



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

### **FOR A RADICAL BREAKTHROUGH IN NOT LETTING YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OF YOUR LIFE!**

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FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN NOT LETTING YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OF 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 NOT LETTING YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OF YOUR 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.

IT IS EASY TO LET OUR EMOTIONS TAKE CONTROL OF US. ANGER, JUST LIKE HAPPINESS, SADNESS, ETC. CAN HAVE AN IMPACT ON OUR LIVES. AS HUMANS, WE COME WITH EMOTIONS. IT IS PART OF THE HUMAN PACKAGE THAT WE CAN ALLOW FOR AND LOVE ABOUT OURSELVES, BUT LETTING ANGER (OR ANY EMOTION) GET OUT OF CONTROL COULD BE A PROBLEM. HERE ARE SOME OF MY APPROACHES THAT CAN HELP YOU KEEP YOUR ANGER UNDER CONTROL:

- 1) MAKE A LIST FOR YOURSELF THAT INCLUDES THE TOP 5 THINGS THAT MAKE YOU ANGRY. YOU PARTICULARLY WANT TO INCLUDE ANY OF THE THINGS THAT MAKE YOU ANGRY, GET YOU TO THE POINT OF BEING AFRAID OF IT GETTING OUT OF CONTROL, OR THAT HAS HAD YOU GET OUT OF CONTROL IN THE PAST.**
- 2) NEXT TO EACH ITEM IN #1, WRITE WHAT ACTUALLY HAPPENS OR HAS HAPPENED IN EACH OF THESE SITUATIONS. BY THIS, I MEAN FOR YOU TO DESCRIBE FOR YOURSELF WHAT YOUR EXPERIENCE IS**

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## **RADICAL RESULTS COACHING**



OR HAS BEEN LIKE. INCLUDE THINGS LIKE HOW YOU FELT AND WHAT YOU HEARD YOURSELF THINKING BEFORE, DURING AND AFTERWARDS. INCLUDE ANY PHYSICAL SENSATIONS YOU EXPERIENCED BEFORE, DURING AND AFTERWARDS AS WELL. FOR EXAMPLE, YOU MAY HAVE HAD A SITUATION IN THE PAST WHERE SOMEONE WAS THREATENING YOU SOMEHOW. YOU MIGHT HAVE HEARD YOURSELF THINKING, "SOMETHING IS REALLY WRONG HERE" OR "I CAN'T DEAL WITH THIS". AS THEY BEGAN TO SAY OR ACT HOWEVER THEY DID, YOU MAY HAVE HAD A FEELING OF FEAR AND YOU MAY HAVE FELT TIGHTNESS IN YOUR CHEST OR A SHORTNESS OF BREATH. THAT TIGHTNESS IN YOUR CHEST MAY HAVE MOVED UP INTO YOUR THROAT AND YOU COULD HAVE FELT YOURSELF BECOMING WARM. YOUR FEAR MAY HAVE ESCALATED, YOUR THOUGHTS MAY HAVE BECOME VERY FUZZY AND YOU MIGHT HAVE FELT THE DESIRE TO RUN. FINALLY, AS YOU BECAME MORE EXCITED, THE FEAR MIGHT HAVE TURNED TO RAGE AND YOU SUDDENLY HEARD YOURSELF TALKING LOUDER AND LOUDER AND YOUR VISION MIGHT HAVE BECOME BLURRY. YOU MAY HAVE EVEN EXPERIENCED YOURSELF WANTING TO STRIKE OUT IN DEFENSE OR PROTECTION. WRITE THIS ALL DOWN FOR YOURSELF.

