



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

### **HOW TO HAVE A RADICAL EVOLUTION IN BEING 100% RESPONSIBLE IN YOUR LIFE!**

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**FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN BEING 100% RESPONSIBLE IN YOUR LIFE, 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 BEING 100% RESPONSIBLE.**

**SO MUCH OCCURS IN YOUR LIFE THAT SEEMS LIKE YOU HAVE NO CONTROL OVER. IT MAKES IT SO EASY TO NOT BE RESPONSIBLE FOR YOUR LIFE AND ALL THAT HAPPENS IN YOUR LIFE. RESPONSIBILITY IS POWER AND FREEDOM, HOWEVER! HERE ARE SOME OF MY APPROACHES TO BEING 100% RESPONSIBLE FOR YOUR LIFE:**

- 1) LIST, IN YOUR JOURNAL OR NOTEBOOK, THE THINGS IN YOUR LIFE THAT YOU HAVE NOT BEEN RESPONSIBLE FOR. WHEN WE ARE REFERRING TO RESPONSIBILITY, IN THIS COACHING TOOL, WE ARE NOT USING THAT WORD AS MOST PEOPLE DO (AS A BURDEN OR A ROLE OR ANY OF THE USUAL WAYS TO RELATE TO THIS WORD). YOU WILL DISCOVER HERE THAT IT CAN BE THE 'KEYS TO THE KINGDOM' LITERALLY LIKE THE GIFT OF GIVING YOURSELF AUTHORSHIP IN YOUR LIFE.**

**LOOK FOR THE PLACES WHERE YOU DO NOT TAKE RESPONSIBILITY FOR YOU. SOME COMMON THINGS YOU MAY NOT BE RESPONSIBLE FOR IS: YOUR COMMUNICATIONS, YOUR TIME, YOUR MANNERS, YOUR BEHAVIORS, YOUR COMPASSION OR RESPECT FOR OTHERS, YOUR HEALTH, YOUR DIET, YOUR THOUGHTS, YOUR ATTITUDE, HOW YOU HANDLE STRESS OR DIFFICULT SITUATIONS, YOUR FINANCES, YOUR RELATIONSHIPS, YOUR VICTORIES, YOUR FAILURES, ETC.**

**LOOK FOR THINGS YOU COMPLAIN ABOUT, PLAY THE BLAME GAME WITH, MAKE EXCUSES FOR OR ACT THE VICTIM ABOUT. LOOK FOR MISTAKES YOU HAVE MADE THAT YOU HAVE NOT SIMPLY ADMITTED SO YOU COULD**

**LEARN FROM THEM OR NOT MAKE THEM AGAIN. LOOK FOR ANYTHING THAT IS OBVIOUSLY SOMEONE OR SOMETHING ELSE'S FAULT.**

- 2) NOW GO THROUGH EACH ITEM AND SPECULATE ON HOW YOU CAN BE RESPONSIBLE TO YOURSELF FOR THESE THINGS. WRITE IT ALL DOWN IN YOUR**



**JOURNAL OR NOTEBOOK.**

**FOR EXAMPLE, IF ONE AREA YOU HAVE NOT BEEN RESPONSIBLE IS FOR HOW YOU SPEND YOUR TIME THEN YOU COULD ACTUALLY KEEP TRACK OF WHAT YOU DO AND ACKNOWLEDGE THAT YOU AND YOU ALONE ACTUALLY CHOSE TO SPEND YOUR TIME THE WAY YOU DO. YOU COULD START USING A CALENDAR AND DO WHAT YOU NEED TO DO WHEN YOU NEED TO DO IT. YOU COULD MAKE TO DO LISTS AND ASSURE THAT EVERY ITEM GETS HANDLED DAY AFTER DAY.**

**RESPONSIBILITY IS A MINDSET. RESPONSIBILITY IS OFTEN THOUGHT OF AS THE ACT OF BEING RESPONSIBLE TO OTHERS IN A POSITION OF AUTHORITY OR CONTROL OVER YOU OR AS A BURDEN. I AM TALKING HERE ABOUT YOU BEING RESPONSIBLE STARTING WITH YOU TO YOU NOT AS A BURDEN BUT AS COMPLETE ACCESS TO FREEDOM.**

**WHEN YOU ARE WILLING TO BE RESPONSIBLE TO YOURSELF FOR YOUR LIFE AND THE WAY IT GOES YOU ARE IN CONTROL. YOU ARE EITHER RESPONSIBLE FOR YOUR LIFE OR A VICTIM IN LIFE. THAT MAY SOUND HARSH BUT IT IS THE CHOICE YOU HAVE. YOU AND YOU ALONE SAY HOW YOUR LIFE GOES ... NO ONE IS GOING TO COME SAVE YOU AND MAKE LIFE TURN OUT FOR YOU BUT YOU.**

**IF ANY PART OF YOUR LIFE DOES NOT LOOK THE WAY YOU WANT IT TO THEN REALIZE YOU HAVE SOMETHING TO DO WITH IT. THE UNIVERSE IS NOT OUT TO GET YOU AND IT IS NOT SOMEONE ELSE'S FAULT. YOU MAY NOT HAVE CONTROL OVER EVERYTHING AROUND YOU BUT YOU DO HAVE COMPLETE CONTROL IN HOW YOU REACT TO IT AND WHAT YOU DO ABOUT WHATEVER HAPPENS.**

