



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HAVE A RADICAL EVOLUTION IN HOW TO GET POWER OVER LIFE'S CIRCUMSTANCES!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN HOW TO GET POWER OVER LIFE'S CIRCUMSTANCES; 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 PRACTICE GAINING POWER OVER YOUR CIRCUMSTANCES.

HOW MANY TIMES A DAY DO YOU LET CIRCUMSTANCES CONTROL YOUR LIFE, ACTIONS, STATE OF MIND AND POSSIBLY EVEN IMPACT YOUR HEALTH? THIS CAN HAPPEN TO ALMOST ANYONE AT ALMOST ANY TIME. SOMEONE SAYS OR DOES SOMETHING OR SOMETHING SEEMS TO GET IN THE WAY OF WHAT YOU WANT ... AND MINUTES, HOURS OR DAYS ARE SPENT DWELLING ON IT, ALL THE WHILE FEELING COMPLETELY POWERFULNESS OVER IT. IF YOU GIVE YOUR POWER TO THAT CIRCUMSTANCE NOT ONLY WILL YOU BE A VICTIM TO IT AND ALL THE EMOTIONS THAT YOU CREATE AROUND IT, BUT YOU WILL ALLOW IT TO SLOW DOWN OR STOP WHAT YOU ARE UP TO IN YOUR LIFE.

WE DO NOT ALWAYS HAVE CONTROL OVER CIRCUMSTANCES OR SITUATIONS IN LIFE, JUST AS WE DO NOT HAVE CONTROL OVER OTHER PEOPLE AND THEIR BEHAVIOR. WHAT WE DO HAVE, HOWEVER, IS THE ABILITY TO HAVE POWER OVER HOW WE THINK ABOUT, ACT AND REACT TO ANY CIRCUMSTANCE.

THE FIRST STEP IS TO ALLOW OURSELVES TO SEE JUST HOW MUCH WE DO LET CIRCUMSTANCES CONTROL US. FOR THE FIRST 7 DAYS PAY ATTENTION TO ALL THE WAYS YOU LET YOUR CIRCUMSTANCES CONTROL YOU PHYSICALLY, EMOTIONALLY OR MENTALLY. SOME EXAMPLES ARE: SOMEONE IN YOUR LIFE SAYS SOMETHING YOU DON'T LIKE OR THAT HURTS YOU, SOMEONE CUTS YOU OFF IN TRAFFIC, YOUR BANK ACCOUNT IS LOWER THAN YOU WOULD LIKE OR THAT YOU NEED IT TO BE, YOU

DON'T HAVE THE TIME TO DO SOMETHING YOU WANT TO DO, OR YOU HEAR



YOURSELF SAY OR THINK “I CAN’T _____ BECAUSE OF _____.”, ETC.

EITHER IN THE MOMENT, IF YOU CAN, OR AT THE END OF EACH DAY MAKE A LIST OF THE SITUATIONS DURING THE DAY THAT YOU LET A CIRCUMSTANCE TAKE OVER OR CONTROL YOU IN SOME WAY. ALSO WRITE DOWN ANY THING THAT YOU MIGHT HAVE NOTICED ABOUT THE SITUATION OR YOUR REACTION TO THE SITUATION WHEN IT HAPPENED AND AFTERWARDS.

FOR THE NEXT WEEK (7 DAYS) CONTINUE TO PAY ATTENTION TO SITUATIONS AND EACH TIME ONE HAPPENS PRACTICE THESE TWO STEPS:

