



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL EVOLUTION IN BEING CONFIDENT IN AND TRUSTING YOU!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN **BEING CONFIDENT IN AND TRUSTING 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 ON YOUR SELF-TRUST AND CONFIDENCE.

SELF-CONFIDENCE AND SELF-TRUST ARE CONNECTED. CONFIDENCE IS OUR ABILITY TO COUNT ON OUR SELF. IF WE DON'T HAVE SELF-CONFIDENCE, YOU WON'T FEEL ABLE TO COUNT ON OUR SELF. IF WE HAVE A LACK OF SELF-TRUST THEN WE END UP WITH A LACK OF SELF-CONFIDENCE. SO WHEN WE PUT TWO AND TWO TOGETHER WE CAN EASILY SEE THAT NOT TRUSTING OURSELVES IS A SELF WORTH ISSUE THAT **KILLS OFF** OUR CONFIDENCE, WHILE DEVALUING AND INVALIDATING OURSELVES.

BEING CONFIDENT IN AND TRUSTING OUR SELF CAN MAKE A BIG DIFFERENCE IN OUR LIVES. FOR EXAMPLE: IF I WANT TO GET IN SHAPE AND I KEEP **REMEMBERING** A TIME IN THE PAST WHEN I PROMISED MY SELF TO GET IN SHAPE AND I DID IT AND THEN I FELT AWESOME ABOUT THE RESULTS AND MY DISCIPLINE, I WILL MOST LIKELY, THIS TIME AROUND, GO AHEAD AGAIN AND GET IN SHAPE **RELYING** ON MY ALREADY ACQUIRED, EVEN IF IS RUSTY; GREAT DISCIPLINE. I WILL WORK CONSCIOUSLY ON BRINGING MY CONFIDENCE IT UP, BASED ON PAST EVIDENCE.

THIS IS VERY DIFFERENT THAN REMEMBERING TIMES WHEN I HAVE PROMISED MY SELF SEVERAL GOALS THAT I DID NOT FOLLOW THROUGH WITH AND I FEELING LIKE "THIS IS THE KIND OF THING I DO, I TEND TO NOT FOLLOW THROUGH ON MY PROMISES TO MYSELF". IN THIS CASE I START A VICIOUS CYCLE FOR MYSELF OF CONTINUING TO NOT FOLLOW THROUGH JUST BECAUSE I AM LETTING MY TRUST IN MY PROMISES GO

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DOWN BASED ON PAST EVIDENCE. NOTICE THAT THIS WILL CREATE A VICIOUS CYCLE THAT THEN STARTS INVADING EVERY AREA OF OUR LIVES.

LISTED BELOW ARE SOME WAYS I RECOMMEND TO HELP YOU IN INCREASING YOUR CONFIDENCE AND YOUR SELF TRUST. IN CASE, WHEN YOU READ THE LIST OF SUGGESTIONS, IT FEELS LIKE TOO MUCH AND YOU GET OVERWHELMED (WHICH COULD, BUT WON'T NECESSARILY HAPPEN), THEN, JUST COMMIT TO AT LEAST 4 OF THEM. PRACTICE THEM FOR 21 DAYS AND WHEN YOU SUCCEED WITH THOSE 4, YOU CAN GO AHEAD AND COMMIT TO 3 MORE OR 4 OR ALL OF THEM.

THE 4 THAT I RECOMMEND TO COMMIT TO, THAT I CONSIDER MOST CRUCIAL ARE # 1, #2, #3 AND #9. HERE IS MY LIST OF RECOMMENDATIONS:

1. GET TO KNOW YOU – LEARN YOUR VALUES AND PRINCIPLES AND BEGIN TO LIVE THEM. LEARN WHAT REALLY MATTERS TO YOU AND ENGAGE IN THOSE THINGS. LIVE YOUR LIFE ACCORDING TO YOUR OWN PERSONAL SENSE OF INTEGRITY (NO ONE ELSE'S INTEGRITY IS YOUR INTEGRITY). LET GO OF THE IDEA OF "THE" RIGHT ANSWER AND JUST LOOK FOR "YOUR" RIGHT ANSWER. START JOURNALING IN YOUR NOTEBOOK OR JOURNAL ABOUT YOUR VALUES, PRINCIPLES AND WHAT IS REALLY IMPORTANT TO YOU.

THROUGH YOUR JOURNALING, ALLOW YOURSELF TO WORK ON GETTING TO KNOW YOURSELF BETTER. DURING YOUR DAY START LISTENING TO YOUR THOUGHTS. JOURNAL ABOUT YOURSELF, ABOUT THE THOUGHTS YOU HAVE ABOUT YOURSELF, AND WHY YOU HAVE SUCH NEGATIVE THOUGHTS WHEN YOU DO.

