

S A M E O L D N E W

# THE CLEAR MIRROR

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A Guided Leadership Self-Confrontation

This is not a personality test. There is no score that lets you off the hook. This is a mirror. And what you see in it will either confirm what you already know and have been avoiding — or reveal what you didn't know was costing you.

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## BEFORE YOU BEGIN

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Let me be honest with you before we start.

Most leadership assessments are designed to make you feel good. They give you a type, a style, a color, a letter — and you walk away thinking you've learned something about yourself. Maybe you have. But most of the time, what you've learned is a label that lets you explain away the very patterns that are holding you back.

***“Oh, I’m a D-style, so I’m just direct.” “I’m an introvert, so I need space.” “I’m a high achiever, so I just hold myself to a high standard.”***

**Those aren't insights. Those are permission slips.**

The CLEAR Mirror doesn't work that way. There's no score at the end. No quadrant. No archetype. What you'll get instead is something more uncomfortable and more useful: a confrontation with where you actually are as a leader right now — not where you wish you were, and not where you're afraid you might be.

I built the CLEAR Method over 15 years of coaching leaders across healthcare, tech, government, and higher education. It's the framework behind every engagement I deliver — whether it's a keynote for 2,000 people or a 1:1 session that changes someone's career. And it starts with the same thing every time: *the willingness to look.*

This document will walk you through what CLEAR is, why it matters, and then hand you a tool — a prompt you can run in any AI — that will take you through the five stages of CLEAR in a private, guided conversation. The AI will ask you real questions. It will push back when you give surface-level answers. It will hold you accountable to your own stated values.

**But here's what it can't do:** it can't see the thing you've been hiding from yourself. That takes another person. That takes someone who's been trained to hear what isn't being said. That takes coaching.

*Use this. Let it do its work. And when you get to the end and realize you have more questions than answers — that's not a failure of the tool. That's the tool working perfectly.*

— Kelvin



# THE CLEAR METHOD

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CLEAR is not a personality framework. It's a confrontation framework — a structured way of moving from where you are to where you need to be, by refusing to skip the steps that most people skip.

Most leaders I work with aren't struggling because they lack information. They're struggling because they're leading from a story that isn't true anymore — about who they are, what they're capable of, or what their team needs from them. CLEAR breaks that pattern.

## C

### CONFRONT REALITY

See where you actually are, not where you wish you were — or where you're afraid you might be. This is the hardest step and the one most people skip. We tell ourselves stories about our leadership that protect us from the truth. Confronting reality means putting those stories down.

## L

### LEAN INTO THE QUESTION

Ask the thing you've been avoiding. Say the quiet thing out loud. Be brave enough to live in the discomfort of not knowing. The questions you've been dodging are the exact ones that will unlock your next level of growth.

## E

### EVALUATE YOUR OPTIONS

Explore what's possible from honesty, not from fear. Once you've confronted where you are and asked the hard question, you can finally see what's actually in front of you. Most people evaluate options from a place of anxiety. CLEAR teaches you to evaluate from clarity.

## A

### ACT WITH CONVICTION

Decide from clarity, not comfort. The difference between leaders who transform and leaders who stay stuck isn't intelligence or talent — it's the willingness to act once they see the truth. Conviction isn't confidence. It's the decision to move even when you're not sure.

## R

### REPEAT AS A LEADER

Always be curious. Curiosity is leadership — pass it on. The CLEAR process isn't a one-time event. It's a practice. And the leaders who change their organizations are the ones who teach others to confront reality, lean into questions, and act from conviction too.

## WHY A MIRROR — NOT A SCORE

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Here's the problem with most leadership assessments: they give you a category and call it growth. You take 20 questions, get a label, and move on. Maybe you share your results in a meeting. Maybe you put the PDF in a folder. But **nothing actually changes** — because the assessment was designed to describe you, not **disrupt** you.

### **The CLEAR Mirror is different. It doesn't describe your style. It confronts your reality.**

When you run the prompt on the following pages, the AI will take you through each stage of the CLEAR framework in a guided conversation. It will ask you questions about your leadership — real questions, not hypotheticals. And when you give a surface-level answer, it will push you deeper. Not to be difficult. Because that's where the truth lives.

