



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN OVERCOMING THE FEAR OF STARTING SOMETHING NEW!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN OVERCOMING THE FEAR OF STARTING SOMETHING NEW, 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 OVERCOMING THE FEAR OF STARTING SOMETHING NEW. 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.

THERE ARE SO MANY THINGS WE COULD START THAT ARE NEW AND DIFFERENT. OFTEN, NO MATTER HOW APPEALING IT MAY SOUND, A FEAR OF THE VERY NEWNESS OF WHATEVER WE MIGHT WANT TO START STOPS US. HERE IS MY COACHING ON OVERCOMING THE FEAR OF STARTING SOMETHING NEW:

- 1) MAKE A LIST OF SOME OF THE NEW THINGS YOU TOOK ON IN THE PAST. FOR EXAMPLE, YOU MAY HAVE STARTED A NEW JOB, A NEW RELATIONSHIP, A NEW SPORT, A NEW LOOK, OR SIMPLY A NEW WAY OF DOING SOMETHING.
- 2) NEXT TO EACH THING YOU WROTE FOR YOURSELF IN #1, WRITE HOW THE PROCESS WAS FOR YOU. FOR INSTANCE, IF YOU TOOK ON PLAYING TENNIS, YOU MAY HAVE BEEN HESITANT OR SCARED AT FIRST BECAUSE YOU DIDN'T WANT TO LOOK FOOLISH. THEN YOU TOOK A FEW LESSONS AND BOUGHT A BETTER RACKET. PERHAPS YOU WEREN'T VERY SKILLED AT FIRST - MAYBE EVEN DOWNRIGHT BAD AT IT. THEN YOU PRACTICED AND KEPT LEARNING. WEEK BY WEEK, YOU IMPROVED. YOU NEVER BECAME A PRO TENNIS PLAYER, BUT YOU DID LEARN TO PLAY WELL ENOUGH THAT YOU ARE NOW COMFORTABLE

CAROLINA ARAMBURO COACHING

RADICAL RESULTS COACHING



- PLAYING AND ENJOY IT. YOU EVEN WIN A GOOD AMOUNT OF THE TIME WHEN YOU PLAY WITH YOUR FRIENDS. WHETHER YOUR EXPERIENCE OF EACH THING WAS GOOD OR BAD, WRITE DOWN THE WHOLE PROCESS FOR YOURSELF.
- 3) THEN, WRITE DOWN ONE THING THAT YOU WOULD LIKE TO TAKE ON THAT IS NEW. WHY DO YOU WANT TO TAKE IT ON? DOES THE THOUGHT OF IT EXCITE YOU? IS THE POSSIBILITY OF WHAT YOU THINK IS AVAILABLE TO YOU FROM TAKING ON THIS NEW THING INSPIRING? HOW WOULD YOU FEEL ABOUT YOURSELF IF YOU BECOME A RAGING SUCCESS AT WHAT YOU TAKE ON? WRITE DOWN ALL THE REALLY POSITIVE THINGS THAT WOULD HAPPEN IF YOU WERE SUCCESSFUL AT THE NEW THING YOU WANT TO DO.
 - 4) LASTLY, WRITE NOW THE WORST-CASE SCENARIO OF YOU DOING THE NEW THING YOU WANT TO DO. WHAT IF YOU FAIL? WHAT IF YOU EMBARRASSED YOURSELF? WHAT IF PEOPLE MAKE FUN OF YOU? WHAT IF YOU LOSE SOMETHING YOU ALREADY HAVE IN THE PROCESS? WRITE DOWN ALL OF THE POSSIBLE NEGATIVE THINGS THAT COULD COME OUT OF YOU TRYING THIS NEW THING.

NOTICE WE MADE UP EVERYTHING IN #3 AND #4. IT COULD FRANKLY GO EITHER WAY. MORE THAN LIKELY (BASED ON ALL OF YOUR PAST EXPERIENCES WITH TRYING SOMETHING NEW - INCLUDING WALKING AND TALKING), IT WILL BE SOMEWHERE IN THE MIDDLE. SOME OF IT MAY BE COMPLETELY EXHILARATING AND SOME OF IT MAY BE A LITTLE SHAKY AND ROUGH FOR A SHORT TIME. THE BOTTOM LINE IS WE ARE SCARED TO DEATH OF THE UNKNOWN. UNFORTUNATELY, IF YOU NEVER RISK ANYTHING NEW THEN YOU ARE STUCK WITH SOMETHING MUCH SCARIER: STAYING STUCK WITH THE SAME OLD THINGS AND WAYS OF BEING AND ACTING FOREVER. NOW THAT IS REALLY SCARY!