THEN WRITE ABOUT THE GOOD THINGS ABOUT YOURSELF, THE THINGS YOU CAN DO WELL, THE THINGS YOU LIKE. START LOOKING AT AND WRITING ABOUT YOUR LIMITATIONS, AND WHETHER THEY'RE REAL LIMITATIONS OR JUST ONES YOU'VE PERCEIVED AND PUT THERE, ARTIFICIALLY. DIG DEEP WITHIN YOURSELF, ON PURPOSE, AND FIND THE REAL YOU, UNADULTERATED BY THE TRAINING OF SOCIETY.

NOTICE AS YOU JOURNAL HOW MUCH YOU MAY TRY TO BE LIKE OTHERS OR COMPARE YOURSELF TO OTHERS. BEGIN TO PRACTICE LETTING GO OF THE COMPARISON GAME. YOU ARE UNIQUELY YOU. ALSO BEGIN PRACTICING MAKING YOUR OWN ASSESSMENTS AND DECISIONS VS. SEEKING ADVICE FROM OTHERS CONSTANTLY.

FOR THE NEXT 21 DAYS LET GO OF PLAYING THE GAME OF BEING WHO YOU THINK OTHER PEOPLE EXPECT YOU TO BE AND AS YOU JOURNAL,

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PRACTICE BEING LOVING AND ACCEPTING OF YOURSELF. YOU ACTUALLY WILL FIND THAT YOU REALLY DO KNOW HOW TO BE YOU. TRUST AND CONFIDENCE WILL BEGIN TO FOLLOW.

2. USE YOUR PAST TO NURTURE YOU - THINK OF AND JOURNAL ABOUT PAST SUCCESSES. WHEN YOU REMEMBER MOMENTS IN YOUR LIFE WHERE YOU HAD A HURDLE TO GET OVER AND YOU DID SO SUCCESSFULLY, THIS MAY REMIND YOU OF YOUR POWER AND YOUR ABILITY TO ACCOMPLISH TASKS THAT SEEM, OR ARE, EXTREMELY DIFFICULT. FOR EXAMPLE, REMEMBERING HOW YOU GOT IN SHAPE WHEN YOU SET YOUR MIND TO IT AND TRAINED CONSISTENTLY MAY GIVE YOU THE BOOST OF CONFIDENCE YOU NEED TO START GOING TO THE GYM AGAIN.... OR EVEN TO DO SOMETHING COMPLETELY DIFFERENT!!

IN YOUR JOURNAL, MAKE SOME LISTS OF: YOUR STRENGTHS OR THINGS YOU ARE GOOD AT, YOUR ACHIEVEMENTS, THINGS THAT YOU ADMIRE ABOUT YOURSELF AND WAYS YOU DO TRUST YOURSELF. ALL OF US ARE GOOD AT SOMETHING AND USUALLY MULTIPLE THINGS. CAPTURE THAT IN YOUR JOURNAL. REVIEW AND ADD TO YOUR LISTS EACH DAY FOR THE NEXT 21 DAYS.

THIS PART OF THE PRACTICE IS **CRUCIAL**: READ WHAT YOU HAVE WRITTEN IN YOUR JOURNAL AND NOTICE HOW MANY TIMES YOU HAVE DONE GREAT THINGS. TAKE A MOMENT WITH EVERY GREAT THING AND, ON PURPOSE, GET FASCINATED WITH THOSE GREAT THINGS. LITERALLY DO THIS LIKE WE DO WHEN WE ARE FALLING IN LOVE WITH SOMEONE ... WE OBSERVE HOW THEY DO A SMALL KINDNESS BUT WE TAKE THE TIME TO GET FASCINATED WITH IT.

TAKE A MOMENT TO ACTUALLY PROVOKE YOURSELF TO GET FASCINATED WITH YOUR GREATNESS, EVEN IN THE SMALLEST THINGS. THEN MAKE POSITIVE EDITS TO YOUR JOURNALING BY MAKING REMARKS IN IT ABOUT HOW FASCINATING, YOU ARE!!! I KNOW IT SEEMS SUPER WEIRD, BUT SO WHAT? YOU DESERVE AWESOME WEIRDNESS TO ELEVATE YOUR SELF-CONFIDENCE RADICALLY!!

