

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN EMBRACING FEAR AND USING IT TO MOVE FORWARD IN ANYTHING!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN EMBRACING FEAR AND USING IT TO MOVE FORWARD IN ANYTHING, 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 EMBRACE FEAR AND USE IT TO MOVE FORWARD IN ANYTHING. 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.

1. MAKE A LIST OF THE SITUATIONS/THINGS YOU EXPERIENCE FEAR WITH. IDENTIFY EACH FEAR. FOR EXAMPLE, YOU ARE AFRAID OF SPEAKING IN PUBLIC, OR YOU ARE AFRAID OF CONFRONTATION, OR YOU ARE AFRAID OF SOCIAL GATHERINGS, ETC.
2. IN COLUMN # 2, NEXT TO EACH ITEM WRITE WHAT YOU THINK THE UNDERLYING FEAR REALLY IS. FOR EXAMPLE, MAYBE YOU ARE AFRAID OF BEING RIDICULED, MAYBE YOU ARE AFRAID OF LOOKING FOOLISH, AND MAYBE YOU ARE AFRAID OF SOMEONE GETTING UPSET OR ANGRY, OR YOU LOSING CONTROL.
3. IN COLUMN # 3, NEXT TO EACH ITEM, WRITE WHERE YOU THINK IT ORIGINALLY CAME FROM. LOOK BACK FOR THE EARLIEST TIME YOU REMEMBER EXPERIENCING THIS FEAR.
4. IN COLUMN #4, WRITE FOR YOURSELF WHAT WOULD HAPPEN IF THIS FEAR WERE TO BECOME TRUE. THEN WRITE WHAT WOULD HAPPEN IF THAT THING BECAME TRUE – KEEP ASKING THAT

QUESTION UNTIL YOU GET TO THE LAST THING THAT YOU THINK COULD HAPPEN – HOWEVER MANY LAYERS DEEP IT GOES.

- 5. IN COLUMN #5 LIST WHAT YOU STAND TO GAIN BY BEING COURAGEOUS AND GOING PAST THAT FEAR AND SAYING OR DOING WHAT YOU NEED TO SAY OR DO. FOR EXAMPLE, YOU MAY GET TO HAVE SOMETHING IN YOUR RELATIONSHIP CHANGE, YOU MAY GET THE RESPECT OF YOUR PEERS, AND/OR YOU MAY BE ABLE TO HAVE YOUR IDEA IMPLEMENTED.**
- 6. IN COLUMN # 6 LIST WHAT YOU WOULD HAVE TO GIVE UP FROM COLUMN # 2 IN ORDER TO HAVE THE THINGS YOU WANT AND HAVE THINGS LOOK THE WAY YOU DESCRIBED THEM TO BE IN COLUMN # 5.**
- 7. MAKE A SEPARATE LIST OF ALL PLACES YOU HAVE ACTUALLY GONE PAST SOME FEAR AND DISPLAYED COURAGE IN YOUR LIFE BEFORE. WHAT WAS IMPORTANT ENOUGH THAT YOU USED YOUR COURAGE? WHAT WAS THE EXPERIENCE LIKE FOR YOU WHEN YOU HAD ACTUALLY DONE OR SAID WHAT NEEDED TO BE DONE OR SAID?**

MOVING THROUGH FEAR, LIKE MOST THINGS, REQUIRES THAT YOU KEEP PRESENT TO WHAT YOU WANT AS AN END RESULT. WHATEVER THE RESULT WAS THAT YOU PLACED IN COLUMN #5 IS THE PLACE TO STAND. PUT YOURSELF IN THAT PLACE AND IMAGINE HOW IT WOULD FEEL, WHAT YOU WOULD THINK, HOW YOU WOULD ACT AND WHAT OTHERS WOULD SAY, THINK AND FEEL AROUND YOU WHEN YOU HAVE ACCOMPLISHED THAT THING THAT TOOK COURAGE. YOU CAN USE THE LIST AND WORK YOU DID IN #5 TO GET YOURSELF PRESENT TO THOSE WAYS OF BEING. FROM STANDING IN THAT FUTURE MOMENT OF ACCOMPLISHING THAT IS HOW YOU CAN ACT, THINK, FEEL AND BE NOW. IN ORDER TO REPLACE YOUR FEARS ABOUT ALL THAT COULD GO WRONG YOU NEED TO CREATE AND THEN REINFORCE NEW PATTERNS BASED ON THE SCENARIO YOU CAN IMAGINE ABOUT IF YOU ACCOMPLISHED WHAT YOU WANTED THROUGH BEING COURAGEOUS.

POWER COMES WHEN YOU CREATE A NEW PATTERN AND THEN PRACTICE THAT NEW PATTERN. OLYMPIC ATHLETES PRACTICE WINNING IN THEIR MINDS OVER AND OVER UNTIL THE EVENT AND WHEN THE EVENT COMES THEY HAVE ALREADY PERFORMED WHAT THEY NEED TO DO IN THEIR MINDS UNTIL IT IS A COMPLETE FORGONE CONCLUSION IN REALITY. YOU CAN BE AN OLYMPIC ATHLETE IN THE SPORT OF BREAKING THROUGH FEAR. JUST PRACTICE. IF THERE IS A CONVERSATION YOU NEED TO HAVE THEN PRACTICE - ACT OUT THE PART OF THE YOU THAT HAS ALREADY HAD THE CONVERSATION AND GAINED THE REWARDS OF DOING THAT. BE THE PERSON WHO HAS ALREADY DONE WHAT NEEDED TO BE DONE. STAND THERE WITH ALL OF YOUR RESPECT, PRIDE AND POWER AND PRACTICE, PRACTICE, PRACTICE. PRACTICE FOR THE NEXT 21 DAYS – WITH EVERY FEAR THAT COMES UP. IF YOU TAKE ON PRACTICE IN YOUR LIFE, ON A DAILY BASIS, IT WILL BE A STRETCH AT FIRST THEN IT WILL BECOME MORE AND MORE NATURAL. BEFORE YOU

