

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN BEING IRRESISTIBLE / DRAWING POSITIVE ATTENTION TOWARD YOURSELF

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN BEING IRRESISTIBLE/DRAWING POSITIVE ATTENTION TOWARD YOURSELF, 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 FOR A RADICAL BREAKTHROUGH IN BEING IRRESISTIBLE/DRAWING POSITIVE ATTENTION TOWARD YOURSELF. 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. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

- 1) MAKE A LIST OF THE 10 PEOPLE, INCLUDING BOTH MEN AND WOMEN, THAT YOU FIND THE MOST IRRESISTIBLE IN THE WORLD.
- 2) STUDY THOSE PEOPLE AND COME UP WITH AT LEAST 20 THINGS THAT MAKE EACH OF THEM IRRESISTIBLE. TRY TO COME UP WITH DIFFERENT THINGS. DON'T USE THE SAME CHARACTERISTIC FOR MANY PEOPLE.
- 3) STUDY THOSE CHARACTERISTICS UNTIL YOU COME UP WITH THE 20 MOST IRRESISTIBLE QUALITIES AMONG ALL OF THE ONES YOU CAME UP WITH. YOU WILL PROBABLY FIND MANY PEOPLE IN YOUR LIST SHARING THOSE FEATURES. MAKE A COLUMN WITH THOSE 20 MAIN QUALITIES.
- 4) IN A NEW COLUMN, WRITE DOWN EXAMPLES OF HOW YOU ARE, CAN BE, OR HAVE BEEN THOSE WAYS OF BEING/QUALITIES. IF YOUR LIST OF QUALITIES INCLUDES HAVING SOMETHING, RATHER

THAN BEING SOMETHING, SUCH AS HAVING A BEAUTIFUL BODY, MONEY, ETC, TAKE THAT QUALITY APART UNTIL YOU REALLY DISTINGUISH IT FOR YOURSELF. FOR EXAMPLE, TAKE APART TWO PEOPLE, ONE WITH MUSCLES AND ONE WITHOUT, AND DISTINGUISH WHAT YOU ARE ATTRACTED TO. THE PERSON WITH MUSCLES MAY MAKE YOU FEEL THAT THE PERSON IS STRONG OR SECURE. (SOMETIMES WE ARE ATTRACTED TO THINGS THAT ARE NOT NECESSARILY BEAUTIFUL).

- 5) FOR EACH OF THE NEXT 20 DAYS, PICK ONE OF THE 20 MAIN CHARACTERISTICS YOU CAME UP WITH IN PART 3. NOTICE EVERY TIME YOU AND OTHERS ARE BEING THAT CHARACTERISTIC, E.G. CONFIDENT. YOU DON'T HAVE TO FORCE IT OR BEAT YOURSELF UP IF YOU'RE NOT BEING THAT WAY. SIMPLY NOTICE IT. MAKE SURE YOU SET REMINDERS THROUGHOUT THE DAY SO YOU REMEMBER TO KEEP DOING THE EXERCISE. PUT A TICK MARK IN YOUR NOTES EVERY TIME YOU NOTICE YOURSELF OR SOMEONE ELSE BEING THAT QUALITY. YOU SHOULD HAVE AT LEAST 15-20 TICK MARKS EACH DAY. IF YOU HAVE FEWER, IT'S NOT A BAD THING BUT YOU SHOULD NOT INCLUDE THAT DAY IN YOUR 20 DAYS.

IT MAY HELP TO DEFINE THE FEATURE AND ITS OPPOSITE, SO YOU CAN RECOGNIZE IT DURING THE DAY. FOR EXAMPLE, HOW WILL YOU KNOW WHEN YOU ARE BEING GRACEFUL? NOTICE ALL THE BEHAVIORS THAT ARE CONSISTENT WITH YOURSELF AND OTHERS BEING GRACEFUL.

- 6) ON THE 21ST DAY, NOTICE EVERY TIME YOU AND OTHERS ARE BEING IRRESISTIBLE.

IF YOU ARE INTENTIONAL AND PRACTICE, WITH TOTAL RIGOR AND DISCIPLINE FOR THE 21 DAYS, YOU'LL HAVE RADICAL BREAKTHROUGHS IN BEING IRRESISTIBLE AND DRAWING POSITIVE ATTENTION TOWARD YOURSELF. (ONE WAY THAT YOU KNOW THAT YOU DID THIS EXERCISE RIGHT IS THAT YOU WILL NOTICE THAT PEOPLE APPEAR TO YOU TO BE WAY MORE IRRESISTIBLE THAN BEFORE. ALSO YOU'LL NOTICE OTHER PEOPLE COMMENTING ON HOW IRRESISTIBLE YOU HAVE BECOME IN THEIR EYES).

WHEN YOU PUT YOUR ATTENTION ON SOMETHING, E.G. BEING GRACEFUL, IT SURFACES MORE. IT GOES FROM THE BACKGROUND TO THE FOREGROUND AND THEN YOU HAVE A CHOICE IN THE MATTER. WHEN IT IS IN THE FOREGROUND, YOU CAN MULTIPLY IT OR WORK ON DISAPPEARING IT. IN THIS CASE, OUR INTENTION IS TO ELEVATE BEING IRRESISTIBLE, SO WE WILL PUT OUR ATTENTION ON BEING IRRESISTIBLE MORE AND MORE; VERSUS WHEN WE WANT TO DISAPPEAR SOMETHING, WE PRACTICE DISAPPEARING IT MORE AND MORE.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR BEING IRRESISTIBLE/DRAWING POSITIVE ATTENTION TOWARD YOURSELF? 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.

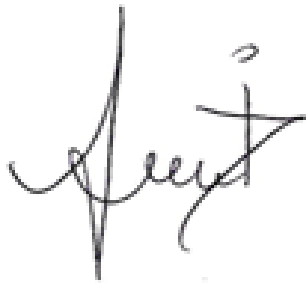
LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HOW TO HAVE A RADICAL BREAKTHROUGH IN IMPROVING YOUR MEMORY!

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