



## **NUMBER ONE COACHING TOOL OF THE MONTH CLUB**

### **HOW TO HAVE A RADICAL EVOLUTION IN LETTING GO OF THINGS AND PEOPLE THAT DO NOT HONOR YOU!**

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**FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN LETTING GO OF THINGS AND PEOPLE THAT DO NOT HONOR 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.**

**WE OFTEN HOLD ONTO THINGS AND PEOPLE THAT DO NOT HONOR US. THAT CAN INCLUDE A ROMANTIC PARTNER, FRIENDS, MATERIAL THINGS SUCH AS ITEMS AND HOUSES AND JOBS, THOUGHTS THAT LIMIT US, STORIES WE HAVE ABOUT OURSELVES, AND EVEN UNHEALTHY HABITS SUCH AS EATING POORLY. THESE THINGS AND PEOPLE UNDERMINE WHO WE REALLY ARE AND OFTEN CAUSE US A WHOLE ARRAY OF OTHER PRACTICES AND EMOTIONS THAT ALSO DO NOT HONOR US.**

**NOT HONORING OUR SELF LEADS TO EVERY OTHER WAY THAT WE ALLOW OURSELVES TO NOT BE HONORED. IF WE BECOME 100% RESPONSIBLE FOR HAVING THESE THINGS OR PEOPLE IN OUR LIVES WE CAN QUICKLY SEE THAT IT ALL STARTS WHEN WE DO NOT ACCEPT, APPRECIATE AND LOVE OURSELVES FOR WHO WE ARE AND WHO WE ARE NOT.**

**LISTED BELOW ARE SOME WAYS I RECOMMEND TO HELP YOU ACKNOWLEDGE AND LET GO OF THE THINGS AND PEOPLE WHO DO NOT HONOR YOU. BEING MINDFUL AND HONEST WITH YOURSELF ARE KEY TO THIS WHOLE PROCESS.**

**MINDFULNESS ALLOWS US TO SEE OUR OWN TRUTHS VS. BEING ON AUTO-PILOT AND UNAWARE OF YOUR TRUTHS AND NON-TRUTHS. HONESTY COMES FROM NOT SUPPRESSING OUR FEELINGS ANY MORE AND SEEING NOT ONLY HOW WE REALLY FEEL BUT HOW WE HAD SOMETHING TO DO WITH WHAT HAS BEEN HAPPENING WITH THE THINGS AND PEOPLE IT IS NOW TIME TO LET GO OF.**

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## **LETTING GO OF WAYS YOU DO NOT HONOR YOURSELF**

LET'S START WITH THE MOST IMPORTANT PIECE WHICH IS YOU HONORING YOU. DO YOU CONSIDER YOURSELF WORTHY OF YOUR OWN HONOR? CONSIDER YOU AND HOW YOU TREAT AND THINK ABOUT YOU FOR A MOMENT AND WRITE IN YOUR JOURNAL OR NOTEBOOK ABOUT HOW YOU TREAT YOURSELF.

THERE ARE SOME BASIC SIGNS THAT YOU DO NOT HONOR YOURSELF. HERE ARE SOME OF THE THINGS YOU CAN WRITE ABOUT THAT WILL ALLOW YOU TO GAGE HOW MUCH YOU ACTUALLY HONOR YOURSELF. EXPLORE ABOUT WHETHER YOU DO OR DON'T DO THESE THINGS AND WHY YOU DO OR DON'T:

- TREASURE YOUR BODY AND TREAT IT VERY WELL.
- CONSIDER YOU MIND, SOUL AND SPIRIT AS WORTHWHILE AND PRECIOUS.
- MAKE SURE YOUR NEEDS ARE BEING MET.
- THINK YOUR FEELINGS MATTER AND GIVE THEM SPACE TO BE.
- GIVE YOUR IDEAS VALUE AND CONSIDERATION.
- THINK YOUR THOUGHTS ARE IMPORTANT AND TREAT THEN AS SUCH.
- THINK YOUR WANTS ARE IMPORTANT AND CONSIDER THEM.

