



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN REMEMBERING ALL THERE IS TO REMEMBER IN YOUR LIFE!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN REMEMBERING ALL THERE IS TO REMEMBER IN YOUR 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 MASTER REMEMBERING THINGS. 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.

WE HAVE REALLY BUSY, ACTION FILLED LIVES. WITH ALL THERE IS TO DO AND HANDLE, HOW DO WE REMEMBER ALL THERE IS TO REMEMBER IN OUR LIVES? OUR BRAINS ARE AMAZING MACHINES AND NEUROSCIENTISTS LEARN MORE EVERY DAY ABOUT HOW THEY WORK. IN ORDER TO CREATE A GREAT MEMORY SYSTEM FOR YOURSELF YOU NEED TO WORK WITH BOTH YOUR SHORT-TERM AND LONG-TERM MEMORY. THE PROCESS OF MEMORIZING SOMETHING UTILIZES MANY DIFFERENT AREAS OF YOUR BRAIN. IT IS A COMPLEX PROCESS BUT LIKE ANYTHING YOU CAN IMPROVE YOUR MEMORY WITH PRACTICE. HERE ARE SOME OF MY APPROACHES TO MAKING YOUR MEMORY WORK FOR YOU:

- 1) **PAY ATTENTION. IN ORDER TO BEGIN THE PROCESS OF REMEMBERING SOMETHING REQUIRES ABOUT 8 SECONDS OF FOCUS. BLOCK OUT DISTRACTIONS, STOP MULTITASKING, LET GO OF STRESS AND FOCUS. FOR EXAMPLE, IF YOU WANT TO REMEMBER WHERE YOU ARE PUTTING YOUR KEYS ACTUALLY FOCUS ON THE PLACE YOU ARE PUTTING THEM AS YOU PUT THEM DOWN. TAKE A LITTLE SNAPSHOT OF THE MOMENT.**
- 2) **INVOLVE AS MANY SENSES AS YOU CAN. RELATE THE INFORMATION TO COLORS, TASTES, TEXTURES, SOUNDS AND VISUALS. REPEAT IT**

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- OUT LOUD. ADD RHYTHM. IN THE EXAMPLE OF YOUR KEYS ASSOCIATE IT WITH THE BROWN SMOOTHNESS OF THE TABLE AND SAY OUT LOUD "I AM PUTTING THE KEYS ON THE SMOOTH BROWN COFFEE TABLE IN THE LIVING ROOM." IF YOU HAVE SEVERAL THINGS TO REMEMBER ASSOCIATE EACH OF THEM WITH SOME DIFFERENT SENSE.**
- 3) RELATE INFORMATION TO THINGS YOU ALREADY KNOW. CONNECT IT TO OTHER PEOPLE OR THINGS YOU ALREADY HAVE STORED IN LONG TERM MEMORY. IN THE CASE OF A LIST OF THINGS IT WOULD BE LIKE THIS: APPLES (THE TASTE OF APPLE CIDER), OJ (THE COMFY ORANGE CHAIR IN THE OFFICE), WATER (THE SOUND OF THE OCEAN), ETC.**
 - 4) FOR COMPLEX INFORMATION, FOCUS ON UNDERSTANDING THE BASIC IDEA OR OF CONCEPTS VS. EXACT DETAILS. REPEAT IT TO SOMEONE ELSE. FOR EXAMPLE IN THE CASE OF MEMORY YOU COULD UNDERSTAND THAT THERE IS SHORT-TERM MEMORY (A CLOCK TICKING FOR 8 SECONDS) AND LONG-TERM MEMORY (EVERYTHING ELSE YOU KNOW - A BIG BRAIN STORAGE CABINET) AND YOU RUNNING A RACE TO ASSOCIATE IT WITH AS MANY THINGS AS POSSIBLE. PICTURE RUNNING OVER TO THE STORAGE CABINET TO PUT THINGS IN THE CORRECT FILES CALLED COLORS, SMELLS, VISUALS, ETC. AS QUICKLY AS POSSIBLE. CHUNK INFORMATION DOWN INTO SMALLER CHUNKS WHEN YOU CAN; IT IS EASIER TO REMEMBER A PHONE NUMBER AS 813-932-8563 THAN 8139328563 FOR EXAMPLE. YOU CAN USE ACRONYMS THAT SPELL SOMETHING OUT WHENEVER YOU CAN TO CATCH CHUNKS.**
 - 5) PRACTICE. REVIEW IT WITHIN HOURS, SEVERAL TIMES ON THE SAME DAY AND IN INTERVALS AFTERWARDS. FOR EXAMPLE, IF YOU MEET SOMEONE YOU WILL WANT TO USE ALL OF THE ABOVE PROCESSES AND REPEAT THEIR NAME BACK TO THEM IMMEDIATELY, THEN INTRODUCE THEM TO SOMEONE ELSE, THEN REPEAT THE NAME SEVERAL TIMES WITHIN THE NEXT FEW HOURS THEN AT THE END OF THE DAY, THEN SEVERAL TIMES OVER THE NEXT FEW DAYS. USE ALL OF THE ABOVE WITH THE DEPICTIONS AS YOU RETRIEVE IT EACH TIME. JOSEPH COTTON: (A DELICIOUS SMELLING CUP OF COFFEE (JOE), A MANAGER SCENE WITH MARY & JOSEPH, A COTTON FIELD WITH WHITE COTTON BLOWING IN THE WIND, HIS BLUE EYES, ETC.)**

