

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A BREAKTHROUGH IN YOUR EFFECTIVENESS – INCREASING THE VELOCITY OF YOUR PERFORMANCE WITHOUT COMPROMISING THE QUALITY OF IT

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN EFFECTIVENESS, 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 TOTALLY BOOST YOUR EFFECTIVENESS – INCREASING THE VELOCITY OF YOUR PERFORMANCE WITHOUT COMPROMISING THE QUALITY OF IT. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINGLY ALL THE WAY THROUGH.

TO DO THIS EXERCISE, PLEASE USE A NOTEBOOK TO CREATE YOUR SCHEDULE OF ACTIVITIES FOR THE NEXT 21 DAYS. CREATE IT FOR THE WHOLE 3 WEEKS FIRST AND THEN REVISE THE SCHEDULE EVERY NIGHT FOR THE FOLLOWING DAY. FOR EACH DAY, CREATE 4 COLUMNS.

1. IN THE FIRST COLUMN, CREATE A SCHEDULE THAT HAS ALL OF YOUR ACTIVITIES FOR AT LEAST 10-12 HOURS OF YOUR DAY. DIVIDE THE SCHEDULE INTO 30-MINUTE INCREMENTS, AT LEAST. YOU CAN USE 15 MINUTE INCREMENTS IF YOU WANT TO BE EVEN MORE PRECISE.
2. IN THE SECOND COLUMN, WRITE DOWN THE ACTUAL TIME IT TOOK YOU TO DO EACH ACTIVITY AS YOU GO THROUGH YOUR DAY.
3. IN THE THIRD COLUMN, WRITE DOWN HOW MUCH YOU GAVE YOURSELF FULLY TO EACH ACTIVITY AS A PERCENTAGE. DID YOU TREAT THAT ACTIVITY AS THE MOST IMPORTANT THING YOU COULD

EVER DO AND GIVE IT 100% OF EVERYTHING YOU HAD TO GIVE IT???
DID YOU ONLY GIVE 50% OF EVERYTHING YOU HAD TO GIVE TO THAT
ACTIVITY?

4. IN THE FOURTH COLUMN, WRITE DOWN HOW MUCH YOU ENJOYED IT
AS A PERCENTAGE. DID YOU TOTALLY ENJOY IT 100%? DID YOU
ENJOY IT AROUND 50%? DID YOU ENJOY IT A MERE 10%? DID YOU
JUST GO THROUGH THE MOTIONS AND ENJOY IT 0%???

5. AT THE END OF THE DAY, WRITE DOWN ALL YOUR INSIGHTS!

REPEAT THIS FOR 21 DAYS, AND REALLY COMMIT TO IT. DO IT WITH
ALL YOU HAVE TO GIVE IT AND YOU WILL DRAW A LINE IN THE
SAND ABOUT YOUR EFFECTIVENESS AND CREATE A NEW ERA OF
A HIGHER VELOCITY/EFFECTIVENESS AND A HIGHER ENJOYMENT
OF ALL YOUR ACTIVITIES IN LIFE.

THE PRIMARY FOCUS OF THE EXERCISE/GAME IS NOT TO DO EVERYTHING
THAT YOU SAID YOU'RE GOING TO DO ON TIME, EVEN THOUGH THAT IS THE
SECONDARY COMMITMENT. YOU MAY THINK THAT YOU'RE SUPPOSED TO
DISCOVER WHERE YOU LOSE TIME AND CORRECT THAT, AND YOU WILL, BUT
THAT IS NOT THE PRIMARY GOAL. IF YOU DISCOVER WHERE YOU LOSE TIME
AND HOW TO BE WAY MORE EFFECTIVE WITH YOUR TIME IT IS A "SIDE
EFFECT" THAT YOU CAN CONSIDER A BONUS.

THE ABSOLUTE COMMITMENT OF THIS EXERCISE IS THAT YOU BECOME MORE
EFFECTIVE BY TAPPING INTO YOUR "FOUNTAIN/SOURCE OF EFFECTIVENESS
AND VELOCITY". THAT IS ONE OF THE "SECRET" KEYS OF WHAT MOST
PEOPLE CALL "THE ZONE".

BY THE WAY, THE SECRET FOUNTAIN/SOURCE IS NOT WHAT MOST PEOPLE
THINK IT IS. IT IS, COUNTER INTUITIVELY, A VERY UNSUSPECTED LINK *(THAT
WE MAY DISCUSS IN A LATER TOOL).

THE PRIMARY FOCUS OF THE EXERCISE/GAME IS TO GIVE ALL YOU HAVE
TO GIVE TO EACH ACTIVITY/TASK AND TO ENJOY EACH TASK
FULLY! I.E. FOR ALL THE ACTIVITIES, THE GAME IS TO GIVE IT YOUR 100%
AND ENJOY IT 100%! ALTHOUGH YOU'RE NOT INTENTIONALLY TRYING TO BE
MORE EFFECTIVE WITH YOUR TIME MANAGEMENT SKILLS, YOU WILL
ALMOST FOR SURE BECOME MORE EFFECTIVE. YOU MOST LIKELY WILL HAVE
ALL KINDS OF BREAKTHROUGHS AND BREAKDOWNS BUT THE
BREAKTHROUGHS ARE AVAILABLE THROUGH THE THIRD AND FOURTH
COLUMNS' DIRECT RELATIONSHIP AND THE 3RD AND 4TH COLUMNS'
COUNTER RELATIONSHIP WITH THE 2ND COLUMN.

IF YOU ARE INTENTIONAL ABOUT DOING IT WELL, WITH TOTAL RIGOR AND DISCIPLINE, FOR THE FULL 21 DAYS, YOU'LL HAVE RADICAL AND UNSUPPRESSABLE BREAKTHROUGHS IN TOTAL EFFECTIVENESS AND YOU'LL HAVE DELICIOUS BREAKTHROUGHS IN STARTING TO BE IN THE ZONE.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE IN EFFECTIVENESS? 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 INCREDIBLY JUICY TOOL ON HOW TO CATCH, AND THEREFORE, HAVE THE CHANCE TO PREVENT/CORRECT, SELF SABOTAGE!

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 Aramburo', with a stylized flourish at the end.

CAROLINA ARAMBURO