FOR EXAMPLE, IF IN MY JOURNAL I WROTE: "I WAS SUPER GENEROUS WITH THE SETTLEMENT WITH MY EX HUSBAND AND I LET HIM HAVE WAY ABOVE HIS 1/2 OF OUR ASSETS. INSTEAD OF SAYING: YES I WAS SUPER GENEROUS BUT NAIVE". I WILL NOW MAKE THE EDIT: "HOW AMAZINGLY KIND AM I, AFTER ALL MY EX HUSBAND DID, I ACTED FROM A PURE KIND HEART. I HONESTLY ROCK AND, WITHOUT ARROGANCE, ADMIT I AM A SWEET HEART, EVEN THE

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NAIVETÉS IS A TOTAL CONSEQUENCE OF MY PURE HEART, I DO LOVE THAT I AM THAT AWESOME!!"

3. TAKE ACCOUNTABLE RESPONSIBILITY FOR YOUR LIFE – IN YOUR JOURNAL OWN THE RESPONSIBILITY FOR YOUR OWN DECISIONS AND THEIR CONSEQUENCES, BOTH THE POSITIVE CONSEQUENCES AND NEGATIVE CONSEQUENCES. BEING RESPONSIBLE IS NOT A BLAMING-YOURSELF OR A MAKING-YOURSELF-WRONG GAME.

IT IS A GAME OF NO LONGER BLAMING OTHER PEOPLE AND CIRCUMSTANCES FOR YOUR ACTIONS. IT IS SIMPLY ACKNOWLEDGING, "I MADE THAT DECISION" OR "I DID THAT." LET GO OF REASONS AND EXCUSES AND SIMPLY ACKNOWLEDGE THAT YOU WERE THE DECISION MAKER IN THE END. THAT IS WHY I SAY "ACCOUNTABLE RESPONSIBILITY" BECAUSE IS FACTUAL NOT A CHANCE TO BEAT YOURSELF UP.

WHEN WE CAN GET RESPONSIBLE FOR OUR LIVES AND STOP BEING A VICTIM TO OTHERS AND OUR CIRCUMSTANCES THEN WE HAVE POWER IN OUR LIVES. WE BECOME THE MASTER OF OUR LIFE AND THAT BUILDS ENORMOUS CONFIDENCE AND TRUST IN OURSELVES. BOTTOM LINE IS THAT WHEN WE ARE RESPONSIBLE FOR OUR LIVES WE HAVE COMPLETE CONTROL OF OUR LIVES. IF WE MADE A DECISION THAT DIDN'T PAN OUT THEN WE CAN MAKE A DIFFERENT ONE NEXT TIME.

4. FORGIVE YOU FOR PAST MISTAKES - BEFORE YOU CAN START TO TRUST YOURSELF AGAIN, YOU HAVE TO GO OVER ALL YOUR PAST FAILURES, AND THE BAD FEELINGS YOU HAVE OF THEM. USE YOUR JOURNAL TO DO THAT. WRITE ABOUT THE PAST FAILURES. YES, I FAILED AT THAT. YES, THAT'S OK. WE ALL FAIL. THAT'S NO REASON TO FEEL BAD ABOUT YOU. LET IT GO! WHAT DID YOU LEARN FROM EACH FAILURE? WRITE ABOUT YOUR LESSONS. NOW THAT YOU LEARNED SOMETHING YOU CAN DO SOMETHING DIFFERENT.

REALIZE THAT FAILURE OR MAKING A WRONG DECISION IN THE PAST DID NOT KILL YOU (SINCE YOU ARE SITTING THERE READING THIS NOW) AND IT IS PROBABLY NOT GOING TO KILL YOU IN THE FUTURE. YOU GET TO LEARN. YOU GAIN EXPERIENCE. YOU BECOME STRONGER AND YOUR CHANCES OF SUCCEEDING INCREASES WITH EACH THING YOU DO AND EACH THING YOU LEARN.

5. MINIMIZE YOUR SELF-JUDGING - PRACTICE SPEAKING KINDLY AND WITH ENCOURAGEMENT TO YOURSELF. REALIZE THAT FAILURE ISN'T A REASON TO JUDGE YOU. FAILURE IS SIMPLY AN INDICATOR

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THAT SOMETHING NEEDS TO BE DONE DIFFERENTLY THE NEXT TIME AROUND BUT IT DOESN'T MEAN ANYTHING ABOUT US. WE MAY HAVE FAILED AT SOMETHING BUT WE ARE NOT FAILURES.

