

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN DISCOVERING YOUR OWN UNIQUE, PASSION DRIVEN PURPOSE IN LIFE

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN DISCOVERING YOUR UNIQUE, PASSION DRIVEN PURPOSE IN LIFE, 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 DISCOVER YOUR UNIQUE, PASSION DRIVEN PURPOSE IN LIFE. 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.

1) WRITE DOWN ALL OF THE THINGS THAT YOU VALUE IN LIFE. WRITE DOWN AS MANY THINGS THAT YOU CAN THINK OF. LOOK TO SEE WHAT VALUES GO TOGETHER FOR YOU. LOOK TO SEE WHAT VALUES ACTUALLY INCLUDE OTHERS FOR YOU. WHEN YOU ARE DONE WITH YOUR LIST PRIORITIZE THEM WITH THE FIVE THINGS YOU VALUE MOST AT THE TOP.

2) WRITE DOWN ALL OF THE THINGS YOU ENJOY DOING IN LIFE. AGAIN WRITE DOWN AS MANY AS YOU CAN THINK OF. WHEN YOU ARE DONE WITH YOUR LIST PRIORITIZE THEM WITH TOP FIVE THE THINGS YOU ENJOY MOST AT THE TOP.

3) FIND WHAT YOUR TALENTS ARE. LOOK FOR THOSE THINGS THAT YOU DO REALLY WELL. DO NOT COMPARE IT TO OTHERS - WE OFTEN THINK THAT IF SOMETHING IS EASY FOR US THAT IT IS EASY FOR EVERYONE - IF IT IS EASY FOR YOU JUST WRITE IT DOWN. (HINT: WHAT ARE THE THINGS THAT OTHERS ASK YOU TO DO FOR THEM?). PRIORITIZE YOUR LIST WITH THE TOP 5 EASIEST THINGS FOR YOU.

4) ASK YOURSELF WHAT YOU RESPOND TO EMOTIONALLY TO YOUR CORE. IF YOU GET COMPLETELY MOVED BY CERTAIN THINGS – SUCH AS CHILDREN, OR ANIMALS OR ART – THEN WRITE DOWN THOSE THINGS. DO YOU GET MOVED WHEN YOU THINK ABOUT MAKING A DIFFERENCE WITH CERTAIN THINGS OR PEOPLE? FOR EXAMPLE: IN THE ENVIRONMENT OR WITH PEOPLE WHO ARE VERY ILL? WRITE DOWN THOSE THINGS. PRIORITIZE YOUR LIST WITH THE TOP 5 THINGS THAT YOU RESPOND TO FROM YOUR EMOTIONAL CORE.

5) ASK YOURSELF WHAT MAKES YOU FEEL THE MOST ALIVE AND ENERGIZED. WRITE DOWN ALL THOSE THINGS. PRIORITIZE YOU LIST WITH THE TOP FIVE THINGS THAT MAKE YOU THE MOST ALIVE AND ENERGIZED.

6) MEDITATE OR SOMEHOW GO WITHIN. QUIET THE VOICE IN YOUR HEAD THAT SAYS WHAT YOU THOUGHT YOU SHOULD DO, OR WHAT OTHERS LIKE YOUR PARENTS OR FRIENDS SAID YOU SHOULD DO. FOCUS ON THE LISTS YOU HAVE CREATED ABOVE AND ALLOW YOUR HIGHER SELF TO POINT OUT ANYTHING YOU NEED TO SEE. ASK YOUR HIGHER SELF TO SHINE A LIGHT ON YOUR PURPOSE FOR YOU.

