

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN ALTERING EMOTIONS AND STRESS WHEN YOU WANT TO!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN ALTERING EMOTIONS AND STRESS WHEN YOU WANT TO, 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 ALTER EMOTIONS AND STRESS. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINGLY 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.

HOW DO YOU DEAL WITH STRESS AND EMOTIONS, LIKE ANXIOUSNESS OR ANGER, WHICH LEADS TO STRESS? DO YOU KNOW HOW TO ALTER THOSE EXPERIENCES SO THAT YOU ARE RUNNING THE SHOW VS. YOUR EMOTIONS? HERE ARE SOME APPROACHES TO ALTERING EMOTIONS AND STRESS WHEN YOU WANT TO:

1. GET REAL ABOUT WHAT IS GOING ON. WHAT HAS YOU STRESSED, ANGRY, AND/OR ANXIOUS? REALLY? LOOK A LITTLE DEEPER – OFTEN TIMES WHAT EVER IS TRIGGERING US AT THE MOMENT IS NOT THE SOURCE OF THE PROBLEM. WHEN DID IT START? HOW LONG HAS IT BEEN GOING ON?
2. ONCE YOU HAVE DISTINGUISHED THE SOURCE OF THE STRESS, ANGER OR ANXIOUSNESS THEN KEEP ASKING YOURSELF QUESTIONS. TRY THESE ON: WHAT COULD I DO TO ELIMINATE THE PROBLEM THAT CAUSED THIS? WHAT CAN I DO TO RELIEVE IT? AM I REACTING TO EVERYTHING RIGHT NOW OR JUST THIS THING? MOSTLY WE THINK THAT WE ARE ONLY REACTING TO ONE THING AND IN REALITY WE MAY

HAVE PUSHED OUR STRESS TO THE POINT THAT WE ARE REACTING TO EVERYTHING.

- 3. THERE ARE TONS OF VIDEOS AND ARTICLES AVAILABLE THAT WILL TRAIN YOU IN STRESS REDUCTION TECHNIQUES. ONE SUGGESTION FOR THE FUTURE IS TO ASK YOURSELF, BEFORE THE STRESS KICKS UP, "IS MY REACTING TO THIS WORTH MY WHOLE LIFE?" KNOW THAT STRESS IS A HUMAN KILLER AND ANGER AND ANXIETY LEAD TO STRESS. MOST OF THE TIME IF WE ARE PRESENT ENOUGH TO OUR BODIES WE CAN CATCH THE STRESS BEFORE IT BEGINS TO ESCALATE. IF YOUR STRESS SEEMS UNCONTROLLABLE THROUGH NORMAL STRESS RELIEF TECHNIQUES THEN YOU SHOULD CONSULT WITH A HEALTHCARE PROVIDER.**
- 4. CREATE TIME FOR YOURSELF EVERY DAY TO RELAX AND TAKE CARE OF YOURSELF. DON'T SKIP A DAY. IT DOESN'T HAVE TO OCCUPY HOURS OF YOUR TIME BUT IT IS IMPORTANT THAT YOU SET ASIDE SOME TIME EACH DAY FOR YOU. SOMETIMES 15 MINUTES IS SUFFICIENT. SCHEDULE IT AND DO IT. LET THE PEOPLE IN YOUR LIFE KNOW IT IS YOUR TIME AND DON'T OVERRIDE IT WITH THINGS MORE IMPORTANT. NOTHING IS MORE IMPORTANT THAN YOUR HEALTH.**

YOU ARE TOO IMPORTANT TO LET STRESS AND THE EMOTIONS THAT IMPACT STRESS DAMAGE YOUR HEALTH. ALL OF THE THINGS YOU ARE UP TO IN LIFE DEPEND ON YOU BEING YOUR OPTIMAL SELF. YOU CANNOT LOVE AND TAKE CARE OF OTHERS IF YOU DO NOT LOVE AND TAKE CARE OF YOURSELF FIRST. IT IS JUST BASIC. I ACKNOWLEDGE YOU FOR THE AMAZING PERSON YOU ARE. ACKNOWLEDGE YOURSELF FOR ME BY TAKING CARE OF YOURSELF STARTING WITH YOUR STRESS TODAY. I WANT YOU AROUND FOR A LONG TIME TO PLAY THIS GLORIOUS GAME OF MAKING A DIFFERENCE WITH ME!!!

YOU MUST OBSERVE AND TAKE ACTIONS. YOU WANT TO PRACTICE THIS FOR AT LEAST 21 DAYS. THAT IS THE AMOUNT OF TIME, AT MINIMAL, IT TAKES TO INSTALL A NEW HABIT OR PATTERN IN OUR LIFE. IF YOU BACKSLIDE, THE GAME IS NOT OVER. YOU WILL JUST NEED TO PICK BACK UP AND ADD ANOTHER DAY TO YOUR 21 DAYS. IN 10 DAYS, IT WILL BE ANCHORED A LOT MORE THAN IN 5 DAYS AND IT WILL INCREASE OVER TIME. DO WHATEVER YOU NEED TO DO TO HAVE FUN WITH IT. MAKE IT A GAME, A CHALLENGE, OR A SPORT FOR YOURSELF. THE COMPETITION IS BETWEEN YOUR NEW HABIT OR PATTERN AND YOUR OLD PATTERN OR HABIT. DO NOT MAKE YOURSELF WRONG AT ANY POINT IN THE 21 DAYS. YOU ARE PRACTICING. YOU ARE IN TRAINING. THE ONLY WAY TO MASTER ANYTHING IS TO KEEP PRACTICING AND TAKING IT TO A NEW LEVEL DAY BY DAY. THE TRICK IS TO PRACTICE.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN ALTERING EMOTIONS AND STRESS WHEN YOU WANT TO. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE FROM CREATING THIS ALTERATION IN EMOTIONS AND STRESS. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN ALTERING HIS OR HER EMOTIONS AND STRESS!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR ALTERING EMOTIONS AND STRESS WHEN YOU WANT TO? 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 CUTTING THROUGH RESISTANCE!

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