



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

### **HOW TO HAVE A RADICAL EVOLUTION IN LETTING GO OF THINGS THAT NO LONGER SERVE YOU!**

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**FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN LETTING GO OF THINGS THAT NO LONGER SERVE YOU, 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 LETTING GO OF THINGS.**

**ONE OF THE MOST PROFOUND THINGS THAT WE CAN DO TO CONTINUE TO EVOLVE OUR LIVES IS TO PRACTICE LETTING GO OF THINGS THAT NO LONGER SERVE US. THOSE THINGS MAY INCLUDE: A JOB OR BUSINESS, A PERSON OR SEVERAL PEOPLE (FRIENDS, ROMANTIC PARTNERS, FAMILY MEMBERS, ETC.), A PLACE WE LIVE, POSSESSIONS (CLOTHING, FURNITURE, ACCESSORIES, ETC.), A HABIT, PARTICULAR EMOTIONS (ANGER, JEALOUSY, RESENTMENT, FEAR ETC.) OR EVEN A SERIES OF THOUGHTS OR BELIEFS ABOUT OUR SELF, OTHERS OR OUR LIVES (I AM UNWORTHY, I CAN'T \_\_\_\_\_, OTHER PEOPLE DON'T LISTEN TO ME, I AM A FAILURE, ETC.).**

**HOLDING ONTO ANYTHING THAT NO LONGER SERVES US LITERALLY IMPACTS OUR WHOLE LIFE. WE MAY THINK IT ONLY IMPACTS THAT ONE AREA OF OUR LIFE. HOWEVER, WHEN WE ARE HOLING ONTO SOMETHING IN ONE AREA OF OUR LIFE THAT NO LONGER SERVES US WE KNOW IT AND IT IMPACTS OUR WHOLE LIFE. WE EXPERIENCE OURSELVES IN A PARTICULAR WAY THAT IS LESS POWERFUL AND WE LACK TRUST IN OURSELVES. THE STUFF WE ARE HOLDING ONTO CLOGS UP OUR MINDS, OUR HOMES, OUR LIVES, OUR HEARTS AND OUR ENERGY. IT CONSTRAINS US.**

**LET'S START BY GETTING REAL ABOUT WHAT NO LONGER SERVES US. IN YOUR NOTEBOOK OR JOURNAL ALLOW YOURSELF TO WRITE DOWN ALL OF THE THINGS THAT YOU ARE HOLDING ONTO THAT NO LONGER SERVE YOU. REALLY TAKE A LOOK AROUND YOUR LIFE. ASK YOURSELF QUESTIONS LIKE, "IS THIS (THOUGHT, PERSON, ITEM, EMOTION, BELIEF, ETC.) FOR MY GREATEST GOOD?, "DOES THIS REALLY ALIGN WITH WHO I AM AND HONOR ME?"**



**LISTEN TO YOUR BODY AS YOU ASK YOURSELF QUESTIONS ABOUT VARIOUS THINGS IN YOUR LIFE. NOTICE HOW YOUR BODY RESPONDS, I.E. DOES IT FEEL LIGHT OR HEAVY WHEN YOU REFLECT ON CERTAIN THINGS? DO YOU GET ANY TENSION IN YOUR BODY OR QUEASINESS IN YOUR STOMACH AS YOU REVIEW CERTAIN THINGS?**

**WRITE THESE THINGS DOWN ANY WAY THAT FEELS COMFORTABLE TO YOU ... YOU CAN MAKE A LIST OR DIVIDE YOUR PAGES INTO DIFFERENCE COLUMNS OR SECTIONS (PEOPLE, EMOTIONS, POSSESSIONS, ETC.). ASK YOURSELF THESE QUESTIONS ABOUT EACH THING THAT COMES UP AND WRITE THAT DOWN THE ANSWERS ALSO: 1) WHAT ARE THE POSITIVE THINGS THAT I AM RECEIVING FROM HOLDING ONTO IT? 2) WHAT ARE THE NEGATIVE THINGS I AM RECEIVING FROM HOLDING ONTO IT? 3) WHAT POSSIBLE THINGS COULD I BE MISSING BY NOT LETTING GO OF IT?**

**ALLOW YOUR THOUGHTS TO GO DOWN ON PAPER WITHOUT JUDGMENT. WRITE AS MUCH AS YOU NEED TO IN ORDER TO REALLY GET HOW THIS THING YOU ARE HANGING ONTO IS IMPACTING YOU. IF THERE IS ANYTHING YOU SEE THAT YOU MAY NEED TO FORGIVE YOURSELF FOR THEN LET YOURSELF WRITE THAT DOWN ALSO, I.E. "I HAVE BEEN HOLDING ONTO THIS BECAUSE MY MOTHER GAVE IT TO ME AND I FEEL GUILTY FOR LETTING IT GO" OR "I AM HOLDING ONTO THIS FRIEND BECAUSE SHE DID ME A FAVOR 20 YEARS AGO" ETC.**