YOUR PURPOSE IS ALREADY IN YOU. WHAT THERE IS TO DO IS LET YOUR REAL PURPOSE OUT – UNLEASH IT. IF YOU WORK YOUR WAY THROUGH THESE LISTS YOU WILL NATURALLY BEGIN TO SEE YOUR PURPOSE. IT LIVES IN THE THINGS THAT YOU VALUE, YOU LOVE, ARE PASSIONATE ABOUT AND THAT ARE EASY OR NATURAL FOR YOU. WHAT HAS COVERED IT UP HAS BEEN ALL OF THE CONVERSATIONS YOU HAVE TAKEN ON AND LISTENED TO FROM OTHERS AND THE WORLD ABOUT WHAT YOU ARE SUPPOSE TO BE DOING.

ANOTHER WAY TO SEE THIS IS THAT THINGS EITHER ALIGN WITH YOUR TRUE SELF OR THEY DO NOT. THOSE THINGS YOU HATE TO DO, THE THINGS THAT GIVE YOU NO PLEASURE, THE THINGS THAT YOU DO NOT VALUE SIMPLY DO NOT ALIGN WITH YOUR PURPOSE. A SIMPLE TEST IS TO ASK YOU, “DOES IT MAKE ME FEEL HEAVY OR DOES IT MAKE ME FEEL LIGHT?” IF IT MAKES YOU FEEL LIGHT (HAPPY, EXCITED, PASSIONATE AND/OR ALIVE) THEN YOU CAN BET THAT IT IS MORE ALIGNED WITH YOUR TRUE PURPOSE AS IT RESONATES WITH YOUR SELF.

TAKE WHAT YOU CAME UP WITH IN YOUR LISTS, AND BY GOING INSIDE, AND TRY ON CREATING A SIMPLE SENTENCE THAT CAPTURES YOUR PURPOSE FOR YOU. THEN TAKE IT FOR A SPIN FOR THREE DAYS. PAY ATTENTION TO THE EXPERIENCE OF IT. SEE WHAT HAPPENS. IF SOMETHING NEW COMES UP CONSIDER IT, TEST IT OUT AND MODIFY IT IF YOU NEED TO. MAKE NOTES FOR YOURSELF ABOUT YOUR EXPERIENCE, YOU THOUGHTS, ETC.

IF YOU ARE INTENTIONAL AND PRACTICE, WITH TOTAL RIGOR AND DISCIPLINE FOR THE THREE DAYS, YOU’LL HAVE A NEW VIEW OF YOUR PURPOSE. FEEL FREE TO KEEP WORKING WITH IT, DURING THOSE THREE DAYS, UNTIL IT ALL JUST CLICKS. THERE WILL BE A MOMENT WHEN YOU

KNOW IT RESONATES AND THEN YOU KNOW YOU HAVE DISCOVERED IT. IT WILL BE YOURS. YOU WILL HAVE CREATED A RADICAL BREAKTHROUGH IN DISCOVERING YOUR OWN UNIQUE, PASSION DRIVEN PURPOSE IN LIFE AND YOU CAN NOW BEGIN TO TAKE IT OUT INTO THE WORLD AND HAVE WHAT YOU DO AND THE LIFE YOU LIVE BEGIN TO LINE UP WITH IT.

FOR THE NEXT 21 DAYS KEEP IT VERY PRESENT FOR YOURSELF. SHARE IT WITH OTHERS. USE IT TO GUIDE YOU IN EVERYTHING YOU DO AND IN YOUR RELATIONSHIPS WITH PEOPLE. POST IT WHERE YOU SEE IT, PUT IT ON YOUR SCREEN SAVERS AND BACKGROUNDS ON YOUR COMPUTER, PHONES, ETC. REPEAT IT TO YOURSELF WHEN YOU LET IT LAPSE. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOUR PURPOSE WILL WAKE YOU UP IN THE MORNING, PULL YOU FORWARD AND HAVE YOUR LIFE BE A PASSIONATE NEW ADVENTURE.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR DISCOVERING YOUR OWN UNIQUE PASSION DRIVEN PURPOSE IN LIFE? 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 ACTUALLY PROVOKING YOURSELF TO BE HAPPY ALMOST AT COMMAND!

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', with a stylized flourish at the end.

CAROLINA ARAMBURO