

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN GRACEFULLY BREAKING-UP, ENDING AND COMPLETING RELATIONSHIPS

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN HOW TO GRACEFULLY BREAK-UP, END AND COMPLETE* RELATIONSHIPS, AND THANK YOU FOR THE OPPORTUNITY THAT YOU GIVE ME TO MAKE A DIFFERENCE FOR YOU, WHICH FULFILLS MY LIFE.

SECONDLY, HERE IS MY NUMBER ONE TOOL OF THE MONTH FOR YOU TO USE TO HAVE A RADICAL BREAKTHROUGH IN HOW TO GRACEFULLY BREAK-UP, END AND COMPLETE* RELATIONSHIPS. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINELY ALL THE WAY THROUGH.

IN THE FOLLOWING EXERCISE, I WILL USE THE WORD “COMPLETE” A LOT. COMPLETION IS A WAY OF BEING. TO BE COMPLETE WE NEED TO OWN WHATEVER THERE IS TO OWN UNTIL THERE IS LITERALLY A SPACE OF NOTHING – NO CHARGE, NO BLAME, NO SHAME, NO GUILT, NO POINT OF VIEW. IT IS A BEAUTIFUL SPACE OF POWER. IT IS THE ABILITY TO FACE INTO US AND BE WITH OURSELVES. IT HAS NOTHING TO DO WITH ANYONE BUT US – IT IS WITH US AND FOR US. COMPLETION HAPPENS HERE WITH US.

TO DO THIS EXERCISE, YOU WILL NEED PAPER OR A WORD PROCESSOR:

- 1) START OFF BY WRITING DOWN EVERYTHING YOU NEED TO SAY TO THE PERSON YOU ARE BREAKING-UP WITH. LITERALLY PRETEND THAT ONE OF YOU IS MOVING TO ANOTHER GALAXY AND THAT THIS IS THE LAST OPPORTUNITY YOU WILL HAVE TO TALK TO ONE ANOTHER. WRITE DOWN WHAT YOU NEED TO ASK THEM, APOLOGIZE FOR, THANK THEM FOR, ETC. KEEP WRITING UNTIL THERE IS ABSOLUTELY NOTHING LEFT TO WRITE, SUCH THAT AT THE MOMENT YOU/YOUR SOON TO BE EX-PARTNER DEPARTS TO ANOTHER GALAXY, THERE IS NOTHING LEFT TO SAY. GET TO THE POINT WHERE YOU TELL YOURSELF, “IF I SAY THIS, NO MATTER WHAT MY SOON TO BE EX-PARTNER SAYS, ONE OF US CAN MOVE TO ANOTHER GALAXY AND I WILL BE COMPLETE* WITH IT, (BUT DON’T COMMUNICATE IT JUST YET).

- 2) IN THE NEXT SECTION, WRITE DOWN EVERYTHING YOU WOULD WANT THE PERSON YOU ARE BREAKING-UP WITH TO COMMUNICATE TO YOU. AGAIN, GO INTO DETAIL AND WRITE IT ALL DOWN AS IF ONE OF YOU IS MOVING TO ANOTHER GALAXY.
- 3) NOW, PUT YOURSELF IN A RADICAL SCENARIO. LET'S SAY THAT FOR SOME REASON, EVERYTHING IN YOUR LIFE WILL DEPEND (NOT NECESSARILY DIRECTLY) ON THE PERSON YOU ARE BREAKING-UP WITH. THIS IS NOT BECAUSE YOU WILL GET BACK TOGETHER WITH THEM OR BECAUSE YOU REMAIN FRIENDS WITH THEM. TO CREATE THAT SCENARIO, USE WHATEVER EXPLANATION WOULD MAKE IT LOGICAL/BELIEVABLE FOR YOU. E.G. THE NEXT PERSON YOU DATE WILL ASK THE PERSON YOU ARE BREAKING-UP WITH WHETHER OR NOT TO DATE YOU. IF YOUR LIFE WILL DEPEND ON THE PERSON YOU ARE BREAKING-UP WITH, HOW WOULD YOU WANT TO LEAVE EVERYTHING WITH HIM/HER? WRITE THIS DOWN.
- 4) THE NEXT STEP IS TO COMMUNICATE EVERYTHING YOU NEED TO COMMUNICATE UNTIL YOU ARE TOTALLY COMPLETE* WITH ALL THE SCENARIOS NO MATTER WHAT, AND UNTIL THE PERSON YOU ARE BREAKING-UP WITH IS COMPLETE* AS MUCH AS YOU CAN HAVE HIM/HER BE. DO EVERYTHING THAT YOU CAN POSSIBLY DO TO HAVE HIM/HER BE COMPLETE*. IN THE END, IF YOU CAN'T GET HIM/HER COMPLETE*, THEN LET GO BUT MAKE SURE YOU ARE COMPLETE*.

THERE ARE MANY WAYS TO GO THROUGH A BREAK-UP, BUT THE MOST GRACEFUL WAY IS FOR BOTH YOU AND YOUR PARTNER TO BE COMPLETE* WITH THE RELATIONSHIP AND WITH EACH OTHER. IF YOU ARE INTENTIONAL ABOUT DOING THIS WORK WELL, WITH TOTAL RIGOR AND DISCIPLINE, YOU'LL HAVE RADICAL BREAKTHROUGHS IN GRACEFULLY BREAKING-UP, ENDING AND COMPLETING* YOUR RELATIONSHIPS.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE IN GRACEFULLY BREAKING-UP, ENDING AND COMPLETING* RELATIONSHIPS? MAKE SURE YOU PUT WHAT YOU SAW FOR YOURSELF TO WORK **RIGHT NOW!!!** NEUROSCIENTISTS HAVE PROVEN THAT IF YOU DO NOT ACT ON AN INSIGHT RIGHT AWAY, IT IS LOST TO YOU.

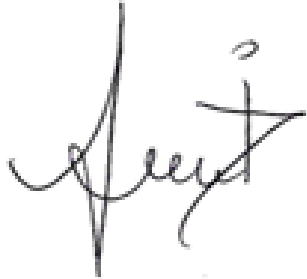
LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXHILARATING TOOL ON HOW TO BE DEVOTED/DEDICATED TO ANYONE OR ANYTHING!

THANK YOU SO MUCH FOR TAKING THE TIME AND USING MY TOOLS TO CREATE SOME **IMPRESSIVE RESULTS** IN YOUR LIFE. THAT IN ITSELF CONTRIBUTES TO ME AND ALLOWS ME TO FULFILL ON MY LIFE'S PURPOSE, WHICH IS TO **SERVE YOURS!**

IF YOU WOULD TAKE THE TIME TO EMAIL ME BACK AND GIVE ME YOUR FEEDBACK, IT WILL MAKE A TREMENDOUS DIFFERENCE FOR ME AND MY CREATING MORE AND MORE THINGS TO SERVE WHAT I LOVE (OUTSTANDING PEOPLE UP TO BIG THINGS LIKE YOU)!!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina', written in a cursive style.

CAROLINA ARAMBURO