



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

### **HOW TO HAVE A RADICAL EVOLUTION IN NOT BEING STOPPED BY SHYNESS!!**

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FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN NOT BEING STOPPED BY SHYNESS; 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.

THERE MAY BE SITUATIONS OR MOMENTS WHERE YOU REALLY WANT TO EXPRESS YOURSELF AND BY THE END OF THAT MOMENT PASSING BY YOU REGRETFULLY NOTICE THAT YOU WERE NOT ABLE TO SAY AND DO ALL THAT YOU WISH YOU COULD HAVE SAID AND DONE.

PERHAPS IT IS WITH SOMEONE YOU LIKE ROMANTICALLY AND YOU CAN'T FULLY EXPRESS YOURSELF WITH HIM/HER. PERHAPS IT IS WITH YOUR PARENTS, FRIENDS, OR CO-WORKERS, YOUR BOSS, BUSINESS PARTNERS OR IN A MEETING THAT YOU FEEL LIMITED OR UNABLE TO COMMUNICATE EVERYTHING FULLY THAT YOU WISH TO COMMUNICATE.

DID YOU EVER HOLD BACK? KEEP YOURSELF SILENT? MAYBE ONLY SAY 1/2 OF WHAT YOU PLANNED ON SAYING? OR DID YOU FEEL SHY WHEN YOU WANT TO SAY SOMETHING IMPORTANT? WELL THERE ARE WAYS TO BREAK PAST IT AND HERE WE WILL GIVE YOU A PLACE TO START:

#### **1) LET'S FIRST LOOK AT: WHAT IS SHYNESS ABOUT?**

PLEASE WRITE IN YOUR NOTEBOOK OR JOURNAL, EVERYTHING THAT COMES UP FOR YOU ABOUT THE REASONS THAT YOU HAVE FELT SHY IN VARIOUS SITUATIONS OR WITH VARIOUS PEOPLE IN THE RECENT OR NOT RECENT PAST.

THERE IS SOMETHING YOU SAY TO YOURSELF THAT HAS HAD YOU STAY IN SILENCE OR SAY LESS vs. BEING FULLY EXPRESSED. IT SOUNDS LIKE: "THAT WILL MAKE ME LOOK SILLY" OR "AFTER I SAY THAT THEY WILL DISLIKE ME, HATE ME, STOP BEING FRIENDS" OR "WHAT IF THEY LEAVE ME OR DISTANCE THEMSELVES FROM ME, BECAUSE OF WHAT I SAID?" OR DIFFERENT VERSIONS OF THE POSSIBLE NEGATIVE CONSEQUENCES OF YOU EXPRESSING YOURSELF FULLY.

I PROMISE WHATEVER THAT CRITICAL LITTLE VOICE IS SAYING IT IS NOT VERY EMPOWERING AND IT BLOCKS YOU FROM BEING FULLY SELF-EXPRESSED. NOTHING THAT CRITICAL VOICE SAYS TO YOU IS WHAT IS FOR SURE GOING TO HAPPEN AND MOSTLY IT WILL BE WRONG, WITH VERY FEW EXCEPTIONS.

# **CAROLINA ARAMBURO COACHING**

## **RADICAL RESULTS COACHING**



**ALL OF WHAT THAT LITTLE VOICE SAYS IS BASED ON VERY OLD DIMINISHING CONVERSATIONS THAT HAVE BEEN STOPPING YOU FROM FULLY EXPRESSING YOUR SELF, SINCE YOU WERE A TEENAGER OR EVEN A CHILD. ALL THOSE CONVERSATIONS ARE BASED ON FEARS AND THEY ARE VERY COMMON, WE ALL HAVE THEM IN DIFFERENT VERSIONS. TELL YOUR LITTLE VOICE, KINDLY TO TAKE A BREAK AND KEEP ALL THOSE OPINIONS TO ITSELF FOR ONCE!!!**