CONSIDER THAT YOUR OPINIONS MATTER AND ARE VALID. TRY ON REMEMBERING THAT THAT YOUR GUESS IS AS GOOD AS ANYONE ELSE'S. JOURNAL ABOUT HOW COURAGEOUS YOU WERE TO MAKE THE DECISIONS YOU MADE IN LIFE AND ABOUT ANY THINGS YOU NOW SEE THAT YOU COULD DO DIFFERENTLY NEXT TIME.

6. CATCH AND REDUCE YOUR NEGATIVE THOUGHTS - LEARN TO BE AWARE OF YOUR SELF-TALK, THE THOUGHTS YOU HAVE ABOUT YOURSELF, AND WHAT YOU'RE DOING. ALLOW YOURSELF, IN YOUR JOURNAL TO EXPLORE THE CRITICAL VOICE IN YOUR HEAD. LOW SELF-CONFIDENCE IS OFTEN CAUSED BY THE NEGATIVE THOUGHTS RUNNING THROUGH OUR MINDS IN AN ENDLESS LOOP.

IF YOU ARE CONSTANTLY BASHING YOURSELF AND SAYING YOU'RE NOT GOOD ENOUGH, AREN'T ATTRACTIVE ENOUGH, AREN'T SMART ENOUGH OR CREATIVE ENOUGH, AND ON AND ON, YOU ARE CREATING A SELF-FULFILLING PROPHECY. YOU WILL CONTINUE TO BECOME WHAT YOU ARE TELLING YOURSELF ABOUT YOU INSIDE YOUR HEAD.

THE NEXT TIME YOU HEAR THAT NEGATIVITY IN YOUR HEAD, SWITCH IT IMMEDIATELY TO FOCUS ON SOMETHING POSITIVE ABOUT YOURSELF AND KEEP DOING THAT. JOURNAL ABOUT POSITIVE THINGS THAT YOU CAN TRAIN YOUR BRAIN TO SAY TO YOU INSTEAD AND START USING THOSE THOUGHTS.

LEARN TO CATCH YOURSELF EVERY SINGLE TIME YOU TELL YOURSELF THAT YOU CAN'T HAVE, WON'T GET OR AREN'T GOOD ENOUGH TO GET WHAT YOU WANT. GO BACK AND REVIEW YOUR LISTS OF POSITIVE THINGS YOU WROTE ABOUT YOURSELF. START CREATING A NEW POSITIVE LOOP OF THOUGHTS WITH THOSE THINGS THAT YOU WROTE ABOUT.

MAKE SURE THE PRACTICE OF SWITCHING TO POSITIVE THOUGHTS DOES NOT INCLUDE CRITICIZING YOURSELF FOR THE NEGATIVE ONES. JUST NOTICE THE NEGATIVE ONES AND REPLACE THEM WITH POSITIVE ONES, AS A SIMPLE EXERCISE, WITHOUT SELF-JUDGEMENT. JUST AS YOU WOULD WHEN YOU DROP SOME FOOD ON THE TABLE. YOU WOULD JUST CLEAN IT, NOT GIVE YOURSELF CRITICISM ABOUT IT BEFORE CLEANING IT.



7. STAY AWAY FROM NEGATIVITY - IT MAY BE TIME TO EVALUATE YOUR INNER CIRCLE, INCLUDING FRIENDS AND FAMILY. THIS IS A TOUGH ONE, BUT MAY BE TIME TO SERIOUSLY CONSIDER NOT ALLOWING THOSE INDIVIDUALS WHO PUT YOU DOWN AND SHRED YOUR CONFIDENCE TO DO THAT ANY MORE. JOURNAL ABOUT THE PEOPLE IN YOUR LIFE AND THE EXPERIENCE YOU HAVE WHEN YOU ARE AROUND THEM.

AS YOU JOURNAL TAKE A LOOK AT HOW IT MAY NOT EVEN BE PERSONAL, AS OFTEN TIMES THOSE PEOPLE WHO BELITTLE YOU BELITTLE EVERYONE. FIND SOME COMPASSION FOR THEM AS THEY MAY DO THAT BECAUSE OF THEIR OWN LACK OF CONFIDENCE OR BECAUSE OF SOMETHING FROM THEIR PAST.

WHILE JOURNALING YOU CAN FORGIVE THEM. CONSIDER THAT FORGIVING SOMEONE DOESN'T MEAN YOU NEED TO TOLERATE BEHAVIOR THAT BELITTLES YOU ANY MORE. INSTEAD, IT CREATES THE FREEDOM FOR YOU TO CHANGE THE RELATIONSHIP SO IT HONORS YOU AND HIM OR HER AS A LOGICAL CONSEQUENCE OR LEAVE IT BEHIND LOVINGLY AND WITHOUT RESENTMENT.