KNOW IT YOU WILL FIND YOUR COURAGE SHOWING UP IN EVERY AREA OF YOUR LIFE. YOU ARE POWERFUL BEYOND BELIEF. STOP LETTING YOUR NEGATIVE SELF-TALK AND FEARS BASED ON THINGS FROM THE PAST LIMIT YOU. TAKE ON PRACTICING COURAGE AND WELCOME YOURSELF TO THE FREEDOM IT WILL GIVE YOU.

BONUS APPROACH

ANOTHER APPROACH I HAVE TO FEAR THAT WILL MAKE A DIFFERENCE WITH YOU IS TO SIMPLY GO THROUGH IT AND OBSERVE YOURSELF GOING THROUGH IT - ALMOST "ENJOYING" IT (NOT REALLY) VERSUS RESISTING GOING THROUGH IT. JUST ALLOW YOURSELF TO TASTE THE EXPERIENCE WHILE PACING YOURSELF. I DON'T MEAN REALLY ENJOYING IT - RIGOROUSLY SPEAKING I MEAN NOT SUFFERING THROUGH IT. (JUST LIKE TASTING A NEW FLAVOR. NOT LIKING IT OR DISLIKING IT BUT LEARNING IT, EVERY MOMENT OF IT). THE MORE YOU GO THROUGH IT, WHILE INTENTIONALLY LEARNING IT - KIND OF SCARY, KIND OF SAD, KIND OF WORRISOME, KIND OF DISCOURAGING - PIECE BY PIECE, BITE BY BITE, THE MORE IT BECOMES JUST SOMETHING TO EXPERIENCE, THE MORE YOU CAN APPRECIATE YOUR SELF IN LEARNING SOMETHING THAT YOU WERE GOING TO FOREVER USE TO SUFFERING STOICALLY THROUGH.

IF YOU DO THIS YOU CAN FLIP IT OVER UNTIL IT IS FULLY GONE. YOU CAN BE LEFT WITH A DEEP APPRECIATION FOR ALL OF US HUMANS LEARNING IN THIS DUALITY OF FEAR AND JOY WHILE RESISTING THE FEAR SO MUCH THAT WE MAKE IT BIGGER - UNBALANCING THE LINE OF PERFECTION, RIGHT IN THE MIDDLE. THIS IS WHAT SOME CALL ENLIGHTENMENT!!

I HAVE A DIFFERENT APPROACH TO FEAR THAN MOST. MOST PEOPLE ARE OUT TO BE POSITIVE ABOUT FEAR AND TELL THEMSELVES AND OTHERS THAT IT DOESN'T EXIST AND /OR THAT WE HAVE TO BE POSITIVE ABOUT IT. MY VIEW IS THAT FEAR IS VERY REAL AND VERY NATURAL. FROM MY PERSPECTIVE TO AVOID IT, RESIST IT, DRESS IT UP WITH "POSITIVE DRESSES" IS NOT WRONG, BUT IT NOT RIGHT EITHER. I THINK IT CREATES A LOSS OF POWER BECAUSE THE REALITY OF A HUMAN BEING IS BASED ON THE OPPOSITE EXTREMES. WE ARE ALWAYS TRYING AND VERY RARELY BEING IN COMPLETE BALANCE: NEGATIVE - POSITIVE, FEAR - EASE, COLD - HOT, UP - DOWN, SUCCESS - FAILURE, ETC. THUS, TO NOT INCLUDE ONE SIDE FULLY TAKES OUR POWER AWAY FROM BEING ABLE TO INCLUDE THE OTHER SIDE FULLY.

BEING AFRAID IS JUST A NATURAL AND SOME TIMES, AN APPROPRIATE FEELING AND A VALID EXPERIENCE. IF WE JUST EXPERIENCE IT, IT HAS A "CHALLENGING SIDE" THAT HAS US BE A REACTION TO THINGS AND BE STRESSED, ETC. BUT IT ALSO HAS US PAY VERY CLOSE ATTENTION AND MOVE FAST.

THE TRICK IS TO PRACTICE. YOU CAN LITERALLY PRACTICE WHENEVER YOU'D LIKE. YOU WANT TO PRACTICE BY FULLY CREATING YOURSELF AS SOMEONE WHO IS. USE YOUR FEAR VS. HAVING IT USE YOU.

FOR THE NEXT 21 DAYS KEEP PRACTICING OBSERVING AND MOVING THROUGH YOUR FEAR. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN EMBRACING FEAR AND USING IT TO MOVE FORWARD IN ANYTHING. SHARE EVERY MIRACLE WITH OTHERS, BE GRATEFUL AND CELEBRATE EVERY SUCCESS TO EXPAND IT EVEN MORE!!!! IF THE FEAR STOPS YOU THEN LOOK FOR WHERE YOU LET IT TAKE OVER VS. BEING WITH IT AND MASTERING IT AND KEEP MOVING FORWARD.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR HAVING LIFE COMPLETELY GO YOUR WAY? 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 PLAYING FULL OUT WITH JOY AND EASE!

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', with a stylized flourish at the end.

CAROLINA ARAMBURO