



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL MAKEOVER IN ANY OF YOUR RELATIONSHIPS, EVEN IF THEY ARE GOOD, MAKE THEM WONDERFUL!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL LOVE MAKEOVER IN ANY OF YOUR RELATIONSHIPS; 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.

TO DO THIS EXERCISE, PLEASE USE A NOTEBOOK, NOTEPAD OR PERHAPS 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.

CONSIDER YOUR MOST IMPORTANT RELATIONSHIPS AND PICK ONE WITH SOMEONE YOU ARE AROUND DAILY TO BEGIN THIS WORK WITH. IT CAN BE WITH A PARENT, CHILD, SIGNIFICANT OTHER, CO-WORKER ... ANY IMPORTANT RELATIONSHIP.

IN YOUR NOTEBOOK SPEND SOME TIME WRITING OUT WHAT YOU REALLY WANT IN THIS RELATIONSHIP. WRITE ABOUT HOW YOU WOULD LIKE THIS PERSON TO BE WITH YOU AND HOW YOU WANT THE TWO OF YOU TO BE WITH EACH OTHER. REALLY CREATE THIS LIKE YOUR IDEAL WAY YOU DESIRE THE RELATIONSHIP TO BE, IF ANYTHING WAS REALLY POSSIBLE... CREATE THIS AS VIVID AND CLEAR AS YOU CAN, DO NOT LEAVE ANYTHING OUT.

NEXT SPEND SOME TIME WRITING OUT HOW IT HONESTLY IS RIGHT NOW, NO SUGAR COATING. WRITE DOWN WHATEVER COMES UP FOR YOU. MAYBE SOME THINGS ARE CLOSE TO YOUR IDEAL RELATIONSHIP WITH THIS PERSON AND MAYBE SOME THINGS ARE VERY FAR OFF ... JUST ALLOW YOURSELF TO BE REAL ABOUT IT.

AFTER YOU HAVE DONE A THOROUGH JOB OF WRITING OUT HOW YOUR

CAROLINA ARAMBURO COACHING

RADICAL RESULTS COACHING



IDEAL RELATIONSHIP WITH THIS PERSON WOULD BE AND HOW IT IS NOW, PLEASE WRITE DOWN THE REASONS WHY YOU THINK THE RELATIONSHIP IS, THE WAY IT IS NOW. AGAIN, REALLY SPEND SOME TIME LOOKING INTO IT AND WRITE DOWN ALL THAT YOU SEE.

PERHAPS YOU DO NOT THINK IT IS POSSIBLE TO ALTER IT BECAUSE THE OTHER PERSON JUST IS A CERTAIN WAY, OR PERHAPS YOU THINK THAT IT IS NOT REALISTIC FOR ANYONE TO HAVE THAT KIND OF RELATIONSHIP. DIG DEEP ENOUGH TO FIND THE REAL UNDERLYING REASON WHY YOUR RELATIONSHIP AND THE OTHER PERSON ARE THE WAY THAT THEY ARE.

STUDY ALL THAT YOU HAVE WRITTEN SO FAR. SPEND A FEW MINUTES AND NOTICE WHAT YOU SEE OUT OF DOING THE EXERCISE, SO FAR. MAKE ANY NEW NOTES ABOUT WHAT YOU CURRENTLY SEE.

NOW, LET'S ASSUME FOR A MOMENT THAT EVERYTHING THAT YOU WOULD WANT TO SEE IN THIS OTHER PERSON, THAT EVERY WAY TO WANT THEM TO BE WITH YOU... THAT IF YOU WOULD BE EXACTLY THE WAY YOU WANT THEM TO BE AND TREAT THEM EXACTLY HOW YOU WANT TO BE TREATED, THAT IT WOULD MAGICALLY HAVE THE OTHER PERSON BE THAT WAY ALSO... REALLY VISUALIZE THIS POSSIBLE SCENARIO.

FINALLY TAKE A LITTLE TIME AND WRITE DOWN HOW YOU REALLY ARE RIGHT NOW AND HOW YOU REALLY TREAT THEM RIGHT NOW. AGAIN, BE RADICALLY STRAIGHT WITH YOURSELF ABOUT IT. FOR EXAMPLE, LET'S SAY YOU WANT THE OTHER PERSON TO BE VERY ATTENTIVE WITH YOU, AND THAT IS YOUR IDEAL, BUT HOW YOU ARE BEING RIGHT NOW IS ATTENTIVE TO SOME DEGREE BUT NOT THE IDEAL OF HOW YOU WANT THE OTHER PERSON TO BE.