**KEEP WRITING UNTIL YOU ARE CLEAR ABOUT THE FACT THAT YOU NEED TO LET GO OF WHATEVER IT IS. YOU WILL KNOW. YOU HAVE PROBABLY EVEN KNOWN FOR SOME TIME NOW. THERE MAY BE THINGS THAT YOU FEEL YOU CANNOT LET GO OF NOW ... A JOB FOR EXAMPLE. PLACE THOSE THINGS INTO A SEPARATE SECTION OF YOUR NOTEBOOK OR JOURNAL. YOU KNOW YOU NEED TO RELEASE IT BUT YOU MAY NEED TO BEGIN TO POSITION YOURSELF DIFFERENTLY, OR TAKE CERTAIN ACTIONS FIRST BEFORE YOU RELEASE IT.**

**FOR THOSE THINGS THAT YOU NEED TO PREPARE FOR FIRST BEFORE YOU RELEASE THEM, WRITE DOWN WHAT YOU NEED TO DO SO THAT YOU BEGIN A PLAN FOR RELEASING THEM. LOOK TO SEE IF YOU CAN CHANGE HOW YOU RELATE TO THOSE THINGS IN THE MEANTIME.**

**AVOID ALLOWING YOURSELF TO GO INTO HOPELESSNESS ABOUT THEM ... YOU WILL LET GO OF IT JUST NOT NOW. BE REALISTIC WITH YOURSELF ABOUT YOUR LIMITATIONS IN THESE SITUATIONS AND ABOUT WHAT YOU CAN CHANGE NOW ABOUT THEM EVEN IF YOU CANNOT RELEASE THEM TOTALLY. CHANCES ARE THERE IS SOMETHING YOU CAN CHANGE NOW, EVEN IF IT IS AN INTERNAL TEMPORARY CHANGE.**

**IF THERE ARE MENTAL OR EMOTIONAL THINGS YOU NEED TO RELEASE AND YOU DO NOT SEE HOW YOU CAN DO THIS ON YOUR OWN THEN WRITE DOWN WHAT RESOURCES YOU MAY NEED IN ORDER TO HELP YOU WORK THROUGH IT. FOR EXAMPLE, YOU MAY NEED TO WORK WITH SOMEONE WHO CAN HELP YOU ... A CLOSE FRIEND, A THERAPIST, AND/OR A COACH.**



**IT IS NOW TIME TO BEGIN TAKING SOME ACTIONS. NEXT TO ANY OF THE MATERIAL OBJECTS MAKE A NOTE ABOUT WHERE YOU WILL SEND IT (TO ANOTHER PERSON, TO CHARITY, TO THE TRASH, ETC.). ALLOW YOU TO THINK IT OUT AND WORK THROUGH IT IN YOUR NOTEBOOK OR JOURNAL.**

**WHAT IS SOMETHING YOU CAN LET GO OF RIGHT NOW? PICK AN ITEM OR A GROUP OF ITEMS ON THE LIST. FOR EXAMPLE: PERHAPS YOU HAVE A LOT OF CLOTHES OR POSSESSIONS TO LET GO OF. TAKE ONE DRAWER, ONE CLOSET OR ONE ROOM AND BEGIN TO GO THROUGH IT AND SEPARATE THE ITEMS OUT INTO THE VARIOUS PILES FOR WHERE THEY NEED TO GO. THEN PUT THEM IN BAGS OR BOXES AND FASTEN OR CLOSE THE BAG OR BOX.**

**IF YOU GET STUCK IN THE PROCESS THEN GO BACK AND READ THROUGH WHAT YOU WROTE IN YOUR NOTEBOOK OR JOURNAL ABOUT THOSE TYPES OF THINGS. YOU CAN ALSO CHECK IN WITH YOUR BODY AGAIN TO SEE HOW YOU FEEL ABOUT INDIVIDUAL ITEMS ... DOES IT RESONATE WITH YOU ANY MORE OR NOT?**

**ONCE YOU HAVE BAGS OR BOXES LOADED THEN TAKE AS MUCH OUT AS YOU CAN AND TAKE IT WHERE YOU SAID YOU WOULD. MAKE SURE YOU TAKE AT LEAST ONE BAG OR BOX AND DROP IT OFF WHERE YOU ARE SENDING IT ASAP. THIS WILL GET THE BALL ROLLING FOR YOU. WHEN YOU HAVE DISPOSED OF IT THEN ALLOW YOURSELF TO EXPERIENCE WHATEVER COMES UP FOR YOU.**

**ONCE YOU HAVE BEGUN TO LET GO OF THINGS YOU MAY BECOME FLOODED WITH THOUGHTS THAT ARE NOSTALGIC OR SUDDEN POSSIBLE FUTURE USES FOR THAT THING. IF SOME OF THE THINGS YOU NEED TO LET GO OF HAVE CREATED A LOT OF NEGATIVITY IN YOUR LIFE IT MIGHT BE NATURAL FOR A LOT OF EMOTIONS TO COME UP. YOU MIGHT EVEN FIND YOURSELF ANGRY AT YOURSELF FOR HOLDING ONTO IT FOR THAT LONG.**

