



## **NUMBER ONE COACHING TOOL OF THE MONTH CLUB**

### **FOR CREATING AND KEEPING A HOT RELATIONSHIP!!**

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FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN CREATING AND KEEPING A HOT RELATIONSHIP, 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 CREATE AND KEEP A HOT RELATIONSHIP. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINELY ALL THE WAY THROUGH.

TO DO THIS EXERCISE, PLEASE USE A NOTEBOOK, NOTEPAD OR A NOTE APPLICATION ON YOUR PHONE. YOU WILL WANT TO HAVE SOMETHING THAT YOU CAN CARRY WITH YOU ANYWHERE YOU GO AND THAT IS EASY FOR YOU TO USE SO THAT YOU CAN TRACK YOUR PROGRESS. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

THERE ARE RELATIONSHIPS AND THEN THERE ARE HOT RELATIONSHIPS. IF GIVEN A CHOICE, WHICH WOULD YOU WANT? HERE IS SOME OF MY COACHING ON HOW TO CREATE AND KEEP YOUR RELATIONSHIP HOT:

- 1) DO THE WORK YOU NEED TO DO TO GET ALL OF THE PREVIOUS BARRIERS AND UNRESOLVED THINGS/ISSUES ABOUT HIM OR HER OUT OF THE WAY. MAKE A LIST OF THINGS IN YOUR NOTEBOOK AND THEN RESOLVE THEM FOR YOU – ONE THING AT A TIME - ANY ANGER, RESENTMENTS, BITTERNESS, JEALOUSIES, ANNOYANCES, ETC. THAT YOU HAVE HAD SITTING THERE FROM THE PAST. WORK THROUGH THEM, FORGIVE YOU AND HIM OR HER AND FIND A WAY TO LET THEM GO. ALL OF THAT, SITTING THERE BETWEEN THE TWO OF YOU, KILLS HOT. (HINT: YOU CAN USE COACHING EXERCISES I HAVE GIVEN IN THE PAST TO DO THIS WORK).
- 2) WHENEVER ANYTHING NEW COMES UP IMMEDIATELY DO THE WORK TO RESOLVE IT RIGHT AWAY. NEVER GO TO BED AT NIGHT WITH SOMETHING HANGING IN THE AIR BETWEEN THE TWO OF YOU. REMEMBER THAT MOST OF OUR UPSETS HAVE NOTHING TO DO WITH YOUR PARTNER - IT IS JUST SOME TRIGGER FROM YOUR PAST

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- THAT WHAT THEY SAID OR DID BRINGS UP FOR YOU. THE OTHER PLACE UPSETS COME FROM IS WHEN YOU SPOT THINGS IN THEM THAT ARE A MIRROR OF THINGS YOU DISLIKE ABOUT YOURSELF. FIND IT IN YOU AND ACCEPT AND LOVE IT OVER THERE WITH YOU.
- 3) **CREATE, WITH THE OTHER PERSON, WHAT EACH OF YOU REALLY WANTS THAT WOULD HAVE THE RELATIONSHIP BE HOT. REALLY FIND OUT WHAT YOUR PARTNER WANTS, NOT JUST SEXUALLY, IN ALL OF LIFE. REALLY BE WILLING TO SAY WHAT YOU WANT. MAKE LISTS. WORK TOGETHER WITH EACH OTHER ON THIS LIST. THERE MAY BE THINGS THE OTHER PERSON WANTS THAT YOU AREN'T WILLING TO PROVIDE AND VICE VERSA. THAT IS OK. NEGOTIATE. THIS IS A CREATION SO ANYTHING IS UP FOR A CONVERSATION.**
  - 4) **TAKE OUT YOUR CALENDARS AND SCHEDULE QUALITY TIME TOGETHER ALONE. OUR LIVES ARE PACKED AND IF YOU DO NOT SCHEDULE IT YOU WILL LET IT SLIDE. YOU DESERVE TIME TOGETHER TO ENJOY EACH OTHER WITHOUT OTHER DISTRACTIONS.**
  - 5) **CREATE A LIST FOR YOURSELF OF ALL THE THINGS YOU LOVE ABOUT THE OTHER PERSON AND ALL THE THINGS YOU ARE ATTRACTED TO ABOUT THE OTHER PERSON. KEEP THIS LIST AVAILABLE FOR YOU AT ALL TIMES. REMIND YOURSELF. PICK A FAVORITE THING FOR EACH DAY & FOCUS ON IT THROUGHOUT THE DAY. AT ANY POINT YOU FIND YOURSELF GETTING ANNOYED OR BORED PULL OUT YOUR LIST AND FOCUS ON THOSE THINGS UNTIL YOU FALL IN LOVE AGAIN.**
  - 6) **EVERY MORNING WHEN YOU WAKE UP CHOOSE YOUR PARTNER NEWLY. WE ACT LIKE WE ARE STUCK SOMETIMES BUT BEING WITH SOMEONE IS A CHOICE SO CHOOSE THEM OVER AND OVER AND OVER.**
  - 7) **EVERY DAY FIND OUT SOMETHING NEW FROM EACH OTHER THAT YOU NEVER KNEW BEFORE - DISCOVER NEW THINGS ABOUT EACH OTHER. IT MAY BE SOMETHING YOU NEVER SHARED FROM YOUR CHILDHOOD OR IT MAY BE SOMETHING BRAND NEW THAT JUST HAPPENED OR THAT ONE OF YOU JUST DISCOVERED ABOUT HIMSELF OR HERSELF TODAY.**

