

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICALLY DEEP LOVE MAKEOVER FOR YOUR RELATIONSHIPS

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL DEEP LOVE MAKEOVER FOR YOUR RELATIONSHIPS, 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 HAVE A RADICAL DEEP LOVE MAKEOVER FOR YOUR RELATIONSHIPS. 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 PERHAPS 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.

- 1) LIST EVERYTHING THAT YOU EVER WANTED IN YOUR RELATIONSHIP AND YOUR PARTNER. LIST HOW YOU WOULD LIKE YOUR RELATIONSHIP/PARTNER TO BE. I AM TALKING ABOUT CREATING YOUR DREAM RELATIONSHIP AND PARTNER. GET IT AS VIVID AND CLEAR AS YOU CAN FOR YOURSELF, NOT LEAVING ANYTHING OUT.
- 2) NEXT TO EACH ITEM, WRITE DOWN HOW YOUR CURRENT RELATIONSHIP AND PARTNER ARE. BE VERY HONEST WITH YOURSELF HERE. SPEND SOME TIME ON THIS AND WRITE DOWN EVERYTHING THAT COMES UP FOR YOU.
- 3) IN A THIRD COLUMN, WRITE DOWN THE REASONS WHY YOUR PARTNER AND YOU RELATIONSHIP ARE THE WAY THAT THEY ARE. AGAIN, REALLY SPEND SOME TIME LOOKING INTO IT AND WRITE DOWN ALL THAT YOU SEE. PERHAPS YOU DO NOT THINK IT IS POSSIBLE TO ALTER IT, OR PERHAPS YOU THINK THAT YOU CANNOT HAVE THAT KIND OF A PERSON/RELATIONSHIP. DIG DEEP ENOUGH TO FIND THE REAL UNDERLYING REASON WHY YOUR RELATIONSHIP AND YOUR PARTNER

ARE THE WAY THAT THEY ARE.

- 4) STUDY ALL THAT YOU HAVE WRITTEN SO FAR. SPEND A FEW MINUTES AND NOTICE WHAT YOU SEE OUT OF DOING THE EXERCISE. LET'S ASSUME FOR A MOMENT THAT EVERYTHING THAT YOU WOULD WANT TO SEE, IF YOU BE IT, WOULD HAVE YOUR PARTNER BE THAT WAY TOO. IN A 4TH COLUMN, WRITE DOWN WHAT IS THE IDEAL FOR YOU TO BE IN EVERY SINGLE WAY.**
- 5) IN A 5TH COLUMN, WRITE DOWN HOW YOU REALLY ARE RIGHT NOW. AGAIN, BE RADICALLY STRAIGHT WITH YOURSELF ABOUT IT. FOR EXAMPLE, LET'S SAY YOU WANT YOUR PARTNER TO BE VERY DEMONSTRATIVE OF LOVE, AND THAT IS YOUR IDEAL, AND HOW YOU ARE BEING IS DEMONSTRATIVE TO SOME DEGREE BUT NOT THE IDEAL OF HOW YOU WANT YOUR PARTNER TO BE.**

FOR THE FIRST WEEK, JUST NOTICE WHAT YOU SEE ABOUT YOURSELF AND YOUR PARTNER. DON'T TRY TO CHANGE ANYTHING OR FIX ANYTHING. SIMPLY OBSERVE IT.

IN THE SECOND WEEK OF THE EXERCISE, BE WITH YOUR PARTNER EVERYTHING THAT YOU WANT YOUR IDEAL PARTNER TO BE WITH YOU, AS IF THAT WOULD TRANSLATE INTO YOUR PARTNER BEING EXACTLY THOSE WAYS, BUT WITHOUT EXPECTING IT AT ALL. BE WILLING TO HAVE TOTAL BREAKDOWNS AND HAVE NO RESULTS AND BE OK WITH THAT. AT THE SAME TIME, IF YOU ARE WILLING TO GIVE EVERYTHING YOU HAVE, TRULY WITHOUT EXPECTATIONS, YOU WILL MORE THAN LIKELY BE BLOWN AWAY WITH AMAZING RESULTS. IN THE THIRD WEEK, NOTICE HOW THE OTHER PERSON IS, NOTICE HOW YOU ARE AND JUST PRACTICE UNATTACHED OBSERVATION THE WHOLE WEEK.

NOW THAT YOU'RE COMPLETE WITH THE 21 DAYS, IT'S TIME TO GET INTO ACTION. REALLY COMMIT TO IT. GIVE IT ALL YOU HAVE AND START BRINGING THE TSUNAMI KIND OF A WAVE OF THE HIGHEST, MOST DEVOTED LOVE THAT YOU CAN BRING AND START BRINGING, MOMENT BY MOMENT, TO YOUR PARTNER, TO YOUR RELATIONSHIP, AND TO YOURSELF. MAKE SURE THAT YOU ARE LEAVING YOUR PARTNER AS THE MOST SATISFIED PARTNER EVER. THINK ABOUT IT; IF YOU'RE MORE THAN SATISFYING YOUR PARTNER, HOW COULD THEY POSSIBLY NOT DO THEIR BEST TO SATISFY YOU, VERSUS, YOU KEEP EXPECTING THEM TO SATISFY YOU WHILE YOU DON'T SATISFY THEM? THE ALTERNATIVES AND ANSWERS ARE PRETTY OBVIOUS, AREN'T THEY?

AS MY PERSONAL NOTE TO YOU, WHENEVER I MAKE SURE THAT MY PARTNER IS THE MOST SATISFIED PARTNER EVER, HE ALWAYS EXCEEDS MY EXPECTATIONS, BUT WHEN I START EXPECTING THINGS, I GET IN TROUBLE..... CHOCOLATE, VANILLA, CHOOSE.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR A RADICALLY DEEP LOVE MAKEOVER FOR YOUR RELATIONSHIPS? 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.

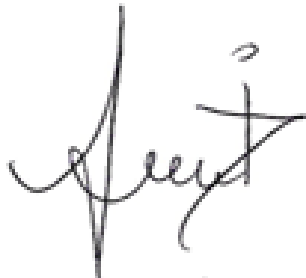
LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXHILARATING TOOL ON GRACEFULLY BREAKING-UP, ENDING AND COMPLETING RELATIONSHIPS

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)!!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina', with a stylized flourish at the end.

CAROLINA ARAMBURO