



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL EVOLUTION IN MAKING A DIFFERENCE!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN MAKING A DIFFERENCE; 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.

MOST PEOPLE WANT TO MAKE A DIFFERENCE. IT IS VERY RARE THAT IF YOU ASKED SOMEONE IF THEY WANT TO MAKE A DIFFERENCE THAT THEY WOULD SAY NO. HOWEVER WANTING TO MAKE A DIFFERENCE AND MAKING A DIFFERENCE ARE TWO DIFFERENT THINGS. THERE ARE TWO MAIN THINGS THAT I FIND HAS PEOPLE STOPPED IN MAKING A DIFFERENCE: 1) THEY DO NOT KNOW HOW TO MAKE A DIFFERENCE 2) EVEN IF THEY KNOW HOW THEY MAY NOT HAVE THE COURAGE TO MAKE THAT DIFFERENCE.

IN THIS MONTH'S COACHING TOOL WE ARE GOING TO GIVE YOU SOME COACHING ON BOTH OF THOSE REASONS THAT YOU MAY HAVE GOTTEN STOPPED SO THAT YOU CAN MAKE THE DIFFERENCE I KNOW YOU REALLY WANT TO MAKE.

FIRST LET'S ADDRESS HOW TO MAKE A DIFFERENCE. IN THIS COACHING TOOL WE ARE GIVING YOU A SPECIFIC EXAMPLE OF HOW TO MAKE A DIFFERENCE, BUT THERE ARE A ZILLION WAYS TO MAKE A DIFFERENCE, SO PLEASE DON'T GET STUCK ON THE EXAMPLE. INSTEAD APPLY THE STEPS TO THE SPECIFIC WAY OF HOW YOU WISH TO MAKE A DIFFERENCE. HERE ARE THE STEPS:

STEP 1: GET CLEAR ABOUT HOW YOU WISH TO MAKE A DIFFERENCE.

STEP 2: VISUALIZE IT.

STEP 3: START TAKING DAILY STEPS, LITERALLY EVEN THE SMALLEST.

FIRST GET CLEAR ABOUT YOUR CONVICTIONS AND HOW YOU WISH TO MAKE A DIFFERENCE. WHAT ARE YOU COMMITTED TO? LOOK TO SEE WHAT REALLY MOVES YOU AND WHERE YOU WOULD LOVE TO SEE A DIFFERENCE MADE ON THE PLANET. LET YOURSELF THINK FREELY – DO NOT ALLOW ANY THOUGHTS NEGATE WHAT YOU REALLY WANT (LIKE THINKING IT IS IMPOSSIBLE, OR BEING WORRIED ABOUT HOW IT IS GOING TO HAPPEN).

LET'S SAY FOR THE PURPOSES OF THIS EXAMPLE THAT YOU FIND THAT YOU ARE REALLY COMMITTED TO WORLD PEACE – IT CALLS TO YOU TO DO SOMETHING TO CREATE THAT AND YOU ARE VERY PASSIONATE ABOUT IT.



NOW VISUALIZE IT. WHAT EXACTLY IS THE OUTCOME YOU CAN ENVISION? HOW DOES THAT MOVE YOU? FOR EXAMPLE: YOU ARE COMMITTED TO WORLD PEACE. YOU CAN SEE A MOMENT IN TIME WHERE THERE IS NO WAR ON THE PLANET – PEOPLE CAN COEXIST, WITH ALL OF THEIR DIFFERENCES AND MEN, WOMEN, CHILDREN AND ANIMALS DO NOT HAVE TO DIE ANY MORE BECAUSE OF THEIR DIFFERENCES. WRITE IT ALL OUT IN YOUR NOTEBOOK OR JOURNAL UNTIL YOU HAVE IT CLEARLY DEFINED AND YOU CAN ACTUALLY VISUALIZE IT COMPLETELY.

NOW LOOK AROUND TO SEE WHERE YOU CAN START. THIS IS WHERE YOU BEGIN TO TAKES STEPS EVERYDAY ... EVEN IF IT IS IN THE SMALLEST STEPS. WHERE IS SOMEPLACE IN YOUR LIFE WHERE YOU CAN BRING THAT DIFFERENCE, IN ANY WAY, TO YOUR LIFE?