FOR THE FIRST WEEK, JUST NOTICE WHAT YOU SEE ABOUT YOURSELF AND THE OTHER PERSON. DON'T TRY TO CHANGE ANYTHING OR FIX ANYTHING. SIMPLY OBSERVE WITHOUT JUDGEMENT IT WHEN YOU ARE AROUND THEM AND FULLY OBSERVE YOURSELF. ADD NOTES TO YOUR NOTEBOOK EACH NIGHT ABOUT WHAT YOU HAVE SEEN.

IN THE SECOND WEEK OF THE EXERCISE, BE-IN-ACTION WITH THE OTHER PERSON BEING EVERYTHING THAT YOU WANT HIM OR HER TO BE WITH YOU, AS IF THAT WOULD TRANSLATE INTO THE OTHER PERSON BEING EXACTLY THOSE WAYS, BUT WITHOUT EXPECTING IT AT ALL. BE WILLING TO HAVE TOTAL BREAKDOWNS AND HAVE NO RESULTS AND BE OK WITH THAT. AT THE SAME TIME, IF YOU ARE WILLING TO GIVE EVERYTHING YOU HAVE, TRULY WITHOUT EXPECTATIONS, YOU WILL (MORE THAN LIKELY) BE BLOWN AWAY WITH AMAZING RESULTS. ONCE AGAIN MAKE NOTES FOR YOURSELF IN YOUR NOTEBOOK EACH NIGHT

CAROLINA ARAMBURO COACHING

RADICAL RESULTS COACHING



ABOUT WHAT YOU NOTICED AND WHAT HAPPENED. IN THE THIRD WEEK, NOTICE HOW THE OTHER PERSON IS, NOTICE HOW YOU ARE AND JUST PRACTICE UNATTACHED OBSERVATION THE WHOLE WEEK. MAKE NOTES IN YOUR NOTEBOOK ABOUT WHAT YOU SAW AGAIN EACH NIGHT.

NOW THAT YOU'RE COMPLETE WITH THE 21 DAYS, IT'S TIME TO GET INTO THE NEXT REAL LEVEL OF ACTION. REALLY COMMIT TO IT. GIVE IT ALL YOU HAVE AND START BRINGING A WAVE OF THE HIGHEST MOST DEVOTED LOVE THAT YOU CAN BRING, MOMENT-BY-MOMENT, TO THE OTHER PERSON, TO YOUR RELATIONSHIP, AND TO YOURSELF. MAKE SURE THAT YOU ARE LEAVING HIM OR HER AS THE MOST SATISFIED PERSON EVER IN YOUR RELATIONSHIP.

THINK ABOUT IT; IF YOU'RE MORE THAN SATISFYING THE OTHER PERSON, HOW COULD THEY POSSIBLY NOT DO THEIR BEST TO SATISFY YOU, VERSUS, YOU KEEP EXPECTING THEM TO SATISFY YOU WHILE YOU DON'T SATISFY THEM? THE ALTERNATIVES AND ANSWERS ARE PRETTY OBVIOUS, AREN'T THEY?

AS MY PERSONAL NOTE TO YOU, WHENEVER I MAKE SURE THAT THE PEOPLE IN MY LIFE ARE THE MOST SATISFIED IN THE RELATIONSHIP WITH ME EVER, THEY ALWAYS EXCEED MY EXPECTATIONS AND WILDEST DREAMS, BUT WHEN I START EXPECTING THINGS, THINGS GO DOWN FAST.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS WITH THIS EXERCISE, YOU WILL HAVE A RADICAL LOVE MAKEOVER IN YOUR RELATIONSHIPS. ALLOW YOURSELF TO REPEAT THIS IN ANY AND ALL OF YOUR OTHER RELATIONSHIPS. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. GET OTHERS INTO THE GAME WITH YOU. BY BECOMING SOMEONE WHO BEGINS TO CHOOSE TO HAVE DEEP LOVE IN YOUR RELATIONSHIPS, 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 TO HAVE A RADICAL LOVE MAKEOVER IN ANY OF YOUR RELATIONSHIPS? 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 CREATIVITY!!!

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)!!

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', written in a cursive style.

CAROLINA ARAMBURO