THERE ARE OTHER KNOWN WAYS TO PHYSICALLY NURTURE YOUR BRAIN LIKE GETTING SUFFICIENT SLEEP, KEEPING YOUR STRESS LEVELS DOWN, EATING BRAIN NURTURING FOOD LIKE VEGAN OMEGA 3 OILS SUCH AS HEMP SEED, ETC. YOUR BRAIN IS INCREDIBLE AND DESERVES TO BE TAKEN CARE OF. IT IS UP FOR THE JOB IF YOU WILL SIMPLY TAKE CARE OF IT AND TRAIN IT. DO THE ABOVE APPROACHES SOUNDING LIKE TRICKS? BECAUSE, THEY



ARE! YOUR BRAIN IS A TRICKY MACHINE. MAKE IT FUN AS YOU LEARN HOW TO WORK WITH IT.

WITH PRACTICE YOU WILL FIND THAT RECALLING LARGE LISTS OF THINGS AND IMPORTANT INFORMATION WILL BEGIN TO COME BACK FOR YOU QUICKER AND QUICKER.

PRACTICE IS THE KEY TO MASTERING ANYTHING AND THE SAME IS TRUE FOR YOUR ABILITY TO REMEMBER WHAT YOU WANT TO REMEMBER. I KNOW YOU REALLY WANT TO BE ABLE TO REMEMBER ALL THAT THERE IS TO REMEMBER IN YOUR LIFE. YOU ARE ALREADY POWERFUL AND THIS IS YOUR OPPORTUNITY TO INCREASE YOUR EFFECTIVENESS BY SHARPENING YOUR MEMORY.

REMEMBERING THINGS IN YOUR LIFE, LIKE ANYTHING, CAN BE CREATED AS A NEW KIND OF PATTERN THAT WILL SERVE YOU. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN REMEMBERING ALL THERE IS TO REMEMBER IN YOUR LIFE. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE BY MASTERING YOUR ABILITY TO REMEMBER. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN REMEMBERING THE THINGS THEY WANT TO REMEMBER IN THEIR LIVES!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR MASTERING REMEMBERING ALL THERE IS TO REMEMBER IN YOUR 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 HAVING A RADICAL BREAKTHROUGH IN NOT LETTING YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OVER 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)!!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina'.

CAROLINA ARAMBURO