

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN BEING DEVOTED/DEDICATED TO ANYONE OR ANYTHING

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN HOW TO BE DEDICATED AND/OR DEVOTED. 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 BEING DEVOTED/DEDICATED TO ANYONE OR ANYTHING. 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. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

- 1) CREATE A COLUMN IN THE LEFT HAND SIDE OF THE PAGE. IN IT, WRITE DOWN 3 OR 4 (AT THE MOST) THINGS OR PEOPLE THAT YOU ARE COMMITTED TO BE VERY DEDICATED/DEVOTED TO.
- 2) IN A SECOND COLUMN, WRITE DOWN EVERYTHING (POSITIVE AND NEGATIVE) THAT BEING DEDICATED/DEVOTED TO THOSE PEOPLE/THINGS WOULD BRING INTO YOUR LIFE. FOR EXAMPLE, IF YOU WERE DEDICATED TO YOUR HEALTH, WHAT IT MAY BRING IS THAT YOUR LOVED ONES WOULDN'T WORRY ABOUT YOUR HEALTH CONSTANTLY AND YOU MAY HAVE A GREATER CAPACITY TO DO THINGS.
- 3) IN A THIRD COLUMN, WRITE DOWN EVERYTHING (POSITIVE AND NEGATIVE) THAT DOING IT HOWEVER YOU ARE DOING IT RIGHT NOW BRINGS INTO YOUR LIFE. FOR EXAMPLE, IF YOU ARE NOT BEING DEDICATED TO YOUR HEALTH, YOUR LOVED ONES MAY WORRY, YOU

MAY NOT BE ABLE TO COUNT ON YOUR OWN CAPACITY TO DO THINGS, YOU MAY BE STRESSED, ETC.

DURING THE FIRST WEEK, YOU WILL GET TO DO SOMETHING RADICALLY DIFFERENT. ON PURPOSE, BE RADICALLY DEDICATED/DEVOTED TO THE 3 OR 4 PEOPLE/THINGS ON YOUR LIST. OBSERVE WHAT HAPPENS BY BEING THAT WAY. WRITE DOWN LOTS OF NOTES. BE WILLING TO HAVE BREAKDOWNS AND BREAKTHROUGHS. NO MATTER WHAT IS THE RESULT, GIVE IT ALL YOU HAVE TO BE RADICALLY DEDICATED/DEVOTED. WHEN YOU MAKE THE NOTE ABOUT WHATEVER CAME UP FOR YOU, THERE IS NOTHING YOU NEED TO DO ABOUT IT. THE POINT IS NOT TO CHANGE IT, RESIST IT, REJECT IT AND/OR MAKE IT WRONG. RESISTANCE SIMPLY GIVES THE BARRIER THAT CAME UP MORE ENERGY. THE POINT IS TO OBSERVE AND NOTE IT FOR YOURSELF AND JUST LET IT BE.

DURING THE SECOND WEEK, ON PURPOSE, DO NOT BE RADICALLY DEDICATED/DEVOTED TO THE 3 OR 4 PEOPLE/THINGS ON YOUR LIST. JUST BE THE WAY THAT YOU WERE BEING WITH THEM. DO NOT MAKE IT MEAN ANYTHING. BE WILLING TO HAVE BREAKDOWNS AND BREAKTHROUGHS. DON'T ASSUME BREAKDOWNS ARE NECESSARY. OBSERVE WHAT HAPPENS AND TAKE DOWN NOTES.

IN THE THIRD WEEK, CATCH YOURSELF AT CHOICE MOMENT BY MOMENT; CHOOSING TO BE DEDICATED VERSUS NOT DEDICATED, VERY DEDICATED VERSUS. SOMEWHAT DEDICATED. JUST OBSERVE WITHOUT JUDGMENT AND THEN CHOOSE.

REMAINING DEDICATED AND/OR DEVOTED IS ONE OF THE KEYS TO TURN ANY DREAM INTO THE HIGHEST MANIFESTATION OF THAT REALITY. THERE ARE A LOT OF THINGS THAT CAN GET IN THE WAY OF OUR DEDICATION AND/OR DEVOTION TO SOMEONE OR SOMETHING, PARTICULARLY WHEN IT IS REQUIRED OVER A LONG PERIOD OF TIME. STAYING DEDICATED AND/OR DEVOTED TO ANYONE OR ANYTHING, THROUGH TO THE END, REQUIRES THAT WE HAVE A DEEPER MISSION OR PURPOSE FOR FULFILLING ON IT. THERE HAS TO BE SOMETHING BIGGER THAN JUST GRATIFYING A SHORT-TERM NEED FOR US AT PLAY. THEN IT IS WORTH WORKING THROUGH THE UPS AND DOWNS THAT LIFE WILL THROW AT YOU AS YOU REMAIN DEDICATED AND/OR DEVOTED TO THAT PERSON OR THING.

THE ABSOLUTE COMMITMENT OF THIS EXERCISE IS THAT YOU BECOME MORE AWARE OF YOUR REAL PURPOSE TO BE DEDICATED AND/OR DEVOTED TO SOMETHING OR SOMEONE THAT WOULD HAVE YOU STAY DEDICATED AND/OR DEVOTED TO THEM OR IT.

THE PRIMARY FOCUS OF THIS EXERCISE IS TO FOCUS ON THE PURPOSE THAT IS BIGGER THAN YOU THAT MAKES BEING DEDICATED AND/OR DEVOTED WORTH IT.

IF YOU ARE INTENTIONAL ABOUT DOING THIS WORK WELL, WITH TOTAL RIGOR AND DISCIPLINE FOR THE 21 DAYS, YOU'LL HAVE RADICAL

BREAKTHROUGHS IN HOW TO BE DEVOTED AND/OR DEDICATED TO ANYONE OR ANYTHING.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE IN BEING DEDICATED AND/OR DEVOTED? 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.

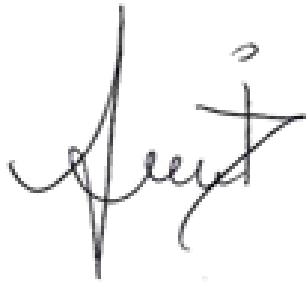
LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXHILARATING TOOL FOR A BREAKTHROUGH IN BEING A RADICALLY POWERFUL COMMUNICATOR AND TURNING YOUR WORDS INTO POWER AND SUCCESS!

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', with a stylized flourish at the end.

CAROLINA ARAMBURO