset that you have has an equivalent monetary value which you can sell and obtain value from - knowing what you know now, would you make the same decision again to buy this property again?

If you answer such question with a "no" – then it may be in your best interests to cut your losses and consider moving on from this property.

## c) Should I let go of an employee that is constantly under- performing?

Ask yourself:

- Knowing everything that I know now about this person and their previous individual performance and team contribution, if I had the opportunity to re-employ this person now, would I do so?

If your answer is a clear "no" ie: that you would not employ them again, then whilst it may be a short-term challenge of your time and energy, the best action might be to take them through your formal performance management process – and move them kindly out of your organisation if they don't make it through.

**It may be the most optimal long-term decision that you can make for both yourself and for them.**

## CONCLUSION

Our professional and personal lives are in a constant state of change. Such change enables us to grow from our past experiences and become wiser. Don't hold yourself back by your past decisions that were made with past thinking.

Albert Einstein once said:

**"We cannot solve problems by using the same kind of thinking that we used when we created them."**

Although you cannot change your past, you can certainly design your future. Use your "20/20 hindsight" and clean slate thinking to become the architect of the life that you truly envision for your future.

By doing so, you unlock a world of possibilities that you may not have otherwise envisioned for your future.

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