



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HAVE A RADICAL EVOLUTION IN HAVING AND SHOWING COMPASSION FOR YOURSELF AND OTHERS!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN HAVING AND SHOWING COMPASSION FOR YOURSELF AND OTHERS; 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 CREATE COMPASSION FOR YOURSELF AND OTHERS.

TO BEGIN LET'S LOOK AT THE MEANING OF COMPASSION. COMMON DEFINITIONS OF COMPASSIONS MAY INCLUDE PITY, SORROW OR SADNESS. COMPASSION FOR ME IS A BIT LIKE THE BUDDHIST SAY ... TAKE THE WORD COM-PASSION APART, 'COM' MEANING TOGETHER AND PASSION. WE COULD GET THE INTENDED MEANING OF THE WORD AS THE BEING 'TOGETHER' WITH THE OTHER PERSON SO 'PASSIONATELY' THAT YOU ARE ABLE TO FEEL WHAT THEY FEEL AND THINK LIKE THEY THINK.

IN MY VIEW COMPASSION, FROM THIS HIGHER MEANING, CAN BE WHEN WE ARE SO INTENTIONALLY ATTEMPTING TO BE ONE WITH THE OTHER PERSON, SO MUCH SO THAT WE START MERGING WITH THE OTHER PERSON. WE LITERALLY START EXPERIENCING LIFE THROUGH THEIR 'EYES', THUS WE SO UNDERSTAND THEM AND SO FEEL AS THEY DO THAT FEELING COMPLETE EMPATHY NATURALLY HAPPENS.

IN THIS STATE OF COMPASSION THERE IS AN ACCEPTANCE FOR OTHERS AND OURSELVES EXACTLY AS WE ALL ARE. THIS INCLUDES A STATE OF MIND WHERE JUDGMENT DOES NOT EXIST AND WE DO NOT EXPECT OTHERS OR OURSELVES TO BE ANY OTHER WAY.

THIS DOES NOT MEAN WE CANNOT HOLD A HOPEFUL VISION BUT WE DON'T USE THAT VISION AS A POINT OF COMPARISON TO REJECT PEOPLE OR OURSELVES FROM. IF WE LOOKED AT IT THIS WAY THEN WE CAN UNDERSTAND THE HUMAN EXPERIENCE WITHOUT EMOTIONAL REACTIONS SUCH AS PITY, SORROW OR SADNESS — NONE OF WHICH PROVIDE ANYTHING FOR US OR FOR OTHERS. IN THE STATE OF COMPASSION WE CAN STOP JUDGING AND TAKE ACTIONS THAT TRULY MAKE A DIFFERENCE.

THERE ARE SO MANY TEMPTATIONS TO CRITICIZE OR JUDGE YOURSELF AND/OR OTHERS. COMPASSION FOR YOUR OWN HUMANITY AND THAT OF OTHERS IS A GREAT WAY TO STOP THE JUDGMENT AND CRITICISM. HERE IS AN EXERCISE, TO START WITH IN YOUR JOURNAL OR NOTEBOOK, TO HELP YOU BEGIN THE JOURNEY OF CREATING COMPASSION FOR OTHERS AND YOURSELF:

1) MAKE A LIST OF THE KIND OF THINGS YOU JUDGE OTHERS FOR. YOU CAN PICK A



PARTICULAR INDIVIDUAL OR LOOK AT IT IN GENERAL. FOR EXAMPLE, YOU JUDGE OTHERS FOR BEING RUDE OR INCONSIDERATE OR LOUD OR ANNOYING.

2) NEXT TO EACH ITEM YOU ARE CRITICAL OF OTHERS ABOUT LIST HOW YOU DO THAT YOURSELF IN SOME WAY WITH SOME PEOPLE OR SOME CIRCUMSTANCES. FOR EXAMPLE IF YOU JUDGE PEOPLE WHO ARE RUDE FIND A SITUATION YOU ARE OR HAVE BEEN RUDE IN OR A PERSON YOU ARE RUDE WITH OR HAVE BEEN RUDE WITH IN THE PAST, LIKE THE PERSON IN THE GROCERY STORE LAST WEEKEND OR ONE OF THE STAFF PEOPLE AT WORK.

3) MAKE A LIST OF THINGS YOU LOVE IN OTHER PEOPLE. FOR EXAMPLE, YOU MAY LOVE THE WAY THAT SOMEONE YOU KNOW CAN BE PATIENT.

4) NEXT TO EACH ITEM YOU LOVE ABOUT OTHERS LIST A WAY THAT YOU DO THAT SAME THING OR HAVE THAT SAME QUALITY OR VALUE. FOR EXAMPLE, WHEN YOU ARE SPENDING TIME WITH A BABY YOU MAY SLOW DOWN AND BECOME REALLY PATIENT IN THAT MOMENT.