SPEND MORE TIME WITH THE PEOPLE WHO SUPPORT YOU, ENCOURAGE YOU AND WHO YOU CAN TRUST AND LESS WITH THOSE WHO UNDERMINE YOU. IF THERE'S SOMEONE IN YOUR LIFE THAT PUTS YOU DOWN OR MAKES YOU FEEL SMALL, YOU OWE IT TO YOURSELF TO LET HIM OR HER KNOW THAT YOU EXPECT SOMETHING DIFFERENT FROM NOW ON. YOU DESERVE BETTER. JOURNAL ABOUT HOW YOU DESERVE MORE AND WHAT YOU CAN SAY TO THOSE PEOPLE. GATHER THE COURAGE TO HAVE THOSE CONVERSATIONS AND JOURNAL ABOUT THE RESULTS.

8. KEEP MORE AND MORE OF YOUR PROMISES TO YOU - START TO MAKE AND KEEP PROMISES WITH YOURSELF. IF YOU ARE SOMEONE THAT KEEPS YOUR PROMISES TO YOURSELF AND HONORS WHAT YOU SAY YOU ARE GOING TO DO, THIS WILL HELP YOU BUILD CONFIDENCE IN YOURSELF. NOTICE THAT OUR LACK OF CONFIDENCE AND TRUST IN US IS FEED TO US BY US. ALL WE NEED IS SOME MORE REASONS TO NOT TRUST OURSELVES.

EVEN IF YOU KEEP PROMISES TO OTHERS YOU KNOW WHEN YOU HAVEN'T KEPT A PROMISE TO YOURSELF AND YOU WILL HOLD IT AGAINST YOURSELF. YOU WILL THINK OF YOURSELF AS UNTRUSTWORTHY BECAUSE YOU KNOW YOU HAVEN'T HONORED YOURSELF.

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START BY JOURNALING ABOUT WHAT PROMISES YOU DO NOT KEEP TO YOURSELF. NOTICE YOUR REASONS WHY. CONSIDER WHAT IT WOULD BE LIKE IF YOU MAKE YOUR PROMISES TO YOURSELF SACRED AND JUST AS IMPORTANT AS YOUR PROMISES TO OTHER PEOPLE. START MAKING SMALL PROMISES TO YOURSELF. THEN DO EVERYTHING YOU CAN TO KEEP THAT PROMISE. OVER TIME, YOU'LL START TO LEARN THAT YOU ARE TRUSTWORTHY TO THE MOST IMPORTANT PERSON FOR YOU TO HONOR ... YOU!

9. CHANGE SOMETHING, SET GOALS AND TAKE ACTION, STARTING SMALL - THIS GOES HAND-IN-HAND WITH KEEPING YOUR PROMISES TO YOURSELF. START WITH CHANGING A SMALL HABIT (LIKE DRINKING A GLASS OF WATER WITH LEMON IN IT WHEN YOU WAKE UP) OR SETTING A SMALL GOAL (LIKE LOSING 2 POUNDS THIS MONTH). HAVE IT BE SOMETHING SMALL THAT YOU KNOW YOU CAN DO. SET THE GOAL OR TAKE THE ACTIONS REQUIRED FOR THE NEXT 21 DAYS (YOU CAN KEEP GOING AFTER THAT BUT THE 21 DAYS WILL SET THE ACTIONS IN PLACE FOR YOU).

PEOPLE OFTEN MAKE THE MISTAKE OF CREATING ENORMOUS GOALS, HUGE PROJECTS OR TASKS THAT CAN BE OVERWHELMING FOR ANYONE; EVEN THE MOST GOAL-ORIENTATED ONES OF US. THEN WHEN THEY FAIL, THEY GET DISCOURAGED AND STOP GOING FOR THE THINGS THEY WANT. INSTEAD, SHOOT FOR SOMETHING MUCH MORE ACHIEVABLE OR BREAK BIGGER GOALS DOWN INTO VERY SMALL CHUNKS.

SET A GOAL YOU KNOW YOU CAN ACHIEVE AT FIRST, AND THEN ACHIEVE IT. YOU'LL FEEL GOOD ABOUT THAT WHICH WILL BUILD CONFIDENCE IN YOURSELF. THEN SET ANOTHER SMALL GOAL AND ACHIEVE THAT. THE MORE YOU ACHIEVE THESE SMALL GOALS, THE BETTER YOU'LL BE AT IT, AND THE BETTER YOU'LL FEEL ABOUT YOU. SOON YOU'LL BE SETTING BIGGER (BUT STILL ACHIEVABLE) GOALS AND ACHIEVING THOSE TOO. JOURNAL ABOUT YOUR VICTORIES EACH DAY AND REALLY ACKNOWLEDGE YOURSELF.