**THE SECRET IS THAT HOW YOU CREATE A HOT RELATIONSHIP IS IN GIVING YOUR PARTNER A HOT RELATIONSHIP. THERE IS NO BIGGER TURN ON THAN SEEING YOUR PARTNER HAPPY OR TURNED ON AND KNOWING YOU DID THAT. FIGURE OUT HOW YOU CAN START PROVIDING**

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**THE THINGS FOR YOUR PARTNER THAT THEY WANT. BE WILLING TO GIVE UP ALL OF YOUR FIXED WAYS OF THINKING AND JUST GIVE. GIVE WITHOUT EXPECTING ANYTHING BACK. EVEN BIGGER, START GIVING YOUR PARTNER AND YOURSELF ALL THE THINGS YOU WANT. FOR EXAMPLE, IF WHAT THEY WANT IS FOR YOU TO BE LIGHT AND FUN. TAKE IT ON! LIGHTEN UP, LAUGH, RELAX AND STOP BEING SO SERIOUS AROUND THEM, ETC. IF YOU WANT THEM TO BE MORE ROMANTIC THEN TAKE THAT ON TOO! YOU BRING THE ROSES, YOU BUY THEM CARDS, YOU CREATE A DATE AT YOUR FAVORITE RESTAURANT, ETC. YOU GET TO SAY HOW IT GOES - SO START CREATING HOT FOR BOTH OF YOU! IF YOU CREATE A HOT RELATIONSHIP YOU GET TO HAVE A HOT RELATIONSHIP. YOUR PERCEPTION OF HOT COMES FROM YOU.**

**THE OTHER KEY IS TO KEEP YOUR RELATIONSHIP HOT IS HAVING IT ALWAYS BE NEW, FRESH AND IN DISCOVERY MODE. REMEMBER HOW IT WAS WHEN YOU WERE FIRST DATING.... EVERY DATE WAS EXCITING AS YOU DISCOVERED EACH OTHER. AFTER YOU HAVE BEEN TOGETHER FOR A WHILE IT IS SO EASY TO START THINKING YOU KNOW EVERYTHING ABOUT EACH OTHER. YOU START ACTING LIKE YOU KNOW THEIR EVERY FEELING AND THOUGHT. AS INFINITE HUMAN BEINGS, HOWEVER, WE ARE ALWAYS CHANGING - THERE IS SOMETHING NEW TO DISCOVER! STOP KNOWING AND HAVE EVERY DAY BE A NEW DAY WITH A NEW PERSON (YOUR PARTNER). YOU COULD CREATE 365 DAYS A YEAR OF FIRST DATES. YOUR HOT RELATIONSHIP STARTS WITH YOU, NOW! GET IN ACTION ... MAKE IT HOT TODAY, THEN TOMORROW, THEN THE NEXT DAY ...**

**CREATING AND KEEPING A HOT RELATIONSHIP, LIKE ANYTHING, CAN BE CREATED AS A NEW KIND OF PATTERN THAT WILL SERVE YOU. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. MAKE SURE YOU KEEP YOUR LISTS AND ANY NOTES FOR YOURSELF IN YOUR NOTEBOOK WHEN NEW THINGS COME UP. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN CREATING AND KEEPING A HOT RELATIONSHIP THAT YOU CAN CELEBRATE ABOUT. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR RELATIONSHIP. BY BEING ABLE TO CREATE AND KEEP A HOT RELATIONSHIP THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF!**

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**WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO CREATE AND KEEP A HOT RELATIONSHIP? 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 EXCITING TOOL ON HAVING A RADICAL BREAKTHROUGH IN HOW TO ACCEPT YOURSELF AND OTHERS!

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 BEING ABLE TO 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,

CAROLINA ARAMBURO