



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL EVOLUTION IN DEALING WITH YOUR OWN RESIGNATION!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN DEALING WITH YOUR OWN RESIGNATION, AND THANK YOU FOR THE OPPORTUNITY THAT YOU GIVE ME TO MAKE A DIFFERENCE FOR YOU, WHICH FULFILLS MY LIFE.

SECOND, HERE IS MY NUMBER ONE TOOL OF THE MONTH. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINELY ALL THE WAY THROUGH. PLEASE HAVE A NOTEBOOK OR JOURNAL BOOK THAT YOU CAN TAKE NOTES IN EACH DAY OVER THE NEXT 21 DAYS WHILE YOU WORK WITH YOUR RESIGNATION.

TO BEGIN, I WOULD LIKE TO DISTINGUISH BETWEEN RESIGNATION AND ACCEPTANCE SINCE OFTEN PEOPLE WILL CONFUSE THE TWO. ACCEPTANCE IS AN EMOTION THAT COMES FROM A PEACEFUL AND JOYFUL PLACE AND DOESN'T HAVE ANYTHING TO DO WITH APPROVAL OR AGREEMENT.

WITH ACCEPTANCE YOU ACKNOWLEDGE THINGS JUST AS THEY ARE OR HAVE BEEN. ACCEPTANCE IS NOT SUBMISSION TO A SITUATION OR EXPERIENCE; IT IS THE PROFOUND ABILITY TO JUST BE WITH THE PRESENT REALITY.

RESIGNATION, HOWEVER, IS A STATE OF DEFEATISM AND DESPAIR ASSOCIATED WITH SOMETHING PERCEIVED AS INEVITABLE OR UNPLEASANT BUT ALMOST UNCHANGEABLE, OR WITH SOMETHING THAT HAPPENED OR HOW THINGS ARE, OR SOMETHING THAT YOU THINK WILL NOT CHANGE. WITH RESIGNATION THERE IS A STATE OF GIVING UP AND NOT TRYING ANYMORE. RESIGNATION IS A SUBMISSION TO SOMETHING THAT WE ARE NOT ALIGNED WITH OR DON'T AGREE WITH.

RESIGNATION MEANS GIVING UP BECAUSE YOU'VE DECIDED THAT THERE'S NOTHING YOU CAN DO ABOUT YOUR SITUATION, OR IS TOO DIFFICULT TO DO SOMETHING ABOUT IT, WHEREAS ACCEPTANCE SIMPLY MEANS THAT YOU ACCEPT THAT SITUATION HAPPENED. IT DOESN'T MEAN THAT YOU LIKE WHAT'S HAPPENING OR THAT YOU DON'T WISH IT WERE DIFFERENT, BUT ONCE YOU GIVE UP THE RESISTANCE, YOU CAN TAKE THE ENERGY YOU WERE SPENDING ON SUFFERING AND USE IT TO CREATE HOW TO RESPOND OR WHAT TO DO NEXT. ACCEPTANCE IS VERY OFTEN LIBERATING.

TO TAKE THIS ALL TO THE NEXT LEVEL: MY APPROACH TO DEALING WITH

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RESIGNATION IS TO FIRST LOOK AT WHAT YOU ARE PUTTING UP WITH AND RESIGNED ABOUT AND ACCEPT HOW IT HAS BEEN OR WHAT IS SO, EXACTLY AS IT IS.

NEXT TO ALLOW YOURSELF TO CONSIDER THE PERFECTION OF WHAT HAS HAPPENED, EVEN IF YOU CAN'T SEE IT IMMEDIATELY. THIS IS THE MOST CHALLENGING PART BUT THE PART THAT WILL LEAD TO DEALING WITH YOUR RESIGNATION IN A MORE PEACEFUL WAY. THIS PART IS WHERE YOU ASK YOURSELF, "WHAT IF IS PERFECT THAT WHAT IS, IS EXACTLY THE WAY THAT IT IS?" THEN YOU LITERALLY CREATE SCENARIOS FROM YOUR IMAGINATION. IF YOU CAN REALIZE THE PERFECTIONS OF WHAT EVER REALITY IT IS WITHOUT WISHING TO ADD NOR TAKE AWAY ANYTHING AT ALL IT IS QUITE BLISSFUL AS IT IS FROM THAT PLACE OF A DIFFERENT AWARENESS.

TO GIVE YOU AN EXAMPLE ONE TIME MY PLANE LANDED SO LATE THAT I LOST MY INTERNATIONAL CONNECTION. I THOUGHT FOR A SECOND THAT IT WAS A DISASTER THAT THIS WOULD HAPPENED, I GOT RESIGNED, STARTED TOLERATING THE IDEA THAT THE TRIP WAS A DISASTER. THEN I WATCHED THE NEWS AND SAW THAT THE PLANE THAT I WAS SUPPOSED TO TAKE FOR MY CONNECTION CRASHED.