- 2) ASK YOURSELF AND ANSWER TO YOURSELF: WHAT IS THE WORSE THING THAT REALLY COULD HAPPEN? WRITE IT ALL DOWN FOR YOURSELF IN YOUR JOURNAL OR NOTEBOOK. MAYBE YOU DO SOUND SILLY OR THEY LAUGH AT YOU OR THEY HATE WHAT YOU SAY OR EVEN THEY LEAVE YOU FOR IT? IT IS NOT LIKELY, BUT IT COULD POSSIBLY HAPPEN.**

**EVEN IF IT DOES, ANYTHING CAN ALWAYS BE FIXED IN A CONVERSATION. IF WORDS GET US IN TROUBLE, WORDS CAN ALWAYS GET US OUT OF TROUBLE. FOR EXAMPLE IF THEY LAUGH, YOU COULD LAUGH WITH THEM OR CONVERSE WITH THEM UNTIL EVERYTHING IS FIXED.**

**NORMALLY EVEN IF PEOPLE GET MAD DUE TO SAYING "TOO MUCH OF WHAT YOU REALLY THINK", ONCE YOU TAKE THE TIME TO CONVERSE WITH THEM ABOUT IT, THEY GET A ENTIRE NEW LEVEL OF LOVE AND APPRECIATION FOR YOU, SINCE YOU MADE THE EFFORT AND OPENED UP AND WERE VULNERABILITY WITH THEM. THAT IS ALWAYS TOUCHING TO PEOPLE!!!**

- 3) ALSO, LETS CONSIDER WHAT HAPPENS IF YOU DON'T SAY IT? AGAIN PLEASE WRITE IT ALL DOWN FOR YOURSELF IN YOUR JOURNAL OR NOTEBOOK. HERE IS THE BIGGEST DANGER: IF YOU DON'T SAY IT THEY WILL NEVER HAVE THE OPPORTUNITY TO KNOW WHAT IT IS YOU WANT TO EXPRESS. YOU WILL WALK AROUND KNOWING THAT YOU MISSED THE CHANCE AND DID NOT SAY IT AND THE MOMENT MAY NEVER EVER PRESENT ITSELF AGAIN.**

**ALSO BY NOT SAYING IT YOU WILL NEVER KNOW WHAT THEIR RESPONSE WOULD HAVE BEEN AND YOU WILL KEEP BACKING DOWN IN THE NEXT AND NEXT AND NEXT OPPORTUNITIES, SINCE EVERY TIME YOU BACK DOWN YOUR SELF CONFIDENCE DIMINISHES MORE AND MORE.**

- 4) LET'S LOOK AT WHAT IS THE ABSOLUTE BEST THING THAT COULD HAPPEN? WRITE THIS ALL DOWN IN YOUR JOURNAL OR NOTEBOOK ALSO. THEY MIGHT BE DYING TO HEAR EXACTLY WHAT YOU HAVE TO SAY. THEY MAY BE HOLDING BACK TOO AND YOU BECOME THE HERO – THE COURAGEOUS ONE. MANY THINGS MAY UNFOLD FROM YOU SPEAKING UP, OTHERS SPEAKING UP AND A WHOLE FABULOUS CASCADE OF GREAT THINGS MAY UNFOLD, ALL DUE TO THE FACT THAT YOU DID GATHER THE COURAGE AND SPOKE UP!!!!**

**THEY MIGHT LIKE/LOVE/RESPECT YOU TENFOLD FOR EXPRESSING YOURSELF. YOU MIGHT GET A WHOLE NEW LIFE OUT OF PUSHING PAST YOUR FEAR AND EXPRESSING YOURSELF.**

- 5) PLEASE LOOK AT EVERYTHING YOU WROTE. THOSE ARE ALL POSSIBLE THINGS THAT COULD HAPPEN. BUT NONE OF THEM ARE SURE TO HAPPEN. ASK YOURSELF IF YOU COULD LIVE WITH THE THINGS THAT MIGHT HAPPEN IF YOU FULLY EXPRESS YOURSELF? NOW ASK YOURSELF IF YOU CAN CONTINUE TO LIVE WITHOUT FULLY EXPRESSING YOURSELF AND IF YOU CAN FORGIVE YOURSELF FOR MISSING OUT ON HUGE OPPORTUNITIES THAT MAY NEVER SHOW UP AGAIN?**