- 1) LET YOURSELF FOR 1 MINUTE CREATE THE WORST-CASE SCENARIO. FOR EXAMPLE, IF THE CIRCUMSTANCE IS THAT YOU ARE NOT MAKING IT IN YOUR BUSINESS. THE WORST-CASE SCENARIO MAY BE THAT YOU WILL NEED TO CLOSE YOUR COMPANY, YOU WILL NEED TO FIND A JOB QUICKLY, YOU MAY HAVE TO TAKE A JOB THAT YOU DON’T LOVE, YOU WILL HAVE DEBTS TO PAY, YOUR ENTREPRENEUR FRIENDS AND CLIENTS WILL LOSE RESPECT FOR YOU, ETC.**
- 2) NOW LET YOURSELF TAKE 1 MINUTE TO CREATE THE BEST-CASE SCENARIO. IF WE STICK WITH THE EXAMPLE OF A LACK OF MONEY IT COULD BE THAT THE BEST-CASE SCENARIO IS THAT YOU, AS ALL BUSINESS MASTERS, HIRE A TOP BUSINESS COACH AND THAT COACH GUIDES YOU TO TURN THAT BREAKDOWN INTO THE GREATEST BREAKTHROUGH, THUS WHAT WAS CREATING SCARCITY BECOMES YOUR SOURCE OF ABUNDANCE AND SERIOUS MONEY STARTS ROLLING IN.**

AT THE END OF EACH DAY WRITE DOWN, IN YOUR NOTEBOOK OR JOURNAL, WHAT YOU DISCOVERED FOR YOURSELF IN PRACTICING THE TWO STEPS ABOVE FOR THAT DAY INCLUDING ANY THING THAT YOU MIGHT HAVE NOTICED ABOUT THE SITUATION OR YOUR REACTION TO THE SITUATION WHEN IT HAPPENED AND THEN AFTER YOU DID THE TWO STEPS ABOVE.

NOW, FOR THE NEXT WEEK (7 DAYS) CONTINUE PAYING ATTENTION TO ANY CIRCUMSTANCES THAT CONTROL YOUR LIFE, YOUR EMOTIONS OR YOUR THOUGHTS. EACH TIME YOU NOTICE THAT HAPPENING LET YOURSELF GET CREATIVE. AS QUICKLY AS POSSIBLE THINK OF AT LEAST 10 OF THE CRAZIEST THINGS YOU CAN THINK OF TO GET AROUND THE CIRCUMSTANCE, BARRING ILLEGAL ACTIVITY, OF COURSE. BE QUICK,



CLEVER AND RESOURCEFUL. FOR EXAMPLE, IF THE OBSTACLE IS A LACK OF MONEY THEN ONE CRAZY IDEA IS YOU COULD CALL COMPANIES OUT OF THE BLUE AND OFFER THEM YOUR SERVICES, YOU COULD SELL THAT COLLECTION OF YOURS ON EBAY, WALK DOGS IN YOUR NEIGHBORHOOD OR SELL SEASHELLS AT THE BEACH. ALLOW YOURSELF TO REALLY HAVE FUN WITH THIS.

AGAIN, AT THE END OF EACH DAY WRITE DOWN, IN YOUR NOTEBOOK OR JOURNAL, WHAT YOU DISCOVERED FOR YOURSELF AS YOU PRACTICED, DURING THE DAY, BEING CREATIVE AS I DESCRIBED ABOVE. INCLUDE ANY THING THAT YOU MIGHT HAVE NOTICED ABOUT THE SITUATION OR YOUR REACTION TO THE SITUATION WHEN IT HAPPENED AND THEN AFTER YOU DID THE EXERCISE ABOVE.

THERE ARE THINGS AND SITUATIONS, WHICH WHEN WE COME ACROSS THEM IN LIFE, SEEM LIKE THEY ARE BIGGER THAN US. THE GOOD NEWS IS THAT CIRCUMSTANCES, WHEN USED AS A WAY TO EXPAND OURSELVES, DON'T NEED TO STOP US.

OUR CIRCUMSTANCES ARE AS BIG AS OUR CONVERSATIONS ABOUT THEM ARE AND AS BIG AS OUR FEAR OF THE WORSE CASE SCENARIO WE PAINT ABOUT HOW IT IS GOING TO END UP. WE RARELY GIVE OURSELVES AN OPPORTUNITY TO PAINT A BEST CASE SCENARIO LET ALONG BEGIN TO THINK OUT OF THE BOX TO CREATE A SOLUTION. YOU ARE TRAPPED BY THE VICIOUS CYCLE OF THOUGHTS LIKE "I CAN'T", "I DON'T KNOW HOW", AND "THIS IS IMPOSSIBLE". WHEN THAT IS ALL THAT IS SWIRLING IN YOUR HEAD THERE IS NO ROOM FOR BEING CREATIVE.

