



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN TELLING PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN TELLING PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH, 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 BE ABLE TO TELL PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINELY 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.

SO OFTEN IN LIFE WE HAVE THINGS WE WANT TO SAY TO PEOPLE BUT WE BACK OFF BECAUSE WE ARE AFRAID THAT PEOPLE WILL EITHER DISLIKE OR DISAGREE WITH WHAT WE HAVE TO SAY. HERE ARE A FEW WAYS THAT YOU CAN BREAK THROUGH THAT FEAR AND SPEAK YOUR TRUTH:

1. AT THE TOP OF THE PAGE, WRITE DOWN THE THING THAT YOU ARE AFRAID TO TELL SOMEONE. MAKE A LIST DOWN THE FIRST COLUMN OF ALL THE WORST THINGS THAT COULD HAPPEN IF YOU TELL SOMEONE THAT THING THAT YOU ARE AFRAID THEY WILL DISAGREE WITH OR DISLIKE. FOR EXAMPLE, I COULD WRITE AT THE TOP OF THE PAGE: I WILL TELL MY MOTHER, WHO IS VERY CHRISTIAN, THAT I AM A BUDDHIST. DOWN THE LEFT COLUMN I WILL BEGIN A LIST WITH: SHE WILL START CRYING HYSTERICALLY.
2. RIGHT NEXT TO EACH WORST THING WRITE WHAT WOULD HAPPEN THEN. FOR EXAMPLE: SHE WILL CRY FOR AN HOUR AND NOT LET ME CONSOLE HER.



3. **KEEP ADDING COLUMNS AND ANSWERING THE QUESTION, "WHAT WOULD HAPPEN NEXT?", UNTIL YOU HAVE PLAYED OUT THE WHOLE SCENARIO AS FAR AS IT COULD GO. FOR EXAMPLE: SHE WILL, WHILE STILL SOBBING, TELL ME SHE IS WORRIED FOR MY FUTURE.**
4. **ON ANOTHER SHEET OF PAPER MAKE A LIST OF ALL THE MOST INCREDIBLY POSITIVE THINGS THAT COULD HAPPEN IF THEY DIDN'T DISLIKE OR DISAGREE WITH THE THING YOU HAVE TO SAY TO THEM. FOR EXAMPLE, I WILL WRITE AT THE TOP OF THE PAGE: I WILL TELL MY MOTHER, WHO IS VERY CHRISTIAN, THAT I AM A BUDDHIST. DOWN THE LEFT COLUMN I WILL BEGIN A LIST WITH: SHE WILL JUMP FROM HER CHAIR AND HUG ME AND TELL ME SHE IS SO HAPPY FOR ME.**
5. **RIGHT NEXT TO EACH INCREDIBLE THING WRITE WHAT WOULD HAPPEN NEXT. FOR EXAMPLE: SHE WILL ASK ME WHEN I AM INVITING MY BUDDHIST FRIENDS OVER SO SHE CAN MEET THEM.**

AFTER YOU HAVE PAINTED OUT EACH SCENARIO AS FAR AS YOU CAN, LOOK AT BOTH LISTS. WHAT IF NEITHER LISTS WERE THE TRUTH? WHAT IF ONE WAS THE TRUTH? WHAT IF A COMBO WAS THE TRUTH? IF YOU KEPT PLAYING THE SCENARIOS OUT, YOU HAVE WHAT MIGHT HAPPEN AND WHAT OUTCOME IT MIGHT HAVE.

IN THE WORST-CASE SCENARIO YOU ARE STILL HERE READING THIS. IN THE BEST-CASE SCENARIO YOU ARE STILL HERE READING THIS. THE GOOD NEWS IS YOU HAVE ALREADY LIVED THROUGH IT. OLYMPIC ATHLETES ENACT THEIR PERFORMANCE OVER AND OVER AGAIN IN THEIR HEADS BEFORE THEY PERFORM LIVE. THEY WORK OUT THE SCENARIOS AND CREATE PERFECTION.

PICK OUT THE BEST-CASE SCENARIO THAT YOU LIKE THE MOST AND TAKE ON THE EXPERIENCE YOU GET FROM THAT. CREATE THAT EXPERIENCE AND HOW YOU ARE DURING THAT EXPERIENCE (YOU COULD BE HAPPY, EXCITED, PROUD, ETC.) AND THEN GO HAVE THAT TALK IF IT IS IMPORTANT TO YOU TO STILL HAVE THE TALK. BOTTOM LINE IS FOR YOU TO SPEAK STRAIGHT AND TAKE WHAT YOU GET. NO MATTER WHAT THE OUTCOME, YOU WILL BE FREED UP BY BEING ABLE TO FACE THE WORST-CASE SCENARIO AND STILL SAY WHAT YOU NEEDED TO SAY.

TELLING PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH, LIKE ANYTHING, CAN BE CREATED AS A NEW KIND OF PATTERN THAT WILL SERVE YOU. BEING TRUTHFUL TO YOUR HIGHER-SELF IS THE BEGINNING OF REAL WELLNESS. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN BEING ABLE TO TELL PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH. SHARE



WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BY BEING ABLE TO TELL PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR TELLING PEOPLE THINGS YOU THINK THEY WILL DISLIKE OR DISAGREE WITH? 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 HOW TO IMPROVE YOUR PERFORMANCE!

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".

CAROLINA ARAMBURO