ALSO WRITE ABOUT THESE THREE THINGS WITH EACH WAY YOU SEE THAT YOU DO NOT HONOR YOURSELF:

1) ALL OF THE POSITIVE BENEFITS YOU MAY BE RECEIVING FROM NOT LETTING GO OF ANY OF THOSE THINGS THAT YOU DO TO YOU THAT DO NOT HONOR YOU. FOR EXAMPLE: YOU MAY NOT TAKE CARE OF YOUR BODY AS YOU KNOW YOU SHOULD BY NOT EATING WELL. THIS MAY GIVE YOU THE BENEFIT OF BEING ABLE TO HAVE ALL THE FOODS YOU LOVE.

2) ALL OF THE NEGATIVE THINGS YOU MAY BE RECEIVING FROM NOT LETTING GO OF ANY OF THOSE THINGS THAT YOU DO TO YOU THAT DO NOT HONOR YOU. FOR EXAMPLE: BY NOT EATING WELL YOU HAVE LESS THAN OPTIMAL HEALTH OR PERHAPS HEALTH CONDITIONS OR ILLNESS.

3) ALL OF THE POSSIBLE THINGS IN LIFE YOU COULD BE MISSING BY NOT LETTING GO OF THE THINGS THAT DO NOT HONOR YOU. FOR EXAMPLE BY NOT EATING WELL YOU ARE MISSING WAKING IN THE MORNING WITH ENERGY AND ALIVENESS AND HAVING A BODY THAT YOU LOVE WHICH TAKES CARE OF YOU.

## **LETTING GO OF PEOPLE THAT DO NOT HONOR YOU**

NEXT ALLOW YOURSELF TO LOOK AT THE OTHER PEOPLE THAT DO NOT HONOR YOU THAT YOU COULD LET GO OF. LOOK AT AND WRITE ABOUT PEOPLE WHO MAY DO OR NOT DO ANY OF THE FOLLOWING THINGS:

# **CAROLINA ARAMBURO COACHING**

## **RADICAL RESULTS COACHING**



- **ARE DISRESPECTFUL OF YOUR FEELINGS**
- **DON'T KEEP THEIR WORD WITH YOU AND HONOR THEIR COMMITMENTS TO YOU.**
- **DON'T TREAT YOUR FEELINGS AS PRECIOUS AND TRY TO NOT HURT YOU.**
- **DON'T LISTEN TO YOU WHEN YOU SPEAK.**
- **DON'T PRAISE YOU AND MAKE YOU FEEL SPECIAL**
- **DON'T SUPPORT YOU PARTICULARLY IN TIMES OF NEED. AND/OR SUPPORTED.**
- **INSULTS OR BELITTLES YOU.**
- **SENDS THE MESSAGES THROUGH THEIR ACTIONS THAT YOU ARE NOT IMPORTANT.**
- **DON'T APOLOGIZE AND MAKE AMENDS TO YOU IF THEY HURT YOUR FEELINGS.**
- **DON'T FORGIVE YOU FOR WRONGS WHEN YOU APOLOGIZE AND KEEPS MAKING YOU PAY FOR IT.**

**ONCE AGAIN WRITE IN YOUR JOURNAL OR NOTEBOOK ABOUT THE POSITIVE BENEFITS, NEGATIVE BENEFITS AND THE POSSIBLE THINGS IN LIFE YOU COULD BE MISSING BY NOT LETTING GO OF THESE PEOPLE.**

**FOR EXAMPLE: IF SOMEONE IN YOUR LIFE BELITTLES YOU CAN HAVE THE POSITIVE BENEFIT OF HAVING SOMEONE TO BLAME FOR WHY YOU THINK BADLY ABOUT YOURSELF, THE NEGATIVE BENEFIT OF NOT PLAYING AS BIG AS YOUR COULD IN LIFE SINCE YOU CAN BE A VICTIM AND THEN YOU ARE POSSIBLY MISSING OUT ON FULFILLING YOUR LIFE PURPOSE.**

