



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL BREAKTHROUGH IN YOUR ABILITY TO REPLACE JUDGMENT AND CRITICISM FOR YOURSELF AND OTHERS WITH HAVING TRUE COMPASSION FOR BOTH!!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN YOUR ABILITY TO REPLACE JUDGMENT AND CRITICISM FOR YOURSELF AND OTHERS WITH HAVING TRUE COMPASSION FOR BOTH, 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 REPLACE JUDGMENT AND CRITICISM FOR YOURSELF AND OTHERS WITH HAVING TRUE COMPASSION FOR BOTH. 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 SO THAT YOU CAN TRACK YOUR PROGRESS. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

THERE ARE SO MANY TEMPTATIONS TO CRITICIZE OR JUDGE YOURSELF AND/OR OTHERS. COMPASSION FOR YOUR OWN HUMANITY AND THAT OF OTHERS IS A GREAT WAY TO STOP THE JUDGMENT AND CRITICISM. HERE ARE SOME OF MY APPROACHES TO BEING COMPASSIONATE FOR YOU TO PRACTICE. FOR 21 DAYS TELL THE TRUTH ABOUT WHOM YOU CRITICIZE TODAY AND DO THE ENTIRE EXERCISE ABOUT THE PERSON OR PERSONS YOU CRITICIZED:

1) MAKE A LIST OF THE KIND OF THINGS YOU JUDGE OTHERS FOR. YOU CAN PICK A PARTICULAR INDIVIDUAL OR LOOK AT PEOPLE IN GENERAL. FOR EXAMPLE, IF YOU LOOK AT PEOPLE IN GENERAL YOU MIGHT WRITE DOWN THAT YOU JUDGE OTHERS FOR BEING RUDE OR INCONSIDERATE OR LOUD OR ANNOYING. IF YOU LOOK AT A SPECIFIC PERSON THEN WRITE DOWN ALL THE THINGS ABOUT THAT SPECIFIC PERSON THAT YOU JUDGE.

2) NEXT TO EACH ITEM YOU ARE CRITICAL ABOUT PEOPLE (OR A SPECIFIC



PERSON) LIST HOW YOU DO THAT SAME BEHAVIOR YOURSELF IN SOME WAY OR WITH SOME PEOPLE IN SOME CIRCUMSTANCES. FOR EXAMPLE, IF YOU JUDGE PEOPLE WHO ARE RUDE THEN FIND A TIME OR PERSON OR SITUATION YOU ARE OR HAVE BEEN RUDE.

3) NOW MAKE A LIST OF THINGS YOU LOVE IN OTHER PEOPLE OR THAT OTHER PERSON. FOR EXAMPLE, YOU LOVE HOW THAT PERSON IS STRONG OR GREAT WITH CHILDREN. YOU MAY LOVE HOW THAT GROUP OF PEOPLE ARE SMART OR ABLE TO MOVE THROUGH SITUATIONS QUICKLY.

4) NEXT TO EACH ITEM YOU LOVE ABOUT OTHERS LIST A WAY THAT YOU DO THAT SAME THING OR HAVE THAT SAME QUALITY OR VALUE. FOR EXAMPLE, WHEN OR WITH WHOM ARE YOU STRONG OR ARE GREAT WITH PEOPLE?

5) NEXT TO EACH ITEM LIST HOW YOU WILL SHOW COMPASSION TO YOURSELF THE NEXT TIME YOU ARE BEHAVING LIKE THAT.

6) EACH DAY REPEAT STEPS #1 THROUGH #5 TELLING THE TRUTH ABOUT THE "AT LEAST ONE PERSON THAT YOU JUDGE OR CRITICIZE TODAY" (ALMOST EVERY HUMAN BEING CRITICIZES AT LEAST 1 PERSON A DAY, ITS VERY NORMAL). DO THE WORK WITH AT LEAST ONE PERSON A DAY, FOR 21 DAYS, FOR THIS EXERCISE TO WORK, SINCE IF YOU ONLY DO IT ONCE OR FEW TIMES IT WON'T WORK.

7) WRITE A ONE-SENTENCE REPORT OF YOUR PROGRESS, DAILY, ALSO.