**WHEN YOU CAN ADMIT YOU HAVE SOMETHING TO DO WITH EVERYTHING IN YOUR LIFE AND TAKING ACTIONS TO ALTER LIFE THEN YOUR LIFE WILL START CHANGING!!!**

**AT ANY GIVEN MOMENT YOU CAN BE 100% RESPONSIBLE FOR YOUR LIFE AND EVERYTHING IN YOUR LIFE. WHEN YOU ARE WILLING TO BE RESPONSIBLE TO YOURSELF FOR YOURSELF YOU ACTUALLY HAVE A SAY IN HOW THINGS GO. UNTIL THEN YOU ARE A VICTIM TO EVERYTHING OUTSIDE OF YOU.**

**NOT ONLY THAT BUT YOU WILL RID YOURSELF OF ALL THE OTHER PEOPLE WHO HAVE HAD TO HOLD YOU RESPONSIBLE BECAUSE YOU HAVEN'T BEEN WILLING TO DO IT YOURSELF. IMAGINE EVERYONE'S SURPRISE WHEN YOU SIMPLY DO WHAT THERE IS TO DO WITHOUT THEIR PRODDING, REMINDING, THREATENING, ETC. WHAT A RELIEF FOR THEM (AND FOR YOU)!**

**BEING RESPONSIBLE IS A DECLARED WAY OF BEING IN THE WORLD. NO ONE IN THE WORLD CAN MAKE SURE YOU ARE DOING WHAT YOU KNOW TO YOU OTHER THAN YOU. KNOWING WHAT YOU NEED TO DO IS YOURS TO OWN AND MANAGE. WHY WOULD ANYONE ELSE EVER HAVE TO MAKE IT THEIR JOB TO MAKE SURE YOU DO WHAT YOU KNOW TO DO?**

**IF YOU HOLD YOURSELF RESPONSIBLE FOR EVERYTHING THAT YOU KNOW YOU NEED TO DO THERE IS NEVER A REASON FOR ANYONE ELSE TO EVER HAVE TO TRY TO HOLD YOU RESPONSIBLE. THE EXPERIENCE IS OF FREEDOM AND INDEPENDENCE. YOU, WHILE BEING 100% RESPONSIBLE, WILL NOT ONLY BLOW THE WHISTLE ON YOURSELF BUT YOU WILL ALSO BE ABLE TO TOOT YOUR OWN HORN.**

# CAROLINA ARAMBURO COACHING

## RADICAL RESULTS COACHING



HOLDING YOURSELF RESPONSIBLE IS NOTHING MORE THAN FOLLOWING THROUGH WITH YOUR COMMITMENTS AND RESPONSIBILITIES. IT'S DOING WHAT YOU KNOW YOU SHOULD DO, WHEN YOU SHOULD IT. START TAKING ACTIONS TODAY ON ALL THOSE THINGS ON YOUR LIST FROM ABOVE. FOR THE NEXT 21 DAYS KEEP NOTES IN YOUR JOURNAL OR NOTEBOOK EACH NIGHT ABOUT YOUR PROGRESS AND ANY OTHER PLACES YOU MIGHT NOTICE THAT YOU HAVE NOT BEEN RESPONSIBLE EACH DAY.

YOUR RELATIONSHIPS, YOUR FINANCES, YOUR HEALTH AND EVERY OTHER AREA OF YOUR LIFE WILL BEGIN TO TAKE A QUANTUM LEAP FASTER THAN YOU CAN IMAGINE. MAKE A COMMITMENT TODAY THAT YOU WILL NEVER HAVE TO BE HELD RESPONSIBLE BY ANYONE BUT YOU AGAIN AND YOU CAN THROW AWAY ALL YOUR CONVERSATIONS ABOUT THE SHACKLES THAT OTHERS KEEP YOU IN. IT IS YOUR LIFE ... GET RESPONSIBLE AND FREE YOURSELF UP, NOW!

**CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME.** WORK ON THIS PROCESS 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 BEING 100% RESPONSIBLE FOR YOUR LIFE. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BECOME 100% RESPONSIBLE FOR THEIR LIVES ALSO!

I THANK YOU FOR WANTING TO BE RESPONSIBLE. THE WORLD IS SO READY FOR US TO ALL BECOME RESPONSIBLE. I LOVE YOU FOR HOW AMAZING YOU ARE.

I SO WANT TO HEAR, FROM YOU, ABOUT WHAT YOU ARE CREATING IN AS YOU TAKE ON BEING REALLY RESPONSIBLE IN LIFE. PLEASE FEEL FREE TO SHARE WITH ME THROUGH EMAIL YOUR FEEDBACK IS THE FIRE THAT KEEPS ME CREATING EVERY DAY FOR YOU. THANK YOU SO MUCH FOR THIS CONSTANT OPPORTUNITY!

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WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO BECOME 100% RESPONSIBLE? 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 IN CREATING FORGIVENESS FOR YOURSELF AND OTHERS!!!!

**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**