



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL BREAKTHROUGH IN HOW TO ACCEPT YOURSELF AND OTHERS!!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN HOW TO ACCEPT YOURSELF AND OTHERS, 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 ACCEPT YOURSELF AND OTHERS. 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 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 SO THAT YOU CAN TRACK YOUR PROGRESS. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

WE LIVE IN A WORLD WHERE WE COME IN CONTACT WITH AND ARE SURROUNDED BY A LOT OF DIFFERENT PEOPLE. THIS INCLUDES OUR FAMILY, OUR FRIENDS, OUR PEERS, AND THE PEOPLE WE WORK WITH. WE ARE UP TO A LOT OF BIG THINGS THAT REQUIRE THAT WE ACCEPT OTHERS IN ORDER TO WORK WITH, CREATE WITH AND EXPAND WITH THEM. OFTEN WE BOUNCE UP AGAINST SOMEONE WHO SEEMS SO TOTALLY OPPOSITE OF US THAT WE HAVE A HARD TIME ACCEPTING THEM. THAT LACK OF ACCEPTANCE GETS IN OUR WAY, SLOWS US DOWN AND PREVENTS US FROM THE VERY EXPANSION WE ARE UP TO IN THE WORLD. HERE IS AN EXERCISE YOU CAN DO TO GIVE YOU AN ACCESS TO ACCEPTING ANYONE:

- 1) MAKE A LIST OF SOME PEOPLE IN YOUR LIFE THAT YOU HAVE NOT BEEN ABLE TO ACCEPT IN ANY SMALL OR LARGE WAY. START A SHEET OF PAPER FOR EACH OF THEM. IN THE 1ST COLUMN LIST THE THINGS YOU DO NOT LIKE ABOUT THEM, DISAGREE WITH ABOUT THEM, TOLERATE ABOUT THEM (BUT DON'T ACCEPT), ETC.
- 2) IN THE 2ND COLUMN LIST THE THING/S THAT YOU DO THAT ARE JUST LIKE THAT. FOR EXAMPLE YOU MAY HATE THAT THEY DON'T TELL THE TRUTH ABOUT THINGS. WHERE IN YOUR LIFE HAVE YOU NOT BEEN COMPLETELY HONEST OR NOT TOLD THE WHOLE TRUTH OR YOU HAVE



EXAGGERATED OR YOU HAVE JUST AVOIDED SOMEONE SO THAT YOU DO NOT HAVE TO TELL HIM OR HER THE TRUTH. LOOK EVERYWHERE NOT JUST WITH THE PERSON YOU HAVE LISTED.

- 3) IN THE 3RD COLUMN NEXT TO EACH WAY YOU HAVE DONE THAT SAME THING WRITE WHY YOU DID OR DIDN'T DO THAT THING (YOUR REASON FOR NOT TELLING THE TRUTH IN THE EXAMPLE ABOVE).**
- 4) TAKE YOUR LIST AND SIT IN FRONT OF A MIRROR AND SPEND TIME LOOKING AT THE PERSON IN THE MIRROR AND FORGIVE HIM OR HER FOR EACH THING YOU HAVE DONE OR NOT DONE ON THE LIST. LET THE PERSON IN THE MIRROR KNOW YOU ACCEPT THAT HE OR SHE HAS DONE THESE THINGS OR DO THESE THINGS (NOTICE I DID NOT SAY IT WAS RIGHT OR WRONG – IT IS SIMPLY SOMETHING YOU DID OR DID NOT DO – YOU DO NOT HAVE TO CONDONE BEHAVIOR HERE SIMPLY ACCEPT IT IN YOURSELF).**

ALMOST ALWAYS WHEN WE CANNOT TOLERATE OR ACCEPT IN SOMEONE ELSE IT IS SIMPLY A MIRROR OF US. WE CANNOT ACCEPT IT IN OURSELVES AND THEREFORE WE CANNOT ACCEPT IT IN OTHERS – WE HATE IT, WE ARE REPULSED BY IT OR WE ARE ANNOYED BY IT IN OTHERS.

ACCEPTANCE IS A GIFT TO YOU. IT IS LEARNING TO LOVE YOU NO MATTER WHAT. WHEN YOU REMOVE ALL OF THE MEANING YOU HAVE TIED UP IN THAT THING ABOUT YOU AND JUST ACCEPT IT ONLY THEN CAN YOU CREATE SOMETHING ELSE. IF YOU ARE BUSY HATING IT, RESISTING IT, PRETENDING IT IS NOT THERE YOU LITERALLY GROW IT – WHAT WE RESIST PERSISTS. IT HAS NO MORE MEANING THAN YOUR ELBOWS. NO MATTER WHAT IT IS YOU CAN LEARN TO JUST BE WITH THAT PART OF YOU.

AS HUMANS WE ALL HAVE IT ALL. WE CAN BE AS HATEFUL AS WE ARE LOVING, AS GENEROUS AS WE ARE STINGY, AS DRIVEN AS WE ARE LAZY, ETC. TAKE THIS EXERCISE AND CONTINUE TO WORK WITH THE PEOPLE IN YOUR LIFE THAT YOU HAVE NOT ACCEPTED THINGS ABOUT AS YOU WORK WITH THE THINGS YOU HAVE NOT ACCEPTED ABOUT YOURSELF. AS YOU BEGIN TO ACCEPT EACH PIECE OF YOU THEN YOU WILL BE FREE THEN TO ACCEPT THINGS ABOUT OTHERS.

ACCEPTING YOURSELF AND OTHERS, LIKE ANYTHING, CAN BE CREATED AS A NEW KIND OF PATTERN THAT WILL SERVE YOU. CREATING ANY NEW PATTERN REQUIRES PRACTICE OVER TIME. MAKE SURE YOU KEEP YOUR LISTS AND ANY NOTES FOR YOURSELF IN YOUR NOTEBOOK WHEN NEW THINGS COME UP. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN ACCEPTING YOURSELF AND OTHERS THAT YOU CAN CELEBRATE ABOUT. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING YOUR ACCEPTANCE. BY BEING ABLE TO



ACCEPT YOURSELF AND OTHERS THEN YOU CAN BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO BE ABLE TO DO THAT FOR HIM OR HER SELF TOO!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE TO ACCEPT YOURSELF AND OTHERS? 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 OVERCOMING THE FEAR OF STARTING SOMETHING NEW!

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)!!

PLEASE ALSO NOTE THAT THIS WORK IS OBVIOUSLY BASIC AND NOT IN DEPTH. WITH A COACH YOU CAN TAKE THIS TO THE HIGHEST AND DEEPEST LEVEL ALSO. I ALWAYS RECOMMEND HAVING A COACH, BECAUSE WE DESERVE IT, JUST AS WE DESERVE TO EAT THE BEST FOOD, NOT THE MOST BASIC. OF COURSE, OUR COMPANY HAS EXCEPTIONAL COACHES WHO I HAVE PERSONALLY TRAINED AND WHO PRODUCE RADICAL RESULTS FOR OUR CLIENTS IN EVERY ARENA FROM BUSINESS TO HEALTH ... SO I RECOMMEND YOU CONTACT ME AT: CAROLINA@CAROLINAARAMBURO.COM IF YOU ARE INTERESTED IN A FREE INTRODUCTION/DISCOVER CALL TO FIND OUT MORE!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina', written in a cursive style.

CAROLINA ARAMBURO