

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN CUTTING THROUGH RESISTANCE!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN CUTTING THROUGH RESISTANCE, 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 CUT THROUGH RESISTANCE. 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.

THERE ARE TWO KINDS OF RESISTANCE YOU CAN HAVE A RADICAL BREAKTHROUGH IN CUTTING THROUGH: 1) RESISTANCE IN ONESELF, 2) RESISTANCE IN OTHERS. HERE ARE THE EXERCISES YOU CAN DO IN EACH:

1) HOW TO CUT THROUGH RESISTANCE IN ONESELF:

- A) MY FIRST SUGGESTION IS KIND OF RADICAL ... DO NOTHING. YES, DO NOTHING, AND PRACTICE RIGOROUSLY A SELF-OBSERVATION DISCIPLINE/ METHODOLOGY. YOU COULD START BY OBSERVING YOURSELF WITHOUT JUDGMENT (AS LONG AS YOU OBSERVE WITH JUDGMENT, IT KEEPS YOU TRAPPED). JUST OBSERVE YOURSELF AS YOU OBSERVE A GLASS OF WATER. JUST OBSERVE, UNTIL YOU GET TO HAVE IT BE PURE OBSERVATION WITHOUT ASSESSMENT. ONCE YOU HAVE DONE THIS THEN BREATHE DEEPLY AND THEN "RE CONSIDER".**

- B) ANOTHER RADICAL WAY TO CUT THROUGH YOUR OWN RESISTANCE IS TO ACTUALLY KEEP RESISTING IT "ON PURPOSE" FOR A SPECIFIC, DECLARED PERIOD OF TIME - I.E. IF I AM RESISTING GOING TO EXERCISE THIS MORNING; I WOULD ACTUALLY TAKE A MOMENT AND TELL MYSELF; "FOR THE NEXT 10 MINUTES I WILL RESIST GOING TO EXERCISE". THEN I WOULD ACTUALLY PURPOSELY RESIST. I WOULD CREATE MYSELF BEING MASSIVELY RESISTANT – FIGHT GOING TO EXERCISE – REALLY GET INTO**

RESISTANCE TO THE HIGHEST LEVEL I CAN RESIST. MOSTLY WHEN I DO THAT I QUICKLY START LAUGHING AND GET UP AND GO!! (BTW THERE ARE A FEW VERY IMPORTANT "NEURO-SCIENTIFIC" REASONS BEHIND THE 2 COMPONENTS OF THIS "TECHNIQUE")

C) ANOTHER INTERESTING WAYS TO DEAL WITH RESISTANCE IS TO DO A "PICTURING" EXERCISE:

- PICTURE WHAT IS THE WORSE THING THAT CAN HAPPEN IF YOU DON'T RESIST IT.**
- PICTURE WHAT IS THE BEST THING THAT CAN HAPPEN IF YOU DON'T RESIST IT.**
- PICTURE WHAT WOULD BE A SURPRISING "OUT OF THE BOX" OUTCOME THAT COULD HAPPEN (EVEN TOTALLY REMOTELY POSSIBLE, BUT STILL POSSIBLE).**

ONLY AFTER THE 3 "PICTURING" EXERCISES, CONSIDER IT AGAIN.

2) HOW TO CUT THROUGH RESISTANCE IN OTHERS:

- TAKE A MOMENT TO "PUT YOURSELF" IN THAT PERSONS PLACE. DEEPLY, GET HIS OR HER WORLD, FROM HIS OR HER POINT OF VIEW, UNTIL YOU ARRIVE TO THE SAME CONCLUSION THAT HE OR SHE HAVE. THIS DOES NOT REQUIRE THAT YOU AGREE WITH HIM OR HER – IT SIMPLE REQUIRES THAT YOU SEE IT FROM HIS OR HER POINT OF VIEW SUCH THAT YOU CAN SEE IT FROM THE PERSPECTIVE HE OR SHE SEES IT FROM, FULLY.**
- ONCE YOU CAN BE SO MUCH IN HIS OR HER WORLD THAT YOU FULLY UNDERSTAND AND SEE IT FROM THEIR POINT OF VIEW. LET HIM OR HER KNOW THAT YOU DO IN A WAY THAT HE OR SHE ACTUALLY EXPERIENCES YOU DO COMPLETELY. MAKE SURE YOU ASK HIM OR HER IF THEY EXPERIENCE BEING UNDERSTOOD UNTIL THEY SAY YES. IF HE OR SHE DOES NOT THEN KEEP PUTTING YOU IN THAT PERSON'S PLACE UNTIL HE OR SHE DOES.**
- NOW RE-CONSIDER WHAT THEY WERE ORIGINALLY RESISTING SINCE THEY ARE NO LONGER RESISTING AND YOU ARE NO LONGER RESISTING THEIR RESISTANCE. YOU CAN NOW REFRAME WHATEVER IT WAS IN SUCH A WAY THAT IT WOULD NOT NEED TO BE RESISTED ANY MORE. YOU CAN HAVE A NEW CONVERSATION WITH HIM OR HER FROM A NEW VIEW AND HE OR SHE CAN HEAR IT NEWLY WITHOUT THE RESISTANCE BEING IN THE WAY.**

RESISTANCE, LIKE ANY PATTERN CAN BE REPLACED WITH A NEW PATTERN THAT SERVES YOU MUCH BETTER. CONSIDER THAT EVEN OUR REACTION TO OTHER PEOPLE'S RESISTANCE IS A PATTERN. WHEN SOMEONE RESISTS THEN MOSTLY WE DIG OUR HEELS IN TO TRY TO "CONVINCE" OR PROVE HIM OR HER OF WHATEVER IT IS VS. TAKING THE TIME TO REALLY UNDERSTAND THEIR POINT OF VIEW AND WHAT HAS THE RESISTANCE OCCURRING THUS CREATING MORE AND MORE RESISTANCE. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. WITHIN 21 DAYS, IF YOU ARE RIGOROUS,

YOU WILL HAVE A RADICAL BREAKTHROUGH IN CUTTING THROUGH RESISTANCE. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE FROM CUTTING THROUGH RESISTANCE. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN CUTTING THROUGH RESISTANCE IN HIS OR HER LIVES!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR CUTTING THROUGH RESISTANCE? 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 DEALING WITH RESIGNATION!

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 Aramburo', with a stylized flourish at the end.

CAROLINA ARAMBURO