DOING SOMETHING IS ALWAYS BETTER THAN NOT DOING ANYTHING. OF COURSE, DOING THINGS CAN LEAD TO MISTAKES ... BUT MISTAKES ARE A PART OF THE GAME. IT'S HOW WE LEARN AND GET BETTER. SO DON'T WORRY ABOUT THE POSSIBLE MISTAKES. JUST DO SOMETHING. GET ACTIVE – PHYSICALLY, OR ACTIVE BY TAKING STEPS TO ACCOMPLISH SOMETHING. JOURNAL ABOUT YOUR ACTIONS AND HOW EACH ACTION MADE YOU FEEL.

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ACTION, IS ACTUALLY ONE OF THE BIGGEST KEYS TO DEVELOPING SELF-CONFIDENCE. IT'S ONE THING TO LEARN TO THINK POSITIVE, BUT WHEN YOU START ACTING ON IT, YOU CHANGE YOURSELF, ONE ACTION AT A TIME. ULTIMATELY YOU ARE WHAT YOU DO (FOR YOURSELF AND FOR OTHERS). IF YOU CHANGE WHAT YOU DO THEN YOU CHANGE HOW YOU THINK ABOUT YOU, WHICH CHANGES WHO YOU ARE FOR YOU. ACT IN A POSITIVE WAY AND TAKE ACTION INSTEAD OF TELLING YOURSELF YOU CAN'T.

JOURNAL ABOUT THE THINGS YOU ARE GOOD AT AND THEN ALLOW YOURSELF TO DO WHAT YOU ARE GOOD AT AND WHAT COMES EASILY TO YOU. EVERYONE IS GOOD AT SOMETHING. WE DON'T OFTEN ALLOW OURSELVES TO DO WHAT WE ARE GOOD AT HOWEVER BECAUSE WE HAVE ALL BEEN RAISED IN A SOCIETY WHICH VALUES STRUGGLE AND EFFORT. JOURNAL ABOUT THE THINGS THAT YOU LOVE DOING AND ARE GOOD AT AND BEGIN TO DO AT LEAST ONE THING THAT YOU ENJOY EVERY DAY, AND REMIND YOURSELF THAT YOU DESERVE IT.

10. DO SOMETHING YOU'VE BEEN PROCRASTINATING WITH -

THESE ARE OFTEN MORE THINGS THAT SUCK AWAY YOUR SELF-CONFIDENCE AND TRUST IN YOURSELF. WHAT'S ON YOUR TO-DO LIST THAT'S BEEN SITTING THERE? DO IT FIRST THING IN THE MORNING, AND GET IT OUT OF THE WAY. YOU'LL FEEL GREAT ABOUT YOURSELF.

11. TAKE MORE RISKS - FACE YOUR FEARS AND TAKE RISKS. BE

CURIOUS. THIS IS THE ONLY WAY TO LEARN IT IS SAFE. FEAR CAN BE INTERRUPTED AS A WAY OF CLUEING YOURSELF IN THAT YOU'RE ABOUT TO STRETCH YOURSELF AND GROW YOUR CONFIDENCE. USE IT TO TAKE YOURSELF FORWARDS RATHER THAN RUN AWAY.

GET COMFORTABLE BEING UNCOMFORTABLE. IF YOU TAKE RISKS CONSTANTLY YOUR COMFORT ZONE EXPANDS. AGAIN START SMALL - LIKE RISKING TO SMILE AND SAY HI TO ONE STRANGER A DAY. JOURNAL ABOUT SOME SMALL RISKS YOU CAN TAKE. BEGIN TAKING THEM A LITTLE AT A TIME AND JOURNAL ABOUT THE RESULTS YOU BEGIN TO EXPERIENCE.

12. FOCUS ON SOLUTIONS MORE - START FOCUSING ON SOLUTIONS

VS. COMPLAINING OR FOCUSING ON PROBLEMS. FOCUSING ON SOLUTIONS INSTEAD OF PROBLEMS IS ONE OF THE BEST THINGS YOU CAN DO FOR YOUR CONFIDENCE. JOURNAL ABOUT THE THINGS YOU COMPLAIN ABOUT AND THEIR SOLUTIONS SUCH AS: "I'M LAZY!" SO HOW CAN YOU SOLVE THAT? "BUT I CAN'T CREATE TIME FOR MYSELF!" SO HOW CAN YOU SOLVE THAT? "BUT I HAVE NO FRIENDS!" SO WHAT'S THE SOLUTION?