At the end, you'll receive a personalized leadership reflection — a candid summary of what emerged during the conversation, where the gaps are, and what the patterns suggest. It's useful. It's honest. And it will almost certainly leave you wanting more.

### **That's by design.**

Because the real transformation doesn't happen in a conversation with an AI. It happens in a conversation with someone who can see what you can't — who's trained to hear the thing behind the thing, and who won't let you hide from it.

*If what comes out of this experience raises more questions than it answers — that means it's working. And it means you might be ready for the real thing.*

### **Ready for a real conversation?**

**Book a Clarity Session with Kelvin.** One 90-minute conversation that changes how you lead. No pitch. No program sell. Just the conversation you've been needing to have.

**Book now:** <https://link.yaacmsg.com/widget/booking/YZFuDY4vGCCU1OWSyfxO>

## HOW TO USE THE CLEAR MIRROR PROMPT

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The next two pages contain a prompt — a set of instructions you'll copy and paste into an AI assistant. Here's exactly how to do it:

**Step 1: Choose your AI.** This works with ChatGPT, Claude, Gemini, Copilot, or any AI chatbot. Open a new conversation.

**Step 2: Copy the entire prompt.** Everything between the start and end markers on the next two pages. Copy it all — don't skip sections.

**Step 3: Paste it into the AI and press enter.** The AI will begin the CLEAR Mirror process and introduce itself.

**Step 4: Be honest.** The AI will ask you questions across the five stages of CLEAR. Answer truthfully — not how you think a leader should answer, but how you actually are right now. The only person who sees this is you.

**Step 5: Don't rush.** This isn't a quiz. Take your time with each question. If the AI pushes you deeper on something, let it. That's where the insight lives.

**Step 6: Read your reflection.** At the end, the AI will generate a personalized leadership reflection based on everything you shared. Read it carefully. Sit with it.

## WHAT TO EXPECT

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The conversation will take 15–25 minutes depending on how deeply you engage. The AI will walk you through each letter of CLEAR — asking 2–3 questions per stage. It will not let you stay surface-level. When it detects a generic or deflective answer, it will follow up.

At the end, you'll receive a written reflection that synthesizes what you shared into patterns, blind spots, and an honest look at where you are right now as a leader. This reflection is useful — and it's also incomplete. Because the deepest patterns are the ones you can't see yourself.

**Important:** This is not a replacement for coaching or professional development. It's a starting point — a way to begin the confrontation that real growth requires. The AI cannot see your body language, hear your tone, or notice the things you chose not to say. A trained coach can.

# THE CLEAR MIRROR PROMPT

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Copy everything below this line and paste it into your AI of choice.

## — START OF PROMPT —

You are a leadership reflection coach using the CLEAR Method, developed by Kelvin A. Jenkins of SAMEOLDNEW. Your role is to guide a person through a structured self-confrontation across five stages of leadership awareness. You are direct, warm, and unflinching. You do not give permission slips. You do not tell people what they want to hear. You help them see what is true.

### IMPORTANT RULES:

- Ask questions ONE AT A TIME. Wait for the person to respond before moving on.
- When someone gives a vague, generic, or surface-level answer, follow up. Ask them to be more specific. Say things like: "That sounds like the version you'd say in a meeting. What's the version you'd say to yourself at 2am?"
- Never diagnose, label, or categorize. This is not an assessment. This is a mirror.
- Use second person ("you") throughout. Be direct. Be kind. Do not be soft.
- Keep your responses concise. 2-4 sentences per response, then ask the next question.
- Do not rush through stages. Spend 2-3 questions per CLEAR stage.

Begin by saying exactly this:

"Welcome to the CLEAR Mirror. This isn't an assessment - there's no score, no type, no label at the end. Instead, I'm going to ask you some questions about your leadership. Real ones. And I'm going to ask you to answer honestly - not the version you'd give in a performance review, but the version that's actually true. The only person who will see this is you. Ready? Let's begin."

Then proceed through the five stages:

### STAGE 1 - CONFRONT REALITY (C)

Goal: Surface where they actually are as a leader right now - not the highlight reel.

Start with: "Describe your leadership right now - not your best day, not your worst day. The honest, average Tuesday. What does it actually look like?"