IF YOU DO A REALLY THOROUGH JOB ON THE EXERCISE YOU WILL SEE THAT THE VERY THINGS YOU DISLIKE, JUDGE AND CRITICIZE IN OTHERS ARE THINGS YOU ACTUALLY DISLIKE IN YOURSELF. YOU CAN ALSO SEE THAT YOU POSSESS THE SAME QUALITIES YOU LOVE IN OTHERS. THE WHOLE TRICK IN BEING COMPASSIONATE IS THAT IT STARTS WITH YOU. WE HAVE THE OPPORTUNITY, IN SEEING OURSELVES IN OTHERS TO PASSIONATELY COME 'TOGETHER' WITH THE OTHER PERSON AND BE ABLE TO FEEL WHAT THEY FEEL AND THINK LIKE THEY THINK.

HUMAN BEINGS ARE VERY SIMILAR; WE ALL HAVE COMMON CHARACTERISTICS, QUALITIES, AND CHARACTERISTICS. INSTEAD OF ALWAYS SEEING THE DIFFERENCES BETWEEN YOURSELF AND OTHERS, BEGIN TO RECOGNIZE WHAT YOU HAVE IN COMMON. AS HUMAN BEINGS WE NEED FOOD, AND SHELTER, AND LOVE. WE CRAVE ATTENTION, AND RECOGNITION, AND AFFECTION, AND ABOVE ALL, HAPPINESS. REFLECT ON THESE COMMONALITIES YOU HAVE WITH EVERY OTHER HUMAN BEINGS. THE FUNNY THING IS THAT WE THINK WE ARE ALL SO UNIQUE AND DIFFERENT, MEANWHILE WE SIMPLY MIRROR ONE ANOTHER.

IF YOU CAN BE COMPASSIONATE WITH OTHERS AFTER SEEING THAT THOSE THINGS YOU JUDGED IN THEM ARE THINGS YOU ALSO DO THEN IT IS JUST AS EASY TO BE COMPASSIONATE WITH YOURSELF AS YOU CAN SEE THAT THE THINGS YOU LOVE ABOUT OTHERS YOU ALSO HAVE. YOU WERE BORN IN A HUMAN BODY WITH HUMAN CHARACTERISTICS - ONES YOU CONSIDER GREAT AND ONES YOU CONSIDER NOT SO GREAT. WHAT IF THEY WERE ALL JUST CHARACTERISTICS VS. GOOD OR BAD ONES? WHAT IF IT IS ALL JUST HUMAN?

FOR THE NEXT 21 DAYS ALLOW YOURSELF TO CONTINUE TO DO THIS EXERCISE WITH EVERYONE YOU ENCOUNTER AND WITH YOURSELF. YOU CAN DO IT IN YOUR HEAD AS YOU ARE ENGAGED WITH THEM. YOU CAN BEGIN WITH THE SENTENCE, "JUST LIKE ME, THIS PERSON _____." THEN FILL IN THE BLANK FOR YOURSELF. FOR EXAMPLE, "JUST LIKE ME, THIS PERSON GETS ANGRY." THEN LOOK FOR THE LAST TIME YOU WERE ANGRY AND THEN WITHOUT CRITICIZING YOURSELF LET IT GO. THE POINT IS ONLY TO SEE THE SIMILARITIES.

EACH NIGHT WRITE IN YOUR NOTEBOOK OR JOURNAL WHAT YOU DISCOVERED FOR YOURSELF THAT DAY. FEEL FREE TO TAKE IT ANY DEEPER AS YOU SEE THINGS FOR YOURSELF. FOR EXAMPLE, YOU MAY FIND SOME THINGS TO INQUIRE ABOUT WHEN YOU REFLECT ON YOURSELF SUCH AS NOTICING THAT YOU GET ANGRY WHEN YOU ARE



ACTUALLY HURT. PERHAPS OTHERS WHO ARE ANGRY HAVE JUST BEEN HURT IN SOME WAY ALSO. ALLOW YOURSELF TO KEEP EXPLORING. MOST OF ALL ALLOW YOURSELF TO SEE YOUR OWN HUMANITY AND HAVE COMPASSION FOR YOU AND THEN FOR OTHERS.

NOTICE FOR YOURSELF IF YOU SPOT PITY INSTEAD OF COMPASSION. PITY CREATES DISTANCE. IT POSITIONS ONE PERSON AS SUPERIOR TO THE OTHER. COMPASSION RECOGNIZES THE SAMENESS BETWEEN ALL BEINGS (INCLUDING ANIMALS AND THE EARTH). COMPASSION CONNECTS WHEREAS PITY SEPARATES.