**USE YOUR JOURNAL OR NOTEBOOK TO LET GO OF ANYTHING YOU MAY NEED TO RELEASE ABOUT THE PROCESS. ABOVE ALL MAKE SURE THAT YOU CONTINUE TO GIVE YOURSELF COMPASSION AND FORGIVE YOURSELF FOR ANYTHING YOU NEED TO FORGIVE YOURSELF FOR.**

**IT IS IMPORTANT TO PLAN YOUR NEXT RELEASE SESSION. WHEN YOU HAVE FINISHED WITH THAT ITEM OR GROUP OF ITEMS THEN YOU CAN MOVE ONTO THE NEXT ITEM OR GROUP ON YOUR LIST. WORK IN A WAY THAT WILL GIVE YOU THE BIGGEST WINS FIRST. YOU KNOW YOURSELF. IF TAKING CARE OF THE MOST DIFFICULT ITEMS FIRST WILL MAKE THE REST EASY THEN DO THAT. IF IT ALL SEEMS INCREDIBLY DAUNTING THEN HANDLE THE EASY THINGS FIRST TO BUILD UP YOUR MUSCLE OF LETTING GO.**

**WRITE IN YOUR NOTEBOOK OR JOURNAL ABOUT YOUR EXPERIENCES DURING THE WHOLE PROCESS. MAKE SURE THAT YOU CELEBRATE EACH VICTORY. PAT YOURSELF ON THE BACK CONSTANTLY. ALLOW YOURSELF TO NOTICE ANY FREEDOM OR PEACEFULNESS THAT BEGINS TO SHOW UP AS YOU ARE RELEASING THINGS.**



**DURING THE TIME WHILE YOU ARE LETTING GO OF THINGS MAKE SURE THAT YOU CONTINUE TO ATTEND TO YOUR PLAN AND THE ACTIONS YOU NEED TO TAKE ON THE THINGS THAT YOU MAY NOT BE ABLE TO RELEASE NOW, LIKE THE JOB. CELEBRATE EACH ACTION THAT GETS YOU CLOSER TO BEING ABLE TO LET GO OF IT. ALLOW THE EXCITEMENT THAT YOU ARE BEGINNING TO FEEL FROM LETTING OTHER THINGS GO MOTIVATE YOU TO CONTINUE TO TAKE STEPS FORWARD.**

**WORK ON IT THIS EVERY DAY AND MAKE NOTES TO YOURSELF ABOUT HOW THINGS ARE PROGRESSING WITH LETTING GO OF THINGS THAT NO LONGER SERVE YOU. THERE MAY BE MOMENTS WHEN YOU SLOW DOWN ... JUST ALLOW YOURSELF TO REFLECT ON YOUR PROGRESS AND THE NEWFOUND FREEDOM AND PEACE YOU HAVE BEGUN TO EXPERIENCE.**

**AT SOME POINT YOU WILL HAVE COMPLETED YOUR LIST. CONGRATULATIONS! FROM NOW ON, INSTEAD OF HOLDING ON TO THINGS THAT NO LONGER SERVE YOU, YOU CAN REPLACE THOSE THINGS RIGHT AWAY WITH NEW THINGS THAT ARE REALLY ALIGNED WITH YOU.**

**CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. MAKE IT A PRACTICE TO QUESTION IF SOMETHING IS ALIGNED WITH YOU BEFORE YOU BRING IT INTO YOUR LIFE. THEN BE WILLING TO REVIEW THE THINGS YOU HAVE PERIODICALLY AND NOTICE IF THEY NO LONGER DO. THE BEST TIME TO LET GO OF THINGS THAT DO NOT SERVE YOU IS WHEN YOU FIRST NOTICE THAT THEY DO NOT VS. HOLDING ON TO THEM.**

**WORK ON IT EVERY DAY AND MAKE NOTES TO YOURSELF ABOUT HOW THINGS ARE PROGRESSING AND WITH ANY ACTIONS YOU ARE TAKING. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL EVOLUTION IN RELEASING THINGS THAT NO LONGER SERVE YOU. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN RELEASING THOSE THINGS IN THEIR LIVES TOO!**

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**WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO LET GO OF THINGS THAT NO LONGER SERVE YOU? 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.**

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**LASTLY, FROM ME TO YOU;**

**NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HOW TO HAVE A RADICAL EVOLUTION IN CREATING BELONGING AND CONNECTION!!!!**

**THANK YOU SO MUCH FOR TAKING THE TIME AND USING MY TOOLS TO CREATE SOME IMPRESSIVE RESULTS IN YOUR LIFE. THAT IN ITSELF**

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# CAROLINA ARAMBURO COACHING

## RADICAL RESULTS COACHING



**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'.

**CAROLINA ARAMBURO**