13. DEVELOP NEW SKILLS - IF A SOLUTION IS TO DEVELOP A NEW SKILL THEN BE WILLING TO DO THAT. WORK ON DEVELOPING THE SKILLS YOU NEED TO WIN AT THE THINGS THAT MATTER TO YOU. WHAT CAN YOU PRACTICE THAT WOULD RADICALLY IMPROVE YOUR CHANCES OF WINNING AT THE GAMES YOU WANT TO PLAY?

ADMIT YOU DON'T KNOW THE THINGS YOU DON'T KNOW. WE CAN ALWAYS LEARN NEW THINGS. LEARNING IS A STEP-BY-STEP PROCESS. WE ARE RARELY GOOD AT THE THINGS WE ARE LEARNING AT THE BEGINNING. WE GET BETTER OVER TIME. JOURNAL ABOUT THE NEW SKILLS YOU WANT TO LEARN AND THEN GET BUSY ... PRACTICE. PRACTICE. PRACTICE.

14. YOU WILL FEEL MORE COMPETENT BY LEARNING TO ADOPT MORE COMPETENT BEHAVIORS - YOU DO THAT BY APPLYING YOURSELF TO STUDYING AND PRACTICING. JUST DO SMALL BITS AT A TIME. IF YOU WANT TO BE A MORE COMPETENT SPEAKER, FOR EXAMPLE, DON'T TRY TO BECOME THE BEST SPEAKER ON THE PLANET OVERNIGHT.

JUST BEGIN TO SPEAK MORE, I.E. SPEAK MORE WITH YOUR FAMILY AND FRIENDS, MAKE ANNOUNCEMENTS AT PARTIES, AND SPEAK AT AN ORGANIZATION YOU BELONG TO WHERE EVERYONE KNOWS YOU AND YOU ARE COMFORTABLE, SET ASIDE 30 MINUTES A DAY TO SPEAK IN FRONT OF A MIRROR. THE MORE YOU PRACTICE THE THING YOU WANT TO LEARN, THE BETTER YOU'LL BE, AND THE PRACTICE WILL INCREASE YOUR COMPETENCE.

15. PAY BETTER ATTENTION TO YOUR IMAGE - GROOM YOURSELF. DRESS WELL IN CLOTHES THAT MAKE YOU FEEL GOOD ABOUT YOURSELF. JUST THE SIMPLE ACT OF PULLING YOUR SHOULDERS BACK WILL GIVE YOU A BOOST IN CONFIDENCE WHEN YOU DO IT AND THERE IS A SIDE BONUS OF GIVING OTHERS THE IMPRESSION THAT YOU ARE A CONFIDENT PERSON SO THEY WILL START TREATING YOU THAT WAY.

SMILING WILL NOT ONLY MAKE YOU FEEL BETTER, BUT WILL MAKE OTHERS FEEL MORE COMFORTABLE AROUND YOU. IMAGINE A PERSON WITH GOOD POSTURE AND A SMILE AND YOU'LL BE ENVISIONING SOMEONE WHO IS SELF-CONFIDENT. THIS FEEDBACK LOOP, IF YOU TAKE IT ON FOR THE NEXT 21 DAYS WILL DO WONDERS TO BUILD YOUR CONFIDENCE AND TRUST IN YOURSELF.



16. IMPROVE YOUR ENVIRONMENT - YOUR ENVIRONMENT ALSO DIRECTLY IMPACTS YOUR VIEW OF YOURSELF, SO IF YOU'RE SURROUNDED BY CLUTTER AND UNORGANIZED CHAOS THEN SPEND SOME TIME CLEANING AND ORGANIZING. MAKE YOUR LIVING SPACE AND WORK SPACE CLEAN, COMFORTABLE, AND ATTRACTIVE TO YOU. PUT UP VISUAL REMINDERS OF YOUR ACCOMPLISHMENTS OR GREAT TIMES AND PEOPLE IN YOUR LIFE. JOURNAL ABOUT WHAT CHANGES YOU COULD MAKE IN YOUR ENVIRONMENT THAT WILL HAVE YOU FEEL BETTER ABOUT YOU AND THEN GET TO WORK.

