



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL EVOLUTION IN YOUR RESULTS WITH ALIGNMENT!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN YOUR RESULTS WITH ALIGNMENT; 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.

THERE ARE THREE LEVELS OF ALIGNMENT THAT WE WILL WORK WITH IN THIS TOOL:

- 1) **KEEPING THE PROMISES, AGREEMENTS AND RULES THAT YOU MAKE IN YOUR LIFE. YOU MAKE THESE WITH YOURSELF OR OTHERS, LIKE MARRIAGE VOWS, DIETARY AND EXERCISE COMMITMENTS AND AGREEMENTS FOR WHAT TIME YOU WILL ARRIVE AT WORK. THERE ARE MANY OTHERS THAT YOU CAN THINK OF IN YOUR LIFE OF THIS LEVEL.**
- 2) **CREATING ALIGNMENT WITH YOUR CORE VALUES AND PRINCIPLES. FOR EXAMPLE, A COMMITMENT TO KINDNESS TO ALL BEINGS OR NOT BEING JUDGMENTAL.**
- 3) **SOUL ALIGNMENT: HONORING THE THINGS THAT NURTURE OUR SOUL AND FULFILL ON OUR LIFE'S PURPOSE. THESE MAY INCLUDE THINGS LIKE CHARITABLE WORK, BEING OF SERVICE, OR SEEING THE BEAUTY AND WONDER IN EVERYTHING. THIS COULD ALSO INCLUDE MINDFULLY CREATING GRATITUDE.**

TO DO THIS EXERCISE, PLEASE USE A NOTEBOOK, NOTEPAD, OR A NOTE APPLICATION ON YOUR PHONE. YOU WILL WANT TO HAVE SOMETHING YOU CAN CARRY WITH YOU ANYWHERE YOU GO AND IS EASY FOR YOU TO USE, SO THAT YOU CAN TRACK YOUR PROGRESS. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

- 1) **GET A NEW PAGE. CREATE 5 COLUMNS ON YOUR PAGE. IN THE FIRST COLUMN, MAKE A LIST OF ALL OF YOUR ALIGNMENTS. THESE SHOULD INCLUDE YOUR PROMISES, CORE VALUES/PRINCIPLES AND SOUL ALIGNMENTS. MAKE SURE TO LIST ALIGNMENTS FROM ALL 3 OF THE LEVELS AS OUTLINED ABOVE. FOR EXAMPLE, LEVEL 1: I HAVE PROMISED TO BE FAITHFUL IN MY MARRIAGE, I PROMISED TO DRIVE THE SPEED LIMIT WHEN I GOT MY DRIVERS LICENSE, I HAVE AN AGREEMENT TO BE WORKING FROM 9 – 5. LEVEL 2: I AM COMMITTED TO WORLD PEACE AND I AM AN ANIMAL LOVER. LEVEL 3: I AM HERE TO FULFILL ON MY**