### **LETTING GO OF THINGS THAT DO NOT HONOR YOU**

**FINALLY ALLOW YOURSELF TO LOOK FOR THE THINGS IN YOUR LIFE THAT DO NOT HONOR YOU. THESE ARE THE THINGS THAT DO NOT RESONATE WITH YOUR HIGHER SELF AND THE REAL YOU SUCH AS A JOB THAT IS DEMEANING OR THAT DOES NOT PROVIDE YOU WITH A SALARY THAT IS APPROPRIATE TO YOUR EXPERIENCE OR SKILLS OR YOU HAVE NO PASSION FOR.**

**ONCE AGAIN JOURNAL ABOUT THE POSITIVE BENEFITS, NEGATIVE BENEFITS AND THE POSSIBLE THINGS IN LIFE YOU COULD BE MISSING BY NOT LETTING GO OF THESE THINGS.**

**FOR EXAMPLE: IF YOU ARE IN A JOB THAT DOES NOT HONOR YOU CAN HAVE THE POSITIVE BENEFIT OF NOT BEING RESPONSIBLE FOR GOING OUT AND GETTING A GREAT JOB THAT DOES, THE NEGATIVE BENEFIT OF FEELING STUCK AND THEN YOU ARE POSSIBLY MISSING OUT ON GROWING TO YOUR FULL POTENTIAL, AND YOU COULD BE MISSING BEING PASSIONATE ABOUT WHAT YOU DO AND/OR MAKING THE MONEY YOU REALLY COULD BE MAKING.**



**THROUGH THIS PROCESS YOU WILL HAVE UNCOVERED AT LEAST SOME, IF NOT QUIET A FEW THINGS AND PEOPLE, THAT NO LONGER SERVE YOU AND HONOR YOU. THIS IS NOW WHEN YOU CAN BEGIN TO GIVE YOURSELF THE GIFT OF PURE CHOICE WITHOUT JUDGEMENT AND ACTUALLY LET GO OF PEOPLE AND THINGS IN YOUR LIFE.**

### **THE PROCESS OF LETTING GO**

**LOOK OVER THE WORK YOU HAVE DONE AND BEGIN TO SELECT THE THINGS AND PEOPLE YOU WOULD LIKE TO LET GO OF FIRST. YOU CAN BEGIN WITH THE EASIEST THINGS AND PEOPLE AND WORK YOUR WAY UP TO THE HARDEST THINGS AND PEOPLE AND THAT WILL ALLOW YOU TO WORK YOUR WAY UP AND BUILD CONFIDENCE IN YOURSELF AS YOU GO.**

**OF COURSE, YOU ALSO MAY WANT TO, ONCE YOU HAVE SEEN THE FULL IMPACT, START WITH THE MOST DIFFICULT THINGS AND PEOPLE AND BUILD YOUR COURAGE AND TRUST RAPIDLY. IT IS ALWAYS GREAT TO GET THE REWARDS FROM THE MOST CHALLENGING THINGS AND THEN THE REST WILL BE A PIECE OF CAKE FOR YOU.**

**NOW IT IS TIME TO TAKE ACTION. HOW DO YOU LET GO? EACH SITUATION WILL BE DIFFERENT BUT YOU ARE NOW ARMED WITH HAVING ACKNOWLEDGED THEM FOR YOURSELF AND THE IMPACT THEY ARE HAVING ON YOUR LIFE AS MOTIVATION. READ THROUGH YOUR WRITING AND THEN SIT QUIETLY WITH YOURSELF AND MAKE A COMMITMENT TO YOURSELF TO LET WHATEVER IT IS THAT YOU DECIDE TO LET GO OF GO. HERE ARE SOME BASIC STEPS:**