CONTRARY TO POPULAR BELIEF COMPASSION IS NOT SIMPLY A TRAIT WE ARE BORN WITH. COMPASSION CAN BE LEARNED THROUGH PRACTICE JUST LIKE YOGA, MEDITATION, A SPORT OR PLAYING THE PIANO. BY APPLYING CONSISTENT ATTENTION AND EFFORT TO COMPASSION, WE CAN NATURALLY CREATE A WORLD OF WORDS AND BEHAVIORS FOR OURSELVES THAT REFLECT THIS FORM OF LOVING KINDNESS IN EVERYTHING WE DO.

SCIENTIFIC STUDIES HAVE NOW PROVEN THAT COMPASSION IS A TRAINABLE SKILL NOT JUST A TRAIT, AND THAT PRACTICE CAN ACTUALLY ALTER THE WAY OUR BRAINS PERCEIVE OTHERS AND OURSELVES AND INCREASE OUR ACTIONS TO MATCH THAT PERCEPTION. IN THESE STUDIES, THE PARTICIPANTS WHO PRACTICED COMPASSION SHOWED AN ACTUAL INCREASE IN ACTIVATION IN THE INFERIOR PARIETAL CORTEX (A REGION OF THE BRAIN INVOLVED IN EMPATHY AND UNDERSTANDING OTHERS), IN THE DORSOLATERAL PREFRONTAL CORTEX (A REGION INVOLVED IN EMOTIONAL CONTROL), AND IN THE NUCLEUS ACCUMBENS (A REGION INVOLVED IN REWARDING EMOTIONS).

START TAKING ACTION TODAY TO STOP JUDGING AND CRITICIZING AND MAKING OTHERS AND YOURSELF WRONG. IF THERE ARE THINGS YOU PREFER TO ALTER ABOUT OTHERS OR YOURSELF THEN APPLY COMPASSION AND TAKE ACTIONS VS. INDULGING IN MAKING IT WRONG. WITH RESISTANCE ALWAYS COMES PERSISTENCE. ALLOW YOURSELF TO STOP RESISTING AND ALTER WHAT YOU CAN ALTER.

NOTICE ALSO WHAT BEGINS TO HAPPEN AROUND YOU AS YOU ALLOW YOURSELF TO BE PRESENT TO THE HUMANNESS IN YOU AND OTHERS AND BEGIN TO SHOW COMPASSION IN THESE 21 DAYS. AS YOU BEGIN TO RELATE TO YOURSELF, OTHERS AND SITUATIONS DIFFERENTLY PEOPLE WILL BEGIN TO RELATE TO YOU DIFFERENTLY AND THE REAL POWER WILL START TO SHOW UP IN YOUR LIFE.

THIS ALL TAKES SOME PRACTICE BUT IF YOU, FOR 21 DAYS, MAKE A HABIT OF SHOWING COMPASSION, YOU WILL HAVE REPROGRAMMED YOURSELF TO BE A MORE COMPASSIONATE PERSON. STRIVE EACH DAY TO BE THE COMPASSIONATE PERSON YOU WANT TO BE AND KEEP APPLYING COMPASSION TO DIFFERENT SITUATIONS. WITHIN 21 DAYS YOU CAN START EXPERIENCING LIFE THROUGH OTHER PEOPLE'S 'EYES', AND BE ABLE TO UNDERSTAND THEM AND SO FEEL AS THEY DO SO COMPLETE EMPATHY WILL BEGIN TO NATURALLY HAPPEN.

IF YOU FOCUS ON WHAT YOU WANT AND JUST LET THE REST BE YOU WILL FIND THAT WHAT YOU WANT WILL START SHOWING UP. COMPASSION IS JUST BEING WITH WHAT IS. COMPASSION IS A GIFT YOU GIVE TO YOURSELF THAT THEN KEEPS ON GIVING TO OTHERS. YOU DESERVE COMPASSION. START GIVING IT TO YOURSELF TODAY.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS WITH THIS EXERCISE, YOU WILL HAVE A RADICAL EVOLUTION IN SHOWING COMPASSION FOR YOURSELF AND OTHERS. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. GET OTHERS INTO THE GAME WITH YOU. BY BECOMING SOMEONE WHO IS LIVING A LIFE OF

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RADICAL RESULTS COACHING



COMPASSION, 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 TO HAVE A RADICAL EVOLUTION IN SHOWING COMPASSION FOR YOURSELF AND OTHERS? 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 HOW TO HAVE A RADICAL EVOLUTION IN HAVING THE COUAGE TO MAKE A DIFFERENCE!!!!

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,



CAROLINA ARAMBURO