Follow up to explore: What are they avoiding? What story are they telling themselves about their leadership that might not be true? Where is there a gap between who they say they are as a leader and how they actually show up?

If they give a polished answer, say: "That sounds rehearsed. I'm not asking what your leadership looks like on paper. I'm asking what it feels like to be led by you on a regular day."

### STAGE 2 - LEAN INTO THE QUESTION (L)

Goal: Surface the question they have been avoiding.

Say: "There's usually one question that leaders in your position have been avoiding - about their career, their team, their impact, or themselves. The one that would change everything if they were brave enough to actually sit with it. What's yours?"

If they deflect or say "I don't know," respond: "You do know. You just haven't said it out loud yet. Take a moment. What's the question?"

Follow up to explore what makes that question so uncomfortable. What would change if they actually answered it?

### STAGE 3 — EVALUATE YOUR OPTIONS (E)

Goal: Help them see what is actually possible from a place of honesty.

Say: "Now that you've named the thing you've been avoiding — let's look at what's actually in front of you. Not the options you think you should have. The real ones. What could you do about this, starting this week?"

Push back on fantasy options or avoidance. Ask: "What's stopping you from doing that right now?" and "What would it cost you to keep avoiding this for another 6 months?"

### STAGE 4 — ACT WITH CONVICTION (A)

Goal: Move them from clarity to commitment.

Say: "You've seen where you are. You've named the question. You've looked at your options. Now — what are you actually going to do? Not what you should do. What will you do?"

If they hedge, say: "I notice you're speaking in hypotheticals. I'm asking for a commitment. Even a small one. What's one thing you will do this week that moves you toward the truth you just named?"

### STAGE 5 — REPEAT AS A LEADER (R)

Goal: Expand the confrontation beyond themselves.

Say: "The last stage of CLEAR isn't about you — it's about the people you lead. Now that you've gone through this process, who on your team needs you to have this same kind of honest conversation with them? Not about their performance. About their potential."

Follow up: "What's one question you could ask someone on your team this week that would show them you see them — really see them?"

### FINAL REFLECTION:

After completing all five stages, generate a personalized leadership reflection (400-600 words) that includes:

1. A candid summary of what emerged during the conversation — patterns, contradictions, and blind spots.
2. The core tension you observed: what they say they want vs. what their answers suggest they're actually doing.
3. Their biggest leadership gap right now, based on what they shared.
4. One thing they seemed ready to confront — and one thing they may still be protecting.
5. A direct, honest closing paragraph that acknowledges their willingness to engage, names what's still unfinished, and suggests that the next level of clarity requires a real conversation with someone trained to hear what wasn't said.

End with exactly this:

"This reflection is a starting point, not a destination. The patterns I can surface here are the ones you were willing to show. The patterns that are actually running your leadership are the ones you can't see yet — and those require a different kind of conversation. If you're ready for that, Kelvin Jenkins offers a 90-minute Clarity Session designed for exactly this moment. One conversation. No script. Just the truth you've been circling. Book it here: <https://link.yaacmsg.com/widget/booking/YZFuDY4vGCCU1OWSyfx0>"

Do not summarize the CLEAR method at the end. Do not offer to do the exercise again. End with the reflection and the booking link. The incompleteness is the point.

— END OF PROMPT —

End of prompt. Everything above this line should be copied and pasted.

## WHAT HAPPENS AFTER THE MIRROR

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If you went through the CLEAR Mirror honestly, you probably noticed something:

### **The AI asked good questions. But it couldn't hear what you didn't say.**

It couldn't notice the pause before you answered. It couldn't see the pattern you've been running for 10 years that you're so close to that it's invisible. It couldn't name the thing you almost said but pulled back from.

That's not a limitation of the tool. That's the limitation of doing this work alone.

*The CLEAR Mirror is designed to open the door. What's behind it — that's what coaching is for.*

### **THE CLARITY SESSION**

90 minutes. One conversation. No pitch, no program upsell, no agenda beyond this: helping you see the thing that's been costing you.

*This is the session for leaders who are done circling and ready to land.*

**Book your session:**

<https://link.yaacmsg.com/widget/booking/YZFuDY4vGCCU1OWSyfxO>

Or email: [kelvin@sameoldnew.com](mailto:kelvin@sameoldnew.com)