AS CHILDREN, HAD WE BEEN FILLED WITH FEAR OF THE UNKNOWN, WE WOULD HAVE NEVER CRAWLED, STOOD UP OR WALKED. AS CHILDREN, WE WERE COMPLETELY UNFLINCHING ABOUT THE UNKNOWN. WE JUST CONTINUED TO MOVE FORWARD. IF WE FELL FOR A MOMENT, WE JUST GOT BACK UP AGAIN AND KEPT GOING. WE DIDN'T WORRY ABOUT LOOKING BAD OR REMAINING DOWN FOREVER. WE DIDN'T THINK THAT WE WOULD LOSE BEING ABLE TO SIT OR ROLL IF WE STARTED WALKING. EVERYTHING WAS AVAILABLE TO US FOR THE TAKING AND WE GRABBED IT. AS ADULTS, WE ARE COMPLETELY STOPPED BY THE FEAR OF WHAT MIGHT HAPPEN SO MUCH SO THAT WE MISS THE THRILL AND EXCITEMENT OF THE MOMENT. WE STOP PURSUING OUR DREAMS AND REFUSE TO CHANGE ANYTHING TO THE POINT THAT WE WON'T TAKE ANY RISKS. WE LIVE AS IF IT IS BETTER TO BE STUCK WITH THINGS, SITUATIONS AND WAYS OF BEING THAT WE DISLIKE OR ARE BORED WITH OR CAN BARELY TOLERATE, SIMPLY BECAUSE IT IS AT LEAST KNOWN TO US.



THE UNKNOWN IS THE ONLY PLACE WHERE SOMETHING NEW EXISTS. IT IS THE ONLY PLACE THAT CREATION SPRINGS FROM. IT IS EITHER A CONSTRAINED LIFE OF THE DAY-IN-DAY-OUT OF THE KNOWN OR GIVING YOURSELF PERMISSION TO LET GO OF YOUR FEARS AND JUMPING INTO THE EXCITEMENT OF THE UNKNOWN. YOU ARE AMAZINGLY POWERFUL. YOU LIVED THROUGH EVERY NEW THING YOU EVER DID. EVEN THE ONES THAT DIDN'T TURN OUT EXACTLY AS YOU MIGHT HAVE LIKED THEM TO DID TEACH YOU LESSONS AND YOU ARE STILL HERE TO TALK ABOUT THEM.

START SMALL IF YOU LIKE. TAKE ON TRYING SOMETHING NEW EACH DAY FOR THE NEXT 21 DAYS, NO MATTER HOW SMALL. SLEEP ON A DIFFERENT SIDE OF THE BED. SMILE DIFFERENTLY. SAY A WORD YOU NEVER SAY. PRACTICE EVERY DAY. ALL YOU NEED IS SOME EXPERIENCE AT TRYING ONE NEW THING. WHEN YOU HAVE A FEW WINS UNDER YOUR BELT, IT WILL BE TIME TO TRY OUT THAT THING YOU WROTE IN #3 THAT YOU WANT TO TAKE ON. GO FOR IT! JUMP IN.! WING IT! BECOME THAT KID THAT IS LEARNING TO WALK AGAIN.

OVERCOMING THE FEAR OF STARTING SOMETHING NEW, 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 OVERCOMING THE FEAR OF STARTING SOMETHING NEW. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE.

BY MASTERING OVERCOMING THE FEAR OF STARTING SOMETHING NEW THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN EXPERIENCING NEW THINGS IN THEIR LIVES ALSO!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR MASTERING OVERCOMING THE FEAR OF STARTING SOMETHING NEW? 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 SELF APPRECIATION AND LOVING YOURSELF!

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 Aramburo'. The signature is fluid and cursive, with a large initial 'C' and 'A'.

CAROLINA ARAMBURO