I DID NOT FEEL GOOD ABOUT THOSE POOR PEOPLE IN THE ACCIDENT BUT I GOT AN INSIGHT INTO THE FACT THAT I DID NOT EVEN IMAGINE THAT THERE WAS A WAY FOR WHAT HAPPENED TO BE PERFECT. SO SINCE THEN I USE THAT EVENT AS AN INSPIRATION TO HELP ME BRING REAL ACCEPTANCE AND PERFECTION TO THINGS I DON'T LIKE VERSUS GETTING RESIGNED AND / OR RESISTING THEM.

ANOTHER PERSPECTIVE TO GIVE YOU ABOUT THIS IS TO PRACTICE OPENING YOUR VIEW POINT BROADER AND SEEING THAT THINGS THAT SEEMED IMPOSSIBLE FOR THE ENTIRE HUMAN RACE WERE MADE POSSIBLE BY PEOPLE THAT WERE NOT WILLING TO JUST PUT UP WITH THE IMPOSSIBILITY, AND THOSE WERE THE HUMANS THAT CREATED IT AS A NEW REALITY. YOU CAN PRACTICE THAT YOURSELF IN EVERY DAY ISSUES OF LIFE!!

LET'S LOOK AT HOW YOU CAN PRACTICE BY GETTING TO THE POINT OF TOTAL ACCEPTANCE, BY ACKNOWLEDGING WHAT IS SO, FINDING THE PERFECTION AND THEN AND ONLY THEN CREATING SOMETHING BEYOND IT...

FIRST WRITE DOWN, IN YOUR NOTEBOOK OR JOURNAL, SOMETHING THAT YOU ARE RESIGNED ABOUT SUCH AS: IT IS NOT POSSIBLE TO EVER HAVE MY DREAM RELATIONSHIP.

ALLOW YOURSELF TO WRITE ABOUT THAT SITUATION OR EXPERIENCE AND WHAT HAS HAPPENED JUST AS FACTS. DO THIS WITHOUT MAKING WHAT HAS HAPPENED OR WHAT IS HAPPENING NOW WRONG OR JUDGING YOURSELF ABOUT IT. FOR EXAMPLE: "I CURRENTLY AM SINGLE. I HAVE HAD 3 DIFFERENT RELATIONSHIPS AND EACH OF THEM ENDED AFTER SEVERAL YEARS. IT WAS GREAT IN THE BEGINNING. THEY DIDN'T WANT



TO COMMIT. THEY ENDED.”

WHEN YOU HAVE WRITTEN DOWN THE FACTS THEN SIMPLE ACKNOWLEDGE THEM TO YOURSELF. THIS MIGHT SOUND LIKE, “YES, I AM SINGLE, THAT IS HOW IT IS RIGHT NOW.” “YES, THOSE RELATIONSHIPS ENDED.” “YES, THEY DIDN’T WANT TO COMMIT”, ETC.

REMEMBER THAT IN ACKNOWLEDGING THAT IT HAS BEEN LIKE THAT DOESN’T MEAN THAT YOU LIKE IT OR APPROVE OF IT OR WANT IT TO BE THAT WAY. IT IS SIMPLY JUST ACCEPTING THAT IT DID HAPPEN THAT WAY OR THAT IT IS THAT WAY RIGHT NOW.

NOW, SEE IF YOU CAN ADD TO YOUR ACKNOWLEDGEMENT: AND IT IS PERFECT THAT WAY, FOR SOME REASON THAT I MAY NOT KNOW YET, IT IS PERFECT THAT WAY. SOMETIMES IN HINDSIGHT WE CAN ALREADY SEE WHY SOMETHING WAS PERFECT SO IF YOU CAN WRITE IT DOWN, IF NOT THEN SPECULATE ON CREATING A SCENARIO THAT WOULD HAVE IT BE PERFECT FOR EXAMPLE, “I REALLY WASN’T READY TO SETTLE DOWN AT THAT TIME AND I WOULD HAVE MISSED THE OPPORTUNITY TO HAVE GONE TO ITALY AND FORWARD MY CAREER HAD I STAYED IN THAT RELATIONSHIP.” REALLY LOOK FOR WHAT WAS PERFECT ABOUT IT OR JUST ALLOW IT TO BE THAT IT IS PERFECT EVEN IF YOU STILL CAN’T SEE WHY.

NEXT WRITE DOWN ALL THE REASONS WHY WHAT YOU REALLY WANT IS NOT POSSIBLE. FOR EXAMPLE, “IT IS NOT POSSIBLE TO HAVE THE RELATIONSHIP OF MY DREAMS BECAUSE: THERE ARE NO GOOD MEN/WOMEN OUT THERE, I DON’T KNOW WHAT IT WILL TAKE TO KEEP A RELATIONSHIP ALIVE FOR LONGER THAN X AMOUNT OF TIME, I DON’T THINK ANYONE TODAY CARES ABOUT WORKING TOWARDS A COMMITMENT”, ETC. AGAIN KEEP FROM MAKING THE EXPERIENCE OR OTHERS OR YOURSELF WRONG OR JUDGING YOURSELF IN ANY WAY.