FOR EXAMPLE, IF YOUR VISION IS FOR WORLD PEACE, YOU CAN TRICKLE THAT DOWN TO YOUR OWN FAMILY AND SEE PEACE WITHIN YOUR OWN FAMILY – YOUR BROTHERS, SISTERS, MOTHER, FATHER, AUNTS AND UNCLES NO LONGER BICKER WITH ONE ANOTHER OR STOP TALKING TO ONE ANOTHER OR GOSSIPING ABOUT ONE ANOTHER.

IMAGINE LOVE IS PRESENT IN YOUR FAMILY EVEN THOUGH YOU ARE ALL UNIQUE HUMANS BEINGS WITH DIFFERENT VALUES AND PERSPECTIVES AND PASSIONS. THINKING ABOUT IT, IMAGINE HOW THAT WOULD BE ... GET THAT VISION REALLY CLEAR FOR YOU UNTIL YOU CAN FIND THE SPOT IN YOU THAT IS MOVED BY THAT HAPPENING. MAKE NOTES IN YOUR NOTEBOOK OR JOURNAL ABOUT HOW IT WOULD LOOK AND FEEL AND WHAT WOULD BE HAPPENING TO DEMONSTRATE THAT.

NEXT IS WHERE THE COURAGE TO MAKE A DIFFERENCE COMES IN. THE OXFORD DICTIONARY DEFINES HAVING THE COURAGE OF ONE’S CONVICTIONS AS: ACTING ON ONE’S BELIEFS DESPITE OF DANGER OR DISAPPROVAL. COURAGE COMES FROM THE FRENCH WORD COEUR, MEANING HEART.

COURAGE ALSO COULD BE DESCRIBED AS SOMEONE MAKING THE GOAL MORE IMPORTANT THAN THE FEAR OF ACHIEVING THE GOAL. THUS, IT DOESN’T MEAN THAT YOU NEED TO FEEL NO FEAR OR GET RID OF THE FEAR, BUT ACTUALLY BEING WILLING TO CREATE YOUR GOAL AS SO MUCH MORE IMPORTANT THAN THE FEAR THAT YOU ARE WILLING TO ACT DESPITE OF THE FEAR. BEING COURAGEOUS IS ACTING DESPITE OF THE FEAR NOT WITHOUT IT.

I SUGGEST AND RECOMMEND HAVING CONVERSATIONS AND JOURNALING ABOUT HOW IMPORTANT THE GOAL IS (IN OUR EXAMPLE THE GOAL WOULD BE WORLD PEACE ON A BIG SCALE AND THE PEACE IN YOUR FAMILY AS A BEGINNING POINT) UNTIL THE GOAL IS WAY BIGGER, WAY MORE POWERFUL, WAY MORE URGENT, THAN THE FEAR OF WHAT YOU WILL NEED TO DO, IN SUCH A WAY THAT IT CAN LEAVE THE FEAR AS INSIGNIFICANT (ALTHOUGH NOT INEXISTENT).

COURAGE IS A QUALITY OF CHARACTER THAT ALLOWS SOMEONE TO CARRY THROUGH WITH A DIFFICULT PREMEDITATED PLAN OF ACTION - IT IS A STATE OF MIND DRIVEN BY A CAUSE THAT MAKES THE STRUGGLE ALL WORTH IT. COURAGE IS AN EXPERIENCE THAT YOU CREATE – IT WON’T JUST COME TO YOU LIKE MANNA FROM HEAVEN. HOW DO YOU CREATE THE COURAGE TO MAKE A DIFFERENCE? HERE IS SOME OF MY COACHING ON COURAGE:

LOOKING BACK ON OUR EXAMPLE OF CREATING WORLD PEACE BY STARTING WITH THE VISION OF CREATING PEACE IN YOUR FAMILY, ASK YOURSELF IF THAT WORLD THAT YOU ENVISIONED IN YOUR FAMILY IS WORTH YOU GIVING UP YOUR FEAR (THE FEAR OF DISAPPROVAL MOSTLY SINCE MOST OF US ARE NOT IN ANY DIRECT DANGER WITH OUR



FAMILY). ASK YOURSELF: IF I WAS THE ONLY ONE WHO COULD MAKE THAT DIFFERENCE WOULD I? PICTURE YOU BEING THE ONE TO TAKE STEPS THAT WOULD ALTER THAT SITUATION FOREVER, LEAVE A LEGACY FOR ALL FUTURE GENERATIONS.