- 3) NOW, CREATE FOR YOU, A VISION OF SOMETHING THAT YOU DO THAT GIVES YOU A SENSE OF BEING TOTALLY PEACEFUL AND CALM. THINK ABOUT THE PLACE YOU ARE IN, THE SMELLS, THE SOUNDS, AND THE COLORS AROUND YOU. WRITE IT ALL DOWN IN COMPLETE DETAIL FOR YOURSELF. FOR EXAMPLE, YOU FIND THAT BEING ON THE BEACH AT SUNSET IS THE MOST PEACEFUL PLACE FOR YOU. YOU CAN HEAR THE SOUNDS OF THE BIRDS, THE WAVES ROLLING IN AND OUT AND YOU CAN SMELL THE SALT IN THE AIR. YOU CAN SEE THE COLORS IN THE SKY AND AGAINST THE CLOUDS - THE REDS AND ORANGES AND PINKS. YOU CAN SEE THE COLORS AND THE CLOUDS MOVING AS THE SUN GOES FURTHER AND FURTHER DOWN. TAKE A FEW DEEP BREATHS AND EXPERIENCE THE CALM MOVING INTO YOUR CHEST AND YOUR BODY EXPANDING WITH EACH BREATH. WRITE DOWN THIS ENTIRE EXPERIENCE OF YOU BEING CALMER AND CALMER AS YOU SIT THERE IN YOUR MOST PEACEFUL PLACE.

ONE THING THAT NEVER WORKS WITH ANY EMOTION IS TO RESIST IT, FIGHT IT OR MAKE IT WRONG. ANYTIME YOU ENGAGE IN THOSE KINDS OF ACTIONS, THE EMOTION WILL ONLY GROW STRONGER AND GRIP YOU TIGHTER. ONE WAY TO WORK WITH YOUR EMOTIONS IS SIMPLY TO NOTICE OR OBSERVE THEM AND THEN VERY QUICKLY, REPLACE THEM WITH OTHER EMOTIONS. THE KEY TO THIS IS TO CATCH THEM AS YOU FIRST NOTICE THEM ARISING. YOUR BODY'S SENSATIONS ARE INCREDIBLE



**BAROMETERS TO USE TO DETECT AN EMOTION ARISING, AS ARE LISTENING TO YOUR THOUGHTS. YOU MAY HAVE NOTICED IN THE ITEMS YOU WROTE ABOUT ABOVE, THAT THERE WERE SPECIFIC BODY SENSATIONS OR THOUGHTS THAT AROSE BEFORE YOUR ANGER ACTUALLY STARTED ESCALATING. THOSE ARE THE SIGNS YOU ARE LOOKING FOR.**

**AT THAT MOMENT, WHEN YOU FIRST FEEL THOSE BODY SENSATIONS OR HEAR THOSE THOUGHTS, IT IS TIME TO BEGIN TO CREATE THE COMPLETE EXPERIENCE FOR YOURSELF THAT YOU DESCRIBED IN # 3. IMMEDIATELY BRING BACK THE SIGHTS, SMELLS AND SOUNDS OF YOUR MOST PEACEFUL PLACE. BREATHE AIR INTO YOUR BODY RIGHT TO THE SPOTS THAT YOU FIND TENSING UP. REPLACE THE THOUGHTS YOU ARE HAVING WITH THE CALM THOUGHTS THAT YOU HAVE IN YOUR MOST PEACEFUL SPOT. IN SECONDS, YOU CAN, WITHOUT FIGHTING YOUR ANGER, SHIFT YOURSELF TO THE CALM AND PEACEFUL EMOTIONS FROM YOUR MOST PEACEFUL PLACE. THIS IS NOT A PASSIVE ACT. IT IS A VERY ACTIVE AND INTENTIONAL ACT. IT REQUIRES ACTION ON YOUR PART. YOU LITERALLY HAVE SECONDS TO REDIRECT THE PATH OF ANGER YOU ARE HEADED DOWN TO THE NEW PATH THAT LEADS TO CALM AND PEACEFULNESS.**