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RADICAL RESULTS COACHING



LIFE'S PURPOSE

- 2) IN COLUMN 2, WRITE DOWN, NEXT TO ALL OF YOUR ALIGNMENTS IN COLUMN 1, ACTIONS YOU TAKE THAT ARE INCONSISTENT WITH THAT VALUE OR ALIGNMENT YOU WROTE IN COLUMN 1. THIS IS A PLACE FOR YOU TO BE RIGOROUSLY HONEST WITH YOURSELF IF YOU INTEND TO GET THE MOST OUT OF THIS EXERCISE. FOR EXAMPLE:
 - A. LEVEL 1 ALIGNMENT: I DON'T PAY MY BILLS ON TIME, I LIE AND CALL IT WHITE LIES, I DO THINGS 1/2 WAY AND EXPECT AMAZING RESULTS, I SPEED IN MY CAR, I PAY THE LEAST AMOUNT OF TAXES THAT I CAN EVEN IF I NEED TO HIDE A FEW THINGS, I PRETEND TO DO WORK WHILE BROWSING THROUGH THE WEB, I PRETEND TO LISTEN TO CLIENTS WHEN I AM COUNTING THE MINUTES TO THE END OF THE SESSION, I DON'T FOLLOW THROUGH WITH MY DIET AND EXERCISE.
 - B. LEVEL 2 ALIGNMENT: I SAY I AM COMMITTED TO THE PROTECTION OF ANIMALS AND THEN I EAT ANIMALS, I AM FOR WORLD PEACE AND I WANT TO KILL MY BROTHER AND SPEAK ILL ABOUT PEOPLE AND/OR HURT THEIR FEELINGS, I SAY INTEGRITY MATTERS TO ME AND I OPERATE WITHOUT ANY, I DON'T LIKE TO BE JUDGED AND I JUDGE PEOPLE CONSTANTLY, I GOSSIP AND I PRETEND THAT I DON'T, I SAY I AM COMMITTED TO BEING STRAIGHT WITH PEOPLE BUT I DON'T USE STRAIGHT COMMUNICATION, I MAKE SURE TO PLEASE THEM INSTEAD.
 - C. LEVEL 3 ALIGNMENT: I SAY I AM HERE TO FULFILL ON MY LIFE'S PURPOSE AND 2/3 OF MY DAY IS SPENT BEING THE MOST COMFORTABLE THAT I CAN WITH WHAT I HAVE TO DO, 1/3 OF MY DAY I MAY BE PUSHING MY SELF TO THE LIMIT FOR SERVING OTHERS, BUT THE OTHER 2/3 IS ABOUT AVOIDING DISCOMFORT.
- 3) IN COLUMN 3, WRITE DOWN WHY YOU TOOK ACTIONS THAT DID NOT MATCH YOUR ALIGNMENT. LOOK FOR WHERE YOU "SELL OUT" ON YOUR ALIGNMENTS IN ORDER TO STAY COMFORTABLE, OR BECAUSE IT SEEMS EASIER OR IT IS WHAT EVERYONE ELSE IS DOING.
- 4) IN COLUMN 4, WRITE DOWN WHAT YOU LOST BY OPERATING IN MISALIGNMENT. NOTICE THAT EACH TIME YOU GIVE UP ON YOUR ALIGNMENTS YOU KEEP CHIPPING AWAY AT THE THINGS THAT "REALLY" MATTER TO YOU. IT BECOMES EASIER AND MORE OF A PATTERN TO DO LESS, NOT TRY AS HARD, OR SETTLE FOR WHAT IS OK RATHER THAN WHAT YOU TRULY ARE ALIGNED WITH.
- 5) IN COLUMN 5, WRITE DOWN WHAT YOU WOULD DO TO REGAIN ALIGNMENT. PERHAPS THERE IS A CONVERSATION TO HAVE TO REGAIN THE TRUST OF SOMEONE YOU LIED TO, OR YOU NEED TO REMAKE A COMMITMENT TO OBEY TRAFFIC LAWS AND THEN DO SO, OR YOU COULD CREATE A SYSTEM FOR YOUR DAILY WORK THAT ALLOWS AND PULLS YOU TO GET THE MOST OUR OF EVERY MINUTE.

WHEN WE TAKE ACTIONS THAT ARE IN CONFLICT WITH OUR PROMISES, CORE VALUES OR SOUL ALIGNMENTS, THIS CREATES AN EVER WIDENING GAP BETWEEN WHAT WE KNOW IS RIGHT, WHAT HONORS US, AND THE ACTIONS WE ARE TAKING.



FOR THE FIRST WEEK, NOTICE AS YOU GO THROUGH THE DAY WHERE YOU TAKE ACTIONS OR SAY THINGS THAT ARE NOT IN ALIGNMENT WITH YOUR PROMISES, CORE VALUES OR SOUL ALIGNMENTS. FOR EXAMPLE, IF I ASK EVERYONE TO HONOR PEOPLE AND I'M SAYING THINGS THAT HURT PEOPLE, I AM MISALIGNED WITH MY CORE VALUE OF KINDNESS. WHEN I OBSERVE A FRIEND THAT IS HURTING AND DO NOT ASK THEM HOW THEY ARE DOING, THEN I AM OUT OF ALIGNMENT WITH MY VALUE OF BEING A CONTRIBUTION.

EVERY TIME YOU NOTICE AN ACTION OUT OF ALIGNMENT, TAKE A MOMENT TO JOT IT DOWN IN YOUR NOTEBOOK. EACH EVENING, LOOK OVER WHAT YOU WROTE DOWN, AND FILL OUT THE ALL THE OTHER COLUMNS. USE THE LIST IN COLUMN 5 TO DESIGN ACTIONS TO REGAIN YOUR ALIGNMENT.

IN THE SECOND AND THIRD WEEKS, AS YOU NOTICE WHERE YOU TAKE ACTIONS AND SAY THINGS THAT ARE OUT OF ALIGNMENT, TAKE ANOTHER ACTION TO REGAIN YOUR ALIGNMENT. THE BIG BENEFIT IS IN REGAINING THE ALIGNMENT WITH YOURSELF AND OTHERS, AND THE IMPACT THAT WILL HAVE ON YOURSELF AND THOSE AROUND YOU!! MAKE SURE YOU WRITE IT DOWN IN YOUR NOTEBOOK, AND CONTINUE TO DO THE WORK EACH NIGHT IN ALL OF THE COLUMNS.

BONUS ASSIGNMENT: IMPLEMENT ALL OF YOUR COLUMN 5 ACTIONS EVERY DAY FOR 21 DAYS.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL EVOLUTION IN YOUR RESULTS WITH ALIGNMENT. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BY BECOMING SOMEONE WHO LIVES YOUR LIFE IN ALIGNMENT, 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 ALIGN YOUR ACTIONS IN YOUR LIFE WITH WHAT IS RIGHT FOR 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.

LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HOW TO HAVE A RADICAL EVOLUTION IN BEING COURAGEOUS!!!

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