



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

### **FOR A RADICAL BREAKTHROUGH IN SELF- APPRECIATION AND LOVING YOU!**

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FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN SELF-APPRECIATION AND LOVING YOU, 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 APPRECIATE AND LOVE YOU. 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.

SELF-APPRECIATION AND LOVING YOURSELF IS THE FIRST STEP TO LOVING ANYONE ELSE. HOWEVER, WE SPEND A LOT OF TIME WORKING ON LOVING AND APPRECIATING OTHERS AND NOT SO MUCH ON OURSELVES. HERE IS AN EXERCISE YOU CAN DO TO START YOU DOWN THE PATH OF SELF-APPRECIATION AND LOVING YOURSELF:

- 1) START BY MAKING A LIST OF AT LEAST 25 THINGS YOU LIKE ABOUT YOURSELF. DO NOT JUDGE WHAT YOU ARE WRITING. LOOK FOR BOTH BIG AND LITTLE THINGS.
- 2) NEXT TO EACH OF THE 25 ITEMS I WANT YOU TO EXPAND ON IT. ELABORATE TO MAKE IT SOMETHING YOU LOVE ABOUT YOURSELF. PRETEND YOU ARE SELLING IT TO SOMEONE WHO WILL BUY THE SALES PITCH FOR \$1M
- 3) MAKE A SEPARATE LIST ON ANOTHER SHEET OF PAPER AND LIST 25 THINGS YOU DISLIKE ABOUT YOURSELF.
- 4) GO BACK TO EACH ITEM AND FLIP IT TO THINGS THAT YOU LOVE ABOUT YOURSELF AND EXPAND ON IT. ELABORATE TO MAKE IT SOMETHING YOU LOVE ABOUT YOURSELF. PRETEND YOU ARE SELLING IT TO SOMEONE WHO WILL BUY THE SALES PITCH FOR \$1M



5) SIT IN FRONT OF A MIRROR AND SELL EACH OF THE 50 ITEMS TO YOURSELF (THE 25 FROM # 2 AND THE 25 FROM # 4). DO NOT STOP UNTIL YOU BUY IT. HAVE THE PERSON IN THE MIRROR REALLY SEE HOW AMAZING THAT THING THAT YOU LOVE ABOUT YOURSELF IS.

FOR THE NEXT WEEK NOTICE EACH OF THOSE THINGS ABOUT YOURSELF AS OFTEN AS POSSIBLE. LOVE THEM ALL ABOUT YOURSELF. NOTICE THEM WHEN YOU ARE GOING ABOUT YOUR DAY, MEDITATE ON THEM, POINT THEM OUT TO OTHERS. MAKE SURE YOU ARE ALWAYS SEEING THEM AS SOMETHING SOOOOOO INCREDIBLE THAT YOU CAN BARELY BELIEVE IT AND YOU WANT TO BUY THEM OVER AND OVER AGAIN. AFTER A WEEK OF WORKING WITH THESE FEEL FREE TO GRAB ANOTHER 50 ITEMS TO WORK WITH AND THEN TAKE ON ANOTHER 50 FOR THE NEXT WEEK. YOU CAN LOVE ANYTHING ABOUT YOURSELF – THE THINGS YOU LIKE AND THE THINGS YOU DON'T LIKE. IT IS BEYOND JUST ACCEPTING YOU – IT IS LEARNING TO LOVE YOU. WHEN YOU OPEN YOURSELF UP TO LOVE AND APPRECIATE YOURSELF THERE IS AN OPENING FOR ALL KINDS OF MAGIC TO HAPPEN.

APPRECIATING AND LOVING YOU, 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 APPRECIATING AND LOVING YOU. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE.

BY APPRECIATING AND LOVING YOU THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN APPRECIATING AND LOVING THEMSELVES! YOU CAN BE THE ONE TO START AN ENORMOUS LOVE FEST THAT WILL SPREAD AMONG THE PEOPLE IN YOUR LIFE AND KEEP EXPANDING!

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WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR APPRECIATING AND LOVING YOU? 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 HAVING A RADICAL BREAKTHROUGH IN TELLING PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH!



**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 stylized and cursive.

**CAROLINA ARAMBURO**