YOU COULD START MAKING A DIFFERENCE WITH THE BIG PICTURE OF WORLD PEACE OR START WITH THE PICTURE THAT IS IN YOUR DIRECT CONTROL – IN THIS CASE YOUR FAMILY IS YOUR ACCESS TO BEGINNING TO CREATE WORLD PEACE. REMEMBER YOU DO NOT HAVE TO DO IT ALONE. YOU JUST NEED TO INSTIGATE IT, SHARE IT WITH OTHERS AND KEEP THE COURAGE TO KEEP HOLDING TO YOUR VISION AND SHARING REGARDLESS OF WHAT ANYONE ELSE THINKS.

USE YOUR NOTEBOOK OR JOURNAL TO MAKE A LIST OF ACTIONS YOU CAN TAKE AND THE PEOPLE YOU CAN BEGIN SHARING IT WITH. BY EACH ACTION ON YOUR LIST WRITE DOWN WHAT COULD GO WRONG. ASK YOURSELF IF YOUR VISION IS WORTH GETTING THROUGH THAT THING THAT COULD GO WRONG. FOR EXAMPLE: YOU START WORKING ON WORLD PEACE BY CREATING LOVE AND PEACE IN YOUR FAMILY. YOU CAN SEE THAT WHAT COULD GO WRONG IS THAT WHEN YOU GO TO TALK TO YOUR MOTHER ABOUT HER SISTER (WHO SHE HASN'T TALKED TO IN 10 YEARS ... SO THAT WHOLE SIDE OF THE FAMILY IS SEPARATED FROM THE REST OF THE FAMILY) SHE REACTS BY GETTING REALLY UPSET WITH YOU AND THINKS YOU ARE AGAINST HER.

IS IT WORTH WORKING THROUGH THAT WITH YOUR MOTHER? WHAT CONVERSATION COULD YOU HAVE WITH YOUR MOTHER NOW IF YOU HOLD ONTO YOUR VISION OF PEACE AND LOVE BEING TOTALLY PRESENT IN YOUR FAMILY? YOU COULD REALLY LISTEN TO YOUR MOTHER – REALLY JUST HEAR WHAT SHE HAS TO SAY VS. MAKING HER WRONG FOR HER VIEW AND JUDGING HER. GET OVER IN HER SHOES. YOU COULD TELL HER ABOUT YOUR VISION – ELABORATE ON THE EXPERIENCE OF LOVE AND PEACE AND HER BEING ABLE TO BE AROUND HER SISTER'S CHILDREN AND YOU AND YOUR BROTHERS AND SISTERS BEING ABLE TO BE CONNECTED WITH YOUR COUSINS.

YOU COULD LET YOUR MOM KNOW HOW MUCH YOU LOVE HER AND THAT THIS IS THE ONLY REASON YOU HAVE GATHERED THE COURAGE TO TALK WITH HER ABOUT THIS. THERE ARE A MILLION + 1 CONVERSATIONS YOU COULD HAVE WITH YOUR MOM – ALL WITH LOVE AND PEACE AND HOLDING ONTO YOUR VISION. SHARE THIS WITH YOUR COUSINS OR YOUR OTHER BROTHERS AND SISTERS. FIND PARTNERS IN THE GAME SO YOU HAVE OTHERS TO INSPIRE YOU TO HOLD ONTO YOUR VISION AND YOUR COURAGE.