17. BE MORE GRATEFUL, MORE KIND, MORE GENEROUS AND MORE TRUSTWORTHY - BEING THE WAY YOU WANT OTHERS TO BE WITH YOU WITH OTHERS AND TO YOURSELF WILL GO A LONG WAY TO BUILD YOUR CONFIDENCE AND TRUST IN YOURSELF. SPEND SOME TIME JOURNALING ABOUT WHAT YOU ARE GRATEFUL FOR AND WHAT YOU COULD DO TO BE GENEROUS, KIND AND TRUSTWORTHY WITH OTHERS AND YOURSELF.

18. TAP INTO YOUR HIGHER SELF AND PRACTICE MINDFULNESS MORE AND MORE - IF YOU FIND YOURSELF BEING PULLED INTO NEGATIVE THOUGHTS STEMMING FROM PAST EXPERIENCES OR COMMENTS FROM OTHERS, STAYING PRESENT IS KEY TO BEING ABLE TO FOCUS ON THE POSITIVE.

ANOTHER APPROACH TO BUILDING CONFIDENCE AND SELF-TRUST IS TO MEDITATE AND TAP INTO YOUR HIGHER SELF. IS YOUR HIGHER SELF TELLING YOU THAT YOUR FEARS ARE UNJUSTIFIED AND THAT YOU CAN DO WHAT YOU ARE ANXIOUS ABOUT DOING? YOU MAY NOT NOTICE IF YOU DO NOT PAY ATTENTION AND LISTEN. OUR HIGHER SELF IS ALWAYS CHEERING US ON. UNFORTUNATELY WE SPEND FAR TOO MUCH TIME LISTENING TO THE NEGATIVE VOICES IN OUR HEAD, TO NOTICE.

AWARENESS IS THE KEY TO HELP US STOP IDENTIFYING WITH OUR MIND/EGO AND BECOME A WITNESS OR AN OBSERVER. YOU WILL NOTICE THAT IT IS FILLED WITH FEAR, DOUBT, LACK AND LIMITATION, MAKING US FEEL POWERLESS.

AS YOU PRACTICE THIS TECHNIQUE OF OBSERVING THE MIND/EGO YOU BECOME LESS AT THE EFFECT OF FEAR-PRODUCING THOUGHTS AND MORE CONNECTED TO, AND TRUSTING IN, THE WISDOM OF YOUR HIGHER SELF. IF YOU PRACTICE DISTINGUISHING THE DIFFERENT VOICES OF THE EGO AND THE HIGHER SELF YOU CAN BEGIN TO CALL ON YOUR INNER GUIDANCE OR INTUITION TO GUIDE YOU. ALLOW YOURSELF TO START LISTENING.

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TRUST AND DOUBT CANNOT EXIST IN THE SAME MOMENT. AS WE RELEASE SELF-DOUBT AND INSTEAD PRACTICE SELF-TRUST, WE EMPOWER OURSELVES TO GAIN CONFIDENCE IN OURSELVES AND BE ABLE TO MAKE CHOICES THAT WILL CHANGE OUR LIVES. PRACTICE TAKING ACTIONS ALIGNED WITH YOUR HIGHER SELF. THIS MAY TAKE COURAGE BUT IT WILL BE WORTH IT. TAKE BABY STEPS AND NOTICE WHAT STARTS HAPPENING IN YOUR LIFE WHEN YOU SWITCH OUT LISTENING TO YOUR EGO/MIND FOR LISTENING TO YOUR HIGHER SELF. PAY ATTENTION AND MAKE NOTES IN YOUR JOURNAL.

TRAIN YOURSELF TO KEEP EXPANDING YOUR SELF-CONFIDENCE AND SELF-TRUST. PAT YOURSELF ON THE BACK. TREAT YOURSELF WELL. **ACKNOWLEDGE** YOUR VICTORIES. SMILE AT YOURSELF. YOU ARE FULLY CAPABLE AND WORTH HAVING EVERYTHING YOU WANT IN LIFE!!! IF YOU WILL ALLOW IT IN, YOU WILL BEGIN TO EXPERIENCE YOURSELF AS THE SOURCE OF YOUR OWN CONFIDENCE AND SELF-TRUST.

CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. WORK ON THIS EVERY DAY AND MAKE NOTES TO YOURSELF ABOUT HOW THINGS ARE PROGRESSING AND ABOUT WHAT ACTIONS YOU ARE TAKING. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL EVOLUTION IN BEING CONFIDENT AND IN TRUSTING YOU. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO TRUST AND HAVE CONFIDENCE IN THEIR LIVES!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO BE CONFIDENT IN AND TRUST 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.

LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HOW TO HAVE A RADICAL EVOLUTION IN LETTING GO OF THINGS OR PEOPLE THAT DO NOT HONOR YOU!!!!

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