



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

### **HOW TO HAVE A RADICAL BREAKTHROUGH IN EVOLVING SELF DOUBT!!**

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FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN EVOLVING SELF DOUBT, 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.

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 SO THAT YOU CAN TRACK YOUR PROGRESS. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

SELF DOUBT IS SOMETHING THAT WE ALL DEAL WITH FROM TIME TO TIME. THOUGHTS OF DOUBT CAN SLOW US DOWN OR EVEN STOP US COMPLETELY. THIS MONTH'S COACHING TOOL WILL ALLOW YOU TO EVOLVE YOUR SELF DOUBT AND REFOCUS THAT ENERGY IN A POSITIVE WAY.

- 1) TAKE OUT A SHEET OF PAPER AND WRITE DOWN ALL OF THE SITUATIONS AND CIRCUMSTANCES WHERE YOU EXPERIENCE SELF DOUBT. GET IT ALL ON PAPER. IT MIGHT LOOK LIKE THIS: "I DOUBT THAT I HAVE ENOUGH MONEY FOR \_\_\_\_\_", "I DOUBT THAT I CAN ACTUALLY ACCOMPLISH MY WORK PROJECT", "I DOUBT MYSELF WHEN IT COMES TO TALKING TO MY PARTNER." LOOK FOR ANY PLACE THAT YOU CONTINUE TO SECOND GUESS YOURSELF AND GET STUCK.
- 2) IN COLUMN 2, LIST AT LEAST 3 THINGS YOU SUCCEEDED AT THAT YOU FIRST DOUBTED YOU COULD ACCOMPLISH.
- 3) IN COLUMN 3, LIST THE STEPS YOU USED TO SUCCEED IN THE ITEMS IN COLUMN 2. NOTICE AND TAKE NOTES ON WHAT HAPPENED IN THE PAST (WHEN YOU DOUBTED YOURSELF AND STILL KEPT GOING IN ACTION).



- 4) IN COLUMN 4, FOR EACH ITEM IN COLUMN 1, LIST AT LEAST 2 ACTIONS YOU SEE YOU CAN TAKE IN THE AREA WHERE YOU ARE DOUBTING YOURSELF.
- 5) NOTICE WHAT HAPPENS AFTER YOU TAKE ACTION, AND THEN MORE ACTION DESPITE YOUR SELF DOUBT, ON THE ITEMS IN COLUMN 4. WRITE IT DOWN EXACTLY AS IT HAPPENED. I.E. I WAS DOUBTING MYSELF AND I DID THIS... AND THEN I DID THIS... AND THEN THIS WAS THE RESULT. THEN AS I WAS DOUBTING LESS, I DID THIS AND THIS... AND THIS WAS THE RESULT.

FOR NEXT 21 DAYS, EACH TIME YOU EXPERIENCE SELF DOUBT ABOUT ONE OF YOUR AREAS, INSTEAD OF SPENDING YOUR TIME DOUBTING YOURSELF, IMMEDIATELY LOOK IN YOUR NOTEBOOK AT THE THINGS YOU HAVE ACCOMPLISHED IN THE PAST. NOTICE THAT EVEN THOUGH YOU MAY HAVE HAD DOUBTS ABOUT THOSE THINGS, YOU TOOK ACTION AND ACCOMPLISHED THEM!!

THEN, SELECT AT LEAST ONE THE 2 ACTIONS YOU LISTED FOR THAT ITEM AND TAKE THAT ACTION. MAKE NOTES IN YOUR NOTEBOOK ABOUT WHAT HAPPENED OR DIDN'T HAPPEN WHEN YOU TOOK THOSE ACTIONS. WHEN THE DOUBT COMES UP AGAIN, WHICH IT WILL, TAKE THE NEXT ACTION YOU LISTED IN YOUR NOTEBOOK. EACH TIME YOU COMPLETE AN ACTION MAKE SURE (THIS IS CRITICAL) THAT YOU ADD A NEW ACTION IN COLUMN 3 FOR THAT ITEM SO THAT YOU ALWAYS HAVE 2 ACTIONS YOU CAN TAKE. CONTINUE THIS PROCESS FOR EACH OF THE ITEMS ON YOUR LIST THROUGHOUT THE 21 DAYS.

WE ALL HAVE DOUBTS ABOUT THINGS. AND WE HAVE SUCCEEDED IN SPITE OF THOSE DOUBTS. KEEP THE SUCCESSES IN COLUMN 3 IN MIND AS YOU TAKE THE ACTIONS IN COLUMN 4. TAKING ACTIONS WILL PRODUCE SOMETHING IN REALITY, EVEN IF IT IS NOT THE THING YOU WANTED TO HAPPEN. OVER TIME, AS YOU TAKE ACTIONS, YOU WILL BUILD YOUR CONFIDENCE. THE THINGS YOU ORIGINALLY DOUBTED WILL END UP ON THE LIST OF THINGS IN WHICH YOU HAVE NOW SUCCEEDED.

I WANT YOU ALL TO BE ABLE TO GO THROUGH YOUR LIFE WITHOUT YOUR DOUBTS GETTING IN YOUR WAY! YOU HAVE AMAZING THINGS YOU ARE UP TO IN YOUR LIFE!!! YOU NO LONGER NEED TO HAVE DOUBTS STOP YOU. FOR THE NEXT 21 DAYS WRITE DOWN THE DAILY EXPERIENCES AND RESULTS YOU SEE AS YOU START MANAGING YOUR DOUBTS.

IF YOU REALLY DO A THOROUGH JOB ON THIS ENTIRE EXERCISE AND PUT YOUR NEW ACTIONS AND BELIEFS TO WORK FOR 21 DAYS AND USE YOUR DAILY WRITING AS A METHOD TO CONSISTENTLY EVOLVE YOUR DOUBTS, YOU WILL CREATE QUANTUM LEAPS IN BEING POWERFUL REGARDLESS OF YOUR DOUBTS. GET IN ACTION TODAY. YOU DESERVE IT NOW!

SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BY EVOLVING YOUR DOUBTS THEN YOU CAN BECOME THE NEW



INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF TOO!

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WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO EVOLVE YOUR SELF DOUBT? 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 HAVING A RADICAL BREAKTHROUGH IN PROCRASTINATION!

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 BEING ABLE TO CREATING MORE AND MORE THINGS TO SERVE WHAT I LOVE (OUTSTANDING PEOPLE UP TO BIG THINGS LIKE YOU)!!

PLEASE ALSO NOTE THAT THIS WORK IS OBVIOUSLY BASIC AND NOT IN DEPTH. WITH A COACH YOU CAN TAKE THIS TO THE HIGHEST AND DEEPEST LEVEL ALSO. I ALWAYS RECOMMEND HAVING A COACH, BECAUSE WE DESERVE IT, JUST AS WE DESERVE TO EAT THE BEST FOOD, NOT THE MOST BASIC. OF COURSE, OUR COMPANY HAS EXCEPTIONAL COACHES WHO I HAVE PERSONALLY TRAINED AND WHO PRODUCE RADICAL RESULTS FOR OUR CLIENTS IN EVERY ARENA FROM BUSINESS TO HEALTH ... SO I RECOMMEND YOU CONTACT ME AT: [CAROLINA@CAROLINAARAMBURO.COM](mailto:CAROLINA@CAROLINAARAMBURO.COM) IF YOU ARE INTERESTED IN A FREE INTRODUCTION/DISCOVER CALL TO FIND OUT MORE!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

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

CAROLINA ARAMBURO