**1) ACCEPT THAT LETTING GO IS WHAT YOU REALLY NEED TO DO. THE COMFORT ZONE OF KEEPING THINGS IN PLACE WILL, MORE THAN LIKELY, FLOOD IN. REINFORCE, FOR YOURSELF, THAT LETTING GO IS THE RIGHT THING TO DO BY REVISITING THE WORK YOU DID IN YOUR JOURNAL OR NOTEBOOK.**

**2) FORGIVE YOURSELF FOR HAVING KEPT THESE THINGS OR PEOPLE IN YOUR LIFE FOR AS LONG AS YOU HAVE. YOU HAVE DONE THE BEST YOU KNEW HOW TO DO UP UNTIL THIS MOMENT SO BEATING YOURSELF UP IN HINDSIGHT IS FRUITLESS. FORGIVING YOURSELF IS, IN AND OF ITSELF, A WAY TO HONOR YOU.**

**3) HONOR THE THING OR PERSON YOU ARE LETTING GO OF. SADNESS OR ANY OF AN ARRAY OF EMOTIONS MAY COME UP. ACKNOWLEDGE THEM. TAKE SOME TIME TO HONOR THE PLACE THAT THOSE PEOPLE OR THINGS HAVE HAD IN YOUR LIFE AS THEY PROBABLY SERVED SOME PURPOSE FOR YOU (JUST AS YOU SAW IN THE POSITIVE THINGS ABOUT KEEPING THEM WHEN YOU WERE JOURNALING ABOUT IT).**



4) CREATE SOMETHING GREAT TO FILL THE PLACE OF WHAT YOU ARE LETTING GO OF. MAKE A PLAN AND FOLLOW THROUGH. TO FOLLOW OUR EXAMPLE ABOUT EATING: DO SOME DEEP RESEARCH ABOUT HOW YOU CAN CHANGE YOUR EATING HABITS OR GET A NUTRITIONIST OR HEALTH COACH THAT CAN HELP GUIDE YOU TO EAT APPROPRIATELY FOR YOUR BODY.

5) MAKE A PROMISE TO SOMEONE ELSE TO CREATE ACCOUNTABILITY OUTSIDE OF YOUR HEAD, WHICH IS PROVEN TO BE A WAY TO DOUBLE OR TRIPLE OUR CHANCES OF FOLLOWING THROUGH ON WHAT WE SAY WE WILL DO.

MAKE A PLAN AND BEGIN TO LET GO OF EATING INAPPROPRIATE THINGS AND SHIFT YOUR EATING HABITS TO MORE APPROPRIATE EATING HABITS. TAKE TIME TO WRITE ABOUT YOUR PROCESS AND PROGRESS EACH DAY. KEEP REMINDING YOURSELF ABOUT THE POSSIBLE NEW THINGS THAT YOU WILL HAVE IN YOUR LIFE BY LETTING GO OF YOUR POOR EATING HABITS AND NOTICE AS THOSE THINGS OR ANY OTHER NEW THINGS BEGIN TO SHOW UP FOR YOU.

LETTING GO REQUIRES PATIENCE AND DISCIPLINE. KEEP WRITING IN YOU JOURNAL OR NOTEBOOK. LOOK FOR SURPRISING THINGS TO SHOW UP. THERE IS TRUTH TO THE OLD SAYING THAT WHEN ONE DOOR CLOSES A NEW DOOR OPENS UP. IF WE ARE WILLING TO LET GO OF THINGS THAT DO NOT HONOR US LIFE HAS AN INTERESTING WAY OF REWARDING US FOR THAT.

**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 LETTING GO OF THINGS AND PEOPLE WHO DO NOT HONOR YOU. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO LET GO OF THINGS AND PEOPLE WHO DO HONOR THEM IN THEIR LIVES!

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WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO HONOR YOURSELF AND LET GO OF THE THINGS AND PEOPLE WHO DO NOT? 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.

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LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HOW TO HAVE A RADICAL EVOLUTION BEING THE POSITIVE INFLUENCE YOU WANT TO BE!!!!

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