NOW GET IN ACTION AND START TAKING DAILY STEPS. HOLD ONTO YOUR VISION. GRAB YOUR COURAGE AND GO. HAVE THE FIRST CONVERSATION YOU NEED TO HAVE. FOR THE NEXT 21 DAYS KEEP COMING FROM YOUR VISION AND ADJUST YOUR CONVERSATIONS ALONG THE WAY. EVEN IF YOU FACE INTO ABSOLUTELY NO COLLABORATION OR UNDERSTANDING FROM THE PEOPLE YOU TALK TO KEEP REVISITING YOUR VISION AS YOUR STRENGTH TO KEEP GOING. MAKE NOTES TO YOURSELF IN YOUR JOURNAL OR NOTEBOOK ALONG THE WAY. THERE WILL BE THAT FIRST PERSON THAT AGREES WITH YOU AND THEN YOU HAVE A PARTNER AND A DIFFERENCE GETS TO CONTINUE TO BE MADE AND IT EXPANDS!

ANOTHER EXAMPLE COULD BE THAT YOU WISH FOR A CLEAN PLANET, WITH NO LITTERING. A SIMPLE DAILY STEP IS TO CARRY GLOVES AND A BAG, SO WHEREVER YOU GO DAILY YOU CAN AT LEAST PICK UP 1 PIECE OF GARBAGE. IF YOU FEEL ANY FEAR THEN GET CLEAR ON YOUR VISION AND ASK YOURSELF IF IT IS WORTH IT TO CREATE THE COURAGE, FROM YOUR HEART, TO HAVE EVERYWHERE YOU GO BE CLEANER AND TO INSPIRE OTHERS TO DO THE SAME JUST BECAUSE YOU WERE WILLING TO GO PLACES WITH YOUR GLOVES AND YOUR BAG.



I HAVE A FRIEND WHO DOES EXACTLY THAT. PEOPLE AROUND HIM GET INSPIRED AND TAKE SIMILAR ACTIONS TO HIS ACTIONS WHEN HE IS AROUND AND EVEN CONTINUE WHEN HE HAS GONE. MANY PEOPLE ARE NOW DOING THEIR PART BECAUSE HE WAS COURAGEOUS ENOUGH TO START IT. SO YOU CAN TOTALLY ASSERT THAT HE IS EFFECTIVELY MAKING A DIFFERENCE IN THE WAY HE IS COMMITTED TO.

TAKE ACTIONS TODAY – START SMALL OR BIG. IF YOU NEED TO WORK YOUR WAY UP IT IS OK BECAUSE YOU CAN MAKE A DIFFERENCE ALL THE WAY ALONG THE PATH. THERE IS NO SMALL DIFFERENCE – JUST A DIFFERENCE. YOUR ACTION IS THE BEGINNING OF YOUR VISION AND COURAGE RUBBING OFF ON EVERYONE AROUND YOU.

FOR THE NEXT 21 DAYS TAKE ACTIONS THAT WILL BRING THE DIFFERENCE YOU WANT TO MAKE IN THE WORLD TO YOUR OWN LIFE. IF YOU ACCOMPLISH THE FIRST THING YOU DECIDE TO WORK ON IN YOUR LIFE BIG OR SMALL THEN FIND ANOTHER THING YOU CAN

DO TO TAKE IT UP A NOTCH. EACH NIGHT WRITE IN YOUR NOTEBOOK OR JOURNAL WHAT YOU DISCOVERED FOR YOURSELF THAT DAY.

NOTICE ALSO WHAT BEGINS TO HAPPEN AROUND YOU AS YOU ALLOW YOURSELF TO FOLLOW THE STEPS TO MAKE A DIFFERENCE 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.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS WITH THIS EXERCISE, YOU WILL HAVE A RADICAL EVOLUTION IN MAKING A DIFFERENCE. 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 MAKING A DIFFERENCE, YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF TOO!

THANK YOU FOR BEING A DIFFERENCE MAKER – THE WORLD EXPANDS WITH EVERY ACTION YOU TAKE AND EVERY DIFFERENCE YOU MAKE!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO MAKE A DIFFERENCE? 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 BREAKTHROUGH ANY FORM OF SHYNESS OR REPRESSION!!!!

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)!!

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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 Aramburo'. The signature is stylized and cursive.

CAROLINA ARAMBURO