

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

## **FOR A BREAKTHROUGH IN BEING A RADICALLY POWERFUL COMMUNICATOR AND TURNING YOUR WORDS INTO POWER, SUCCESS**

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FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN BEING A RADICALLY POWERFUL COMMUNICATOR AND TURNING YOUR WORDS INTO POWER AND SUCCESS, 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 A RADICALLY POWERFUL COMMUNICATOR AND TURN YOUR WORDS INTO POWER AND SUCCESS. 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.

- 1) FOR A WEEK, WALK AROUND WITH A NOTEPAD AND JUST TAKE NOTES ON COMMUNICATIONS THAT ARE SPOKEN WITH POWER VERSUS COMMUNICATIONS THAT ARE SPOKEN WITHOUT POWER. OBSERVE PEOPLE DIRECTLY AROUND YOU, PEOPLE ON TV AND EVERYWHERE. FOR EXAMPLE, ONE PERSON MIGHT SAY, "THAT'S A LOT BUT I CAN TRY TO DO MY BEST" WHILE THE OTHER MAY SAY "THERE IS NO WAY THIS WORK WILL NOT GET DONE." IN THE FORMER CASE, THERE WASN'T A LOT OF POWER BEHIND THE WORDS, WHEREAS IN THE LATTER CASE THERE WAS A LOT OF POWER.
- 2) CREATE A COLUMN ON THE LEFT HAND SIDE OF THE PAGE AND IN IT, WRITE DOWN THE WORDS/COMMUNICATIONS THAT HAD POWER BEHIND THEM VERSUS THOSE THAT DIDN'T.
- 3) IN A SECOND COLUMN, WRITE DOWN HOW YOU REACTED TO THAT COMMUNICATION. FOR EXAMPLE, THE WORDS THAT YOUR FRIEND

USED WERE SO GENUINE AND ENROLLING THAT YOU COULDN'T SAY NO, OR WHEN SOMEONE TOLD YOU, "I DON'T KNOW BUT I'LL TRY", YOU WERE LEFT UNSURE ON WHETHER OR NOT THEY'LL HELP OUT. MAKE SURE YOU TAKE LOTS OF NOTES ABOUT THE EFFECT THE COMMUNICATION HAS ON YOU.

- 4) JUST OBSERVE. DON'T MAKE WHAT YOU SEE OR THE PEOPLE YOU SEE RIGHT/WRONG. BY THE WAY, IT IS INEVITABLE THAT YOU WILL NOTICE THINGS ABOUT YOURSELF. IF YOU CHOOSE, YOU CAN TAKE NOTES ABOUT WHAT YOU SEE IN A THIRD COLUMN.

IN THE SECOND WEEK, CREATE A NEW PAGE AND A NEW COLUMN. OBSERVE YOUR OWN COMMUNICATION ALL OF THE TIME. IS THERE POWER BEHIND YOUR WORDS OR IS THERE NO POWER? WRITE THIS ALL DOWN.

CREATE ANOTHER COLUMN. IN IT, WRITE DOWN WHAT EFFECTS YOU ARE PRODUCING WITH YOUR OWN WORDS. FOR EXAMPLE, WHEN I ASKED MY FRIENDS IF THEY WOULD HELP ME, THE HERO WITHIN SOME OF THEM CAME OUT WHILE LIMITING BELIEFS AND LACK OF POWER CAME OUT IN OTHERS.

IN THE THIRD WEEK, PRACTICE SWINGING OUT WITH YOUR WORDS. HAVE THE MOST RADICAL, POWERFUL, POSITIVE COMMUNICATIONS AND SEE WHAT HAPPENS. IF YOU ARE INTENTIONAL ABOUT BEING A RADICALLY POWERFUL COMMUNICATOR, WITH TOTAL RIGOR AND DISCIPLINE FOR THE 21 DAYS, YOU'LL HAVE RADICAL BREAKTHROUGHS IN TURNING YOUR WORDS INTO POWER AND SUCCESS FOR SURE.

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WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR BEING A RADICALLY POWERFUL COMMUNICATOR? 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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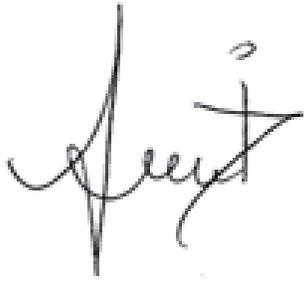
LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HOW TO HAVE A RADICAL BREAKTHROUGH IN BEING IRRESISTABLE/DRAWING POSITIVE ATTENTION TOWARD YOURSELF!

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'. The signature is fluid and cursive, with a small '2' written above the second 'i'.

**CAROLINA ARAMBURO**