**THIS WILL REQUIRE PRACTICE. TO STOP LETTING ANGER CONTROL YOU GET BUSY TODAY CREATING THAT EXPERIENCE OF YOUR MOST PEACEFUL PLACE DURING DIFFERENT POINTS IN YOUR DAY AND PLAY THE WHOLE SCENE OUT FOR YOURSELF. DO NOT WAIT UNTIL YOU ARE IN A SITUATION WHERE THE EMOTION OF ANGER COMES UP. PRACTICE NOW SO THAT WHEN THE EMOTION OF ANGER BEGINS TO ARISE, YOU CAN IMMEDIATELY BRING YOUR MOST PEACEFUL PLACE UP FOR YOURSELF. YOUR BODY WILL CREATE WHATEVER CHEMICALS ARE ASSOCIATED WITH YOUR PEACEFUL THOUGHTS WHENEVER YOU CREATE THEM. IT IS INDEPENDENT OF ANY EXTERNAL CIRCUMSTANCE. YOU CAN USE THIS EXERCISE TO MASTER MOVING FROM EMOTION TO EMOTION WHENEVER YOU WANT. ASK ANY GREAT ACTOR OR ACTRESS AND THEY WILL TELL YOU THAT THEY CAN - WITHIN MINUTES - BE SAD, ANGRY, PEACEFUL OR HAPPY. THEY HAVE MASTERED CREATING WHATEVER EMOTION THEY NEED TO CREATE WHENEVER THEY WANT. THEY DO NOT MAKE ANY EMOTION WRONG; THEY SIMPLY FLIP FROM ONE TO ANOTHER THROUGH OBSERVING THE BODY SENSATIONS, THOUGHTS AND EXPERIENCES OF DIFFERENT EMOTIONS AND USING THOSE TO MOVE FLUIDLY FROM ONE TO ANOTHER. BEGIN PRACTICING TODAY AND SOON YOU WILL FIND YOURSELF NEVER BEING CONCERNED ABOUT YOUR ANGER GETTING OUT OF CONTROL AGAIN.**

**JUST LIKE WITH ANGER, IN ORDER TO ALTER ANY EMOTION, YOU WILL NEED TO BRING OTHER EMOTIONS FORWARD FOR YOURSELF INSTEAD OF TRYING TO FIGHT OR RESIST THE ONE THAT MAY BE OUT OF CONTROL. TO DENY YOUR EMOTIONS WOULD BE LIKE DENYING A NATURAL PART OF YOURSELF,**



**BUT, LETTING ANY EMOTION BECOME OUT OF CONTROL WILL LEAVE YOU UNBALANCED.**

**PRACTICE IS THE KEY TO MASTERING ANYTHING AND THE SAME IS TRUE FOR YOUR ABILITY TO NOT LET YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OF YOUR LIFE OR CREATE AN IMBALANCE. I KNOW YOU REALLY WANT TO BE ABLE TO HAVE EMOTIONS AND YET NOT HAVE YOUR EMOTIONS CONTROL YOU. YOU ARE ALREADY POWERFUL AND THIS IS YOUR OPPORTUNITY TO INCREASE YOUR EFFECTIVENESS BY ALLOWING FOR ALL OF YOUR EMOTIONS BUT NOT HAVING TO BE CONTROLLED BY ANY ONE OF YOUR EMOTIONS.**

**BRINGING BALANCE TO YOUR EMOTIONS AND NOT LETTING ANY ONE OF THEM CONTROL YOU, 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 NOT LETTING YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OF YOUR LIFE OR BECOME OUT OF BALANCE. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE**

**BY MASTERING NOT LETTING YOUR ANGER (OR ANY EMOTION) CONTROL YOU THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN EXPERIENCING THEIR EMOTIONS WITHOUT LETTING THEIR EMOTIONS CONTROL THEM ALSO!**

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**WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR MASTERING NOT LETTING YOUR ANGER (OR ANY EMOTION) TAKE CONTROL OF 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.**

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**LASTLY, FROM ME TO YOU;**

**NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HAVING A RADICAL BREAKTHROUGH IN STANDING OUT AGAINST THE COMPETITION (IN YOUR BUSINESS AND 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 BEING ABLE TO 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