IF YOU DO A REALLY THOROUGH JOB ON THE ENTIRE EXERCISE EVERY DAY FOR 21 DAYS YOU WILL SEE THAT THE VERY THINGS YOU DISLIKE, JUDGE AND CRITICIZE IN OTHERS ARE THINGS YOU ACTUALLY DISLIKE IN YOURSELF. YOU CAN ALSO SEE THAT YOU POSSESS THE SAME QUALITIES YOU LOVE IN OTHERS. THE WHOLE TRICK IN BEING COMPASSIONATE IS THAT IT STARTS WITH YOU. HUMAN BEINGS ARE VERY SIMILAR; WE ALL HAVE COMMON CHARACTERISTICS, QUALITIES, AND CHARACTERISTICS. FUNNY THING IS THAT WE THINK WE ARE ALL SO UNIQUE AND DIFFERENT, MEANWHILE WE SIMPLY MIRROR ONE ANOTHER.

IF YOU CAN BE COMPASSIONATE WITH OTHERS AFTER SEEING THAT THOSE THINGS YOU JUDGED IN THEM ARE THINGS YOU ALSO DO THEN IT IS JUST AS EASY TO BE COMPASSIONATE WITH YOURSELF AS YOU CAN SEE THAT THE THINGS YOU LOVE ABOUT OTHERS YOU ALSO HAVE. YOU WERE BORN IN A HUMAN BODY WITH HUMAN CHARACTERISTICS - ONES YOU CONSIDER GREAT AND ONES YOU CONSIDER NOT SO GREAT. WHAT IF THEY WERE ALL JUST CHARACTERISTICS VS. GOOD OR BAD ONES? WHAT IF IT IS ALL JUST HUMAN?

START TAKING ACTION TODAY TO STOP JUDGING AND CRITICIZING YOURSELF. IF THERE ARE THINGS YOU PREFER TO ALTER ABOUT YOURSELF

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JUST ALTER IT VS. INDULGING IN CRITICIZING AND JUDGING. WITH RESISTANCE ALWAYS COMES PERSISTENCE. STRIVE TO BE WHO YOU WANT TO BE AND APPLY COMPASSION TO THE TRANSITIONS. IF YOU FOCUS ON WHAT YOU WANT AND JUST LET THE REST BE YOU WILL FIND THAT WHAT YOU WANT WILL START SHOWING UP. COMPASSION IS A FEELING OF DEEP SYMPATHY AND CARING FOR SOMEONE STRUCK BY MISFORTUNE, ACCOMPANIED BY A DESIRE TO ALLEVIATE THE SUFFERING; MERCY. IT IS A GIFT YOU GIVE TO YOURSELF THAT THEN KEEPS ON GIVING TO OTHERS. YOU DESERVE COMPASSION. I INVITE YOU TO START SHOWING YOUR COMPASSION AS SOON AS TODAY!

SHOWING COMPASSION FOR YOURSELF AND OTHERS, LIKE ANYTHING, CAN BE CREATED AS A NEW KIND OF PATTERN THAT WILL SERVE YOU. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. MAKE SURE YOU KEEP YOUR LISTS AND ANY NOTES FOR YOURSELF IN YOUR NOTEBOOK WHEN NEW THINGS COME UP. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN SHOWING COMPASSION FOR YOURSELF AND OTHERS THAT YOU CAN CELEBRATE. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING YOUR COMPASSION. BY BEING ABLE TO SHOW COMPASSION FOR YOURSELF AND OTHERS THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF TOO!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE REPLACE JUDGMENT AND CRITICISM FOR YOURSELF AND OTHERS WITH HAVING TRUE COMPASSION FOR BOTH? 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 BUILDING A LIFE THAT HONORS AND CHERISHES WHO YOU ARE!

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 BEING ABLE TO CREATING MORE AND MORE THINGS TO SERVE WHAT I LOVE (OUTSTANDING PEOPLE UP TO BIG THINGS LIKE YOU)!!



PLEASE ALSO NOTE THAT THIS WORK IS OBVIOUSLY BASIC AND NOT IN DEPTH. WITH A COACH YOU CAN TAKE THIS TO THE HIGHEST AND DEEPEST LEVEL ALSO. I ALWAYS RECOMMEND HAVING A COACH, BECAUSE WE DESERVE IT, JUST AS WE DESERVE TO EAT THE BEST FOOD, NOT THE MOST BASIC. OF COURSE, OUR COMPANY HAS EXCEPTIONAL COACHES WHO I HAVE PERSONALLY TRAINED AND WHO PRODUCE RADICAL RESULTS FOR OUR CLIENTS IN EVERY ARENA FROM BUSINESS TO HEALTH ... SO I RECOMMEND YOU CONTACT ME AT: CAROLINA@CAROLINAARAMBURO.COM IF YOU ARE INTERESTED IN A FREE INTRODUCTION/DISCOVER CALL TO FIND OUT MORE!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina'.

CAROLINA ARAMBURO