**IT IS ULTIMATELY YOUR CHOICE HOW TO LIVE YOUR LIFE – FULLY EXPRESSED OR SHY. MY WISH FOR YOU IS THAT YOU BE FULLY EXPRESSED AND THUS PLAY FULL OUT IN YOUR PRECIOUS LIFE!!!**

**KINDLY CONSIDER: WHO IS SOMEONE YOU HAVE BEEN DYING TO SHARE SOMETHING WITH BUT YOU HAVE BEEN HOLDING BACK WITH? MAKE A LIST IN YOUR NOTEBOOK OR JOURNAL, OF THE PEOPLE YOU WOULD LIKE TO START BEING FULLY SELF-EXPRESSED WITH. YOU CAN START WITH A SMALLER RISK AND GO ALL THE WAY TO THE MOST RISKY PEOPLE AND THINGS TO SAY AND DO.**

**THEN GET IN ACTION, PLEASE! SET UP A TIME TO TALK NOW! WALK THROUGH THE VARIOUS SCENARIOS ABOVE. DO WHAT YOU NEED TO DO TO FEEL COMFORTABLE AHEAD OF TIME: WRITE DOWN WHAT YOU WANT TO SAY, PRACTICE IN THE MIRROR OR HAVE SOMEONE ELSE ROLE PLAY WITH YOU, SO YOU CAN PRACTICE WITH THEM. FINALLY JUST GO FOR IT, THEY ARE WORDS NOT BRAIN SURGERY TOOLS, YOU CAN DO IT!!!!**

**YOU CAN EVEN SKIP THE PRACTICE AND JUST TAKE A DEEP BREATH AND GOOOOOOOOOOOOO. THE BOTTOM LINE IS YOU GET TO BE FULLY EXPRESSED WHERE YOU WOULD NOT HAVE BEFORE. AFTER EACH CONVERSATION ALLOW YOURSELF TO WRITE IN YOUR NOTEBOOK OR JOURNAL ABOUT THE EXPERIENCE OF BEING EXPRESSED. THEN CELEBRATE YOUR ACCOMPLISHMENT AND THEN MOVE ONTO THE NEXT PERSON ON YOUR LIST!!!**

**AND THROUGH THE WHOLE PROCESS ACKNOWLEDGE YOUR COURAGE TO KEEP EVOLVING AND BECOMING A MORE AND MORE POWERFUL YOU!!! IT WILL, JUST BY THE ACT OF PUSHING THROUGH, OPEN WHOLE NEW DOORS FOR YOU EVERYWHERE IN YOUR LIFE. SOON YOU WILL FIND YOURSELF JUST SAYING WHAT YOU NEED TO SAY WHEN YOU NEED TO EVEN WITHOUT PRACTICING. ACTION CREATES RESULTS.**

**FOR THE NEXT 21 DAYS TAKE ACTIONS THAT WILL HAVE YOU EXPRESSING YOURSELF MORE AND MORE IN YOUR LIFE WITH DIFFERENT PEOPLE AND IN DIFFERENT SITUATIONS. CELEBRATE EACH VICTORY AND CONTINUE WRITING ABOUT IT.**

**NOTICE ALSO WHAT BEGINS TO HAPPEN AROUND YOU AS YOU ALLOW YOURSELF TO FOLLOW THE STEPS TO LET GO OF YOUR SHYNESS AND FULL EXPRESS YOURSELF. 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 BREAKING THROUGH YOUR SHYNESS. 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 EXPRESSING YOURSELF, YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF TOO!**

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**WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO EVOLVE YOUR SHYNESS INTO SELF EXPRESSION? 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 HOW TO BREAKTHROUGH IN DEALING WITH RESIGNATION!!!!

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 Aramburo".

CAROLINA ARAMBURO