ONCE YOU HAVE ALL THE REASONS WRITTEN DOWN THEN WRITE DOWN THE WAYS THAT YOU COULD PROVE THAT, EVEN THOUGH WHAT YOU HAVE WRITTEN MAY LIKELY BE VERY ACCURATE, IT DOESN’T REPRESENT AN ULTIMATE STOP OR REASON TO GIVE UP. FOR EXAMPLE: “THAT IS NOT POSSIBLE BECAUSE MEN/WOMEN DO NOT WANT TO COMMIT TODAY” - “AND EVEN THOUGH COMMITMENT IS NOT AS COMMON TODAY, THERE ARE STILL BILLIONS OF PEOPLE AMONG THE 7 BILLION ON THE PLANET, THAT ARE COMMITTING AND GETTING MARRIED TODAY.”

READ WHAT YOU HAVE WRITTEN ABOUT EACH OF YOUR REASONS AND CHECK IN WITH YOURSELF AND SEE HOW YOU FEEL NOW. DO YOU FEEL LIGHTER ABOUT IT? CAN YOU MOVE INTO ACTION AND ENJOY TAKING ACTIONS NOW TOWARDS HAVING IT LOOK THE WAY YOU WANT IT TO? IF NOT THEN DO NOT JUDGE YOURSELF ... JUST ALLOW YOURSELF TO KEEP WRITING ABOUT WHY YOU DON’T NEED TO BE STOPPED. FIND OTHER WAYS THAT YOU CAN PROVE THAT IT CAN HAPPEN.

FINALLY, LET YOURSELF SPECULATE ON THE BENEFITS (BIG OR SMALL) THAT YOU MAY GET FROM LETTING THE REASONS YOU HAVE STOP



YOU. LOOK FOR ANY UNOBSVIOUS THINGS. FOR EXAMPLE, “IF I DON’T HAVE A RELATIONSHIP THEN I CAN DO WHATEVER I WANT TO DO WHENEVER I WANT” OR “WITHOUT A RELATIONSHIP I CAN GET MORE ATTENTION FROM EVERYONE INCLUDING LOTS OF DIFFERENT MEN/WOMEN”, ETC.

ONCE EVERYTHING IS ALL WRITTEN, READ IT OUT LOUD AND REMEMBER THAT BEING POSITIVE ABOUT CHANGING THINGS AND GETTING INTO ACTION IS NOT RIGHT OR WRONG. IT IS JUST A POSSIBLE WAY TO GO. BEING RESIGNED AND NOT TAKING ACTION IS ALSO NOT RIGHT OR WRONG. IT IS ANOTHER POSSIBLE WAY TO GO.

ALSO, REMEMBER THAT YOU ARE A PRECIOUS, UNIQUE HUMAN BEING AND YOU HAVE THE RIGHT TO CHOOSE MOMENT BY MOMENT. CHOOSE TO CHOOSE! YOU HAVE THE RIGHT TO BE ON ONE SIDE OR THE OTHER OF THIS DUAL REALITY. YOU EVEN HAVE THE RIGHT TO COMPLETELY STOP AND FREEZE FOR A MOMENT. JUST BREATHE VERY DEEPLY, CHOOSE WHAT YOU CHOOSE AND TRUST.

BEING RESIGNED, LIKE ANY PATTERN, CAN BE REPLACED WITH A NEW PATTERN THAT MIGHT SERVE YOU MUCH BETTER. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. IF YOU CHOOSE TO ACCEPT WHAT WAS AND ALSO CHANGE IT THEN START TAKING ACTIONS THAT WILL CREATE WHAT YOU REALLY WANT. WORK ON IT EVERY DAY AND MAKE NOTES TO YOURSELF ABOUT HOW THINGS ARE PROGRESSING WITH YOUR CHOOSING TO BE RESIGNED OR NOT AND WITH ANY ACTIONS YOU ARE TAKING.

IF YOU BEGIN TO CONQUER ONE OF THE THINGS YOU HAVE BEEN RESIGNED ABOUT AND DECIDE YOU WANT TO WORK ON OTHER THINGS YOU HAVE BEEN RESIGNED ABOUT THEN GO BACK TO YOUR NOTEBOOK OR JOURNAL AND WORK ON THE NEXT THING OR EXPERIENCE.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL EVOLUTION IN DEALING WITH YOUR OWN RESIGNATION. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE BY CHOOSING TO BE RESIGNED OR NOT. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN FREELY CHOOSING TO BE RESIGNED OR NOT!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO EVOLVE THE WAY YOU DEAL WITH RESIGNATION? 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 HOW TO LET GO



OF THINGS THAT NO LONGER SERVE YOU!!!!

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)!!

EVEN THOUGH THIS IS HIGH QUALITY WORK, IT IS STILL BASIC AND NOT INTERACTIVE, NOR CUSTOMIZED. I ALWAYS RECOMMEND HAVING A COACH. WE WOULD BE HONORED TO HAVE A CONVERSATION WITH YOU ABOUT HOW OUR COACHING CAN SUPPORT YOU IN ANY ARENA OF YOUR LIFE IF YOU ARE INTERESTED.

HONORED TO BE YOUR PARTNER IN MAXIMIZING YOUR POTENTIAL,

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

CAROLINA ARAMBURO