



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL BREAKTHROUGH IN TURNING PROCRASTINATION INTO ACTION!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN TURNING PROCRASTINATION INTO ACTION, 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.

PROCRASTINATION IS PART OF THE HUMAN EXPERIENCE. WE CAN EITHER ALLOW OURSELVES TO PUT OFF WHAT SEEMS UNIMPORTANT, OR WE CAN FIND A WAY TO DO THE THINGS WE'VE BEEN PUTTING OFF. HERE IS MY COACHING IN HOW TO TURN PROCRASTINATION INTO ACTION:

1. LIST ALL OF THE THINGS THAT YOU PROCRASTINATE AND PUT OFF IN YOUR LIFE. FOR EXAMPLE, MAYBE YOU'VE BEEN SAYING YOU ARE GOING TO CLEAN YOUR CLOSET FOR THE LAST 6 MONTHS, OR MAYBE YOU'VE BEEN PUTTING OFF UPDATING YOUR WEBSITE. SELECT TWO OF THESE ITEMS TO DO THIS EXERCISE WITH.
2. IN COLUMN TWO, LIST THE ACTIONS THAT YOU WOULD TAKE IF YOU WERE WORKING ON THE PROJECT. BE AS SPECIFIC AS YOU CAN.
3. DEDICATE 5 MINUTES TO TAKING INTENSE ACTION ON THE PROJECT EVERY DAY. THE KEY HERE IS INTENSE ACTION. THIS IS NOT A TIME TO THINK ABOUT THE PROJECT ... NO THINKING ALLOWED. IN THE EXAMPLES ABOVE: DO NOT JUST OPEN YOUR CLOSET AND LOOK AT THE CLOTHES AND THINK ABOUT WHAT TO DO. OPEN THE CLOSET AND BEGIN INTENSELY FOLDING CLOTHES, SORTING OUT THE SHOES OR SEPARATING CLOTHES TO GIVE AWAY. IF YOU ARE UPDATING YOUR WEBSITE DO NOT JUST SIT AND STARE AT IT AND AND FLIP THROUGH



- THE PAGES. START INTENSELY MOVING THINGS AROUND, CHANGING OUT THE PHOTOS OR THEME COLORS OR TEXT.
4. AS YOU SPEND YOUR FIVE MINUTES PER DAY, YOU WILL END UP COMPLETING SOME TASKS. MAKE SURE THAT YOU CROSS OFF THE TASKS THAT GET COMPLETED, AND ADD NEW ONES.
 5. IF YOU FINISH THE PROJECT COMPLETELY BEFORE THE END OF 21 DAYS, MOVE ON TO ANOTHER ONE!

FOR THE NEXT 21 DAYS, SPEND THE FIVE MINUTES EVERY DAY ON THE PROJECT. JOURNAL, AT THE END OF EACH DAY, YOUR EXPERIENCES FROM THE EXERCISE IN YOUR NOTEBOOK, ADD ANY NEW ACTIONS YOU HAVE SEEN, AND CROSS OFF ANY ACTIONS YOU HAVE COMPLETED. NOTICE THAT EVEN FIVE MINUTES A DAY IS ENOUGH TO GET THINGS ACCOMPLISHED OVER TIME.

WHILE EVERYONE PROCRASTINATES, YOU DESERVE TO HAVE THE THINGS YOU WANT IN YOUR LIFE NOW! IF YOU REALLY DO A CONSISTENT JOB ON THIS EXERCISE EVERY DAY FOR 21 DAYS, YOU WILL CREATE QUANTUM LEAPS IN PRODUCING RESULTS. IN MANY CASES, YOU CAN COMPLETE BOTH OF THE PROJECTS YOU HAVE PUT OFF IN LESS THAN 21 DAYS, EVEN ONLY GIVING IT 5 MINUTES PER DAY. REMEMBER; IF YOU FINISH A PROJECT THEN MOVE ONTO THE NEXT PROJECT ON YOUR LIST. IF YOU WILL CONTINUE TO DO THIS, YOU WILL BE ABLE TO COMPLETE EVERYTHING ON YOUR LIST OVER TIME. GET IN ACTION TODAY. YOU DESERVE IT NOW!

TAKING SMALL ACTIONS, LIKE ANYTHING, CAN BE CREATED AS A NEW KIND OF PATTERN THAT WILL SERVE YOU. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. MAKE SURE YOU KEEP YOUR LISTS AND ANY NOTES FOR YOURSELF IN YOUR NOTEBOOK WHEN NEW THINGS COME UP.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH THAT CREATES ACTION WHERE YOU WERE PROCRASTINATING. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BY ENDING PROCRASTINATION, 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 ABOUT TURNING PROCRASTINATION INTO ACTION? 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 UNLEASHING THE FLOW OF MONEY INTO 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)!!

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 IF YOU ARE INTERESTED IN A FREE INTRODUCTION/DISCOVERY CALL TO FIND OUT MORE!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina', written in a cursive style.

CAROLINA ARAMBURO