ONCE YOU GET THE WORSE CASE SCENARIO PLAYED OUT IN YOUR HEAD THEN YOU CAN FREE YOURSELF FROM IT - THAT IS THE WORSE THING THAT COULD HAPPEN. ONCE YOU HEAR ALL OF THE NEGATIVE-SELF TALK ABOUT YOU AND THE CIRCUMSTANCE YOU CAN FREE YOURSELF FROM THAT TOO. TRY ON THAT YOU MADE IT ALL UP. NONE OF THE THINGS YOU THOUGHT ABOUT THE CIRCUMSTANCE ARE THE "TRUTH". IT IS JUST ONE POSSIBLE WAY OF VIEWING IT AND ONE POSSIBLE OUTCOME. BETWEEN THE WORSE CASE SCENARIO AND THE BEST-CASE SCENARIO THERE ARE A MILLION OTHER SCENARIOS YOU COULD MAKE UP TOO. THERE ARE ALSO A MILLION OTHER CONVERSATIONS YOU COULD CREATE ABOUT YOU AND THE CIRCUMSTANCE.

BY THE WAY, YOU HAVE GOTTEN PAST ALL THE OTHER CIRCUMSTANCES YOU HAVE HAD IN LIFE. YOU ARE HERE NOW. NOT ONLY THAT BUT WHATEVER THE CIRCUMSTANCE IS MY BET IS THAT SOMEONE HAS HAD A SIMILAR CIRCUMSTANCE AND TURNED THE BREAKDOWN INTO A BREAK THROUGH. SO IT CAN BE DONE AND BEYOND. MOSTLY THEY SAW THE



WORSE CASE SCENARIO AND SAID, "NO, I WON'T BE DEFEATED BY THIS!" AND THEN CREATED A WAY OUT, OVER, THROUGH, UNDER OR AROUND IT.

CIRCUMSTANCES ARE "GOOD" OR "BAD" BECAUSE WE CALL THEM THAT. EVERYTHING IN LIFE IS JUST PART OF LIFE. THE DIFFERENCE BETWEEN A "BAD" CIRCUMSTANCE AND A "GOOD" CIRCUMSTANCE SIMPLY THAT WE CALL SOME CIRCUMSTANCES "BAD" SOME CIRCUMSTANCES AS OPPORTUNITIES. WE CAN USE EVERYTHING IN OUR LIFE AS AN OPPORTUNITY TO EXPAND OURSELVES.

LOOK AT THE THINGS YOU CREATED THE 3RD WEEK. YOU COULD ACTUALLY DO ANY OF THOSE THINGS. I AM SURE YOU WOULD NEED TO VIEW YOURSELF DIFFERENTLY IN ORDER TO DO THEM, BUT, YOU COULD. NOW WHILE YOU MAY NEVER DO ANY OF THOSE THINGS, IF YOU KEEP ALLOWING YOURSELF TO GET OUT OF THE BOX AND CREATE THERE IS SOMETHING YOU CAN DO TO GET PAST THIS PARTICULAR MOMENT OR SITUATION IN LIFE. GET IN ACTION; CREATE 10 MORE WAYS TO BREAKTHROUGH THIS SITUATION. KEEP CREATING UNTIL SOMETHING SHOWS UP THAT YOU ARE WILLING TO DO AND THEN TAKE ACTION ON THAT THING. IDEAS / CREATIVITY + ACTION = RESULTS.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS WITH THIS EXERCISE, YOU WILL HAVE A RADICAL EVOLUTION IN HAVING POWER OVER LIFE'S CIRCUMSTANCES. 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 POWER OVER YOUR CIRCUMSTANCES, 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 EVOLUTION IN GETTING POWER OVER YOUR CIRCUMSTANCES? 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 CREATE BALANCE IN YOUR LIFE!!!

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