



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL EVOLUTION IN HAVING YOUR CREATIVITY FLOW!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN HAVING YOUR CREATIVITY FLOW; 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.

HOW MANY TIMES HAVE YOU NEEDED TO BE CREATIVE BUT WERE STUCK INSTEAD? CREATIVITY COMES FROM A CERTAIN PART OF YOUR BRAIN. WHEN YOU ARE STUCK YOU HAVE PROBABLY GIVEN YOURSELF OVER TO ANOTHER PART OF YOUR BRAIN. YOU NEED TO MAKE A SWITCH. PART OF THE SECRET IS TO LET THE CHILD IN YOU OUT TO PLAY SOME.

HERE ARE SOME EXERCISES, TO START YOU OUT, WHICH YOU CAN PLAY WITH TO ALLOW YOUR CREATIVE JUICES TO FLOW. FOR THE NEXT 21 DAYS, EACH DAY, PICK AT LEAST 1 OF THESE EXERCISES AND DO IT. PICK A DIFFERENT EXERCISE EACH DAY. WHEN YOU HAVE RUN OUT OF EXERCISES I HAVE LISTED HERE THEN YOU CAN REPEAT THEM OR CREATE YOUR OWN. IF YOU ARE REALLY BLOCKED THEN YOU CAN DO MORE THAN ONE OF THEM. RULE #1: LET YOURSELF GO AND BE PLAYFUL LIKE A CHILD WOULD. RULE #2: DO NOT JUDGE ANYTHING IN THE PROCESS.

HERE ARE THE EXERCISES:

- 1) TAKE OUT A BLANK PIECE OF PAPER AND DRAW, DOODLE, DRAW LINES, CIRCLES, ANYTHING BUT WORDS. DO NOT JUDGE IT; JUST LET GO ON THE PAPER LIKE A LITTLE KID WITH CRAYONS WOULD. DO THIS FOR 30 FULL MINUTES.**
- 2) SING THE SONG "HOKEY POKEY" AND ACT IT OUT FOR AT LEAST 15 FULL MINUTES.**
- 3) WRITE A SERIES OF COLORS DOWN THE LEFT SIDE OF THE PAPER (E.G. BLUE, RED, MAGENTA, ETC.). NEXT TO EACH COLOR WRITE A SHAPE. NEXT TO EACH SHAPE WRITE A PERSON'S NAME (SOMEONE YOU KNOW). NOW GO DOWN THE LIST AND ENVISION THAT PERSON**

CAROLINA ARAMBURO COACHING

RADICAL RESULTS COACHING



- AS THAT COLOR AND SHAPE. ALLOW YOURSELF TO REALLY IMAGINE IT. GIGGLE AT THE THOUGHT OF AUNT SUE BEING A PURPLE SQUARE!! WORK ON THIS FOR 30 FULL MINUTES.
- 4) STAND UP AND STAND ON ONE FOOT AND SING MARY HAD A LITTLE LAMB (OR SOME EQUALLY SILLY CHILDREN'S SONG) FOR NO LESS THAN 15 MINUTES.
 - 5) TAKE 3 REALLY DEEP BREATHESES – PULL THE AIR ALLLLLLLLLL THE WAY DOWN INTO YOUR STOMACH AND RELEASE IT ALL THE WAY OUT TO A COUNT OF 10 ON BOTH THE INHALE AND EXHALE. THEN REPEAT ... DO THIS FOR 15 MINUTES.
 - 6) TAKE OUT BLANK PAPER AND WRITE – NO TYPING – WRITING BY HAND ENGAGES A DIFFERENT PART OF YOUR BRAIN. WRITE ABOUT ANYTHING AND EVERYTHING – DO NOT JUDGE – NO ONE WILL SEE IT – JUST DO A CORE DUMP ON PAPER OF EVERYTHING IN YOUR HEAD. ALLOW YOURSELF TO WRITE ON AND ON AND ON. STOP WHEN THE PENCIL/PEN STOPS AND NOTHING ELSE COMES TO MIND. FOR EXAMPLE, “I FEEL FUNNY DOING THIS. THIS IS SO SILLY IT WILL NEVER WORK. I NEVER LIKED MY HANDWRITING. I WONDER WHAT IS FOR DINNER. I HATE THIS PAPER. Wow, NO ONE IS WATCHING.” DO THIS FOR 30 FULL MINUTES.
 - 7) WRITE A SIX-WORD STORY. THAT'S RIGHT ... PUT TOGETHER 6 WORDS THAT CREATE A WHOLE STORY. SPEND AT LEAST 15 FULL MINUTES ON THIS.
 - 8) STAND IN THE MIDDLE OF A ROOM AND IMAGINE YOU WALKING ON THE WALLS OR THE CEILING. REALLY LET YOURSELF GET INTO IT AND ENJOY IT. DO THIS FOR 15 FULL MINUTES.
 - 9) LOOK OUT THE WINDOW, WHAT DO YOU SEE? QUICKLY DESCRIBE IT TEN DIFFERENT WAYS! FOR EXAMPLE: THE TREE? GREEN, LUSH, WISE, GENTLE, BEAUTIFUL, SWAYING. GET THAT CREATIVITY FLOWING AS YOU FORCE YOUR BRAIN TO THROW OUT SOME DESCRIPTIVE WORDS. DO THIS FOR AT LEAST 15 FULL MINUTES.
 - 10) USE YOUR NON-PRIMARY HAND FOR 30 MINUTES FOR EVERYTHING YOU DO.
 - 11) EAT A MEAL COMPLETELY WITH CHOPSTICKS. DO THIS FOR NO LESS THAN 30 MINUTES.
 - 12) THINK ABOUT YOUR HOME. GIVE IT A PERSONALITY. WHAT DOES IT SEE? WHAT DOES IT THINK? CAN YOU GIVE IT A NAME? DO THIS FOR AT LEAST 15 FULL MINUTES.
 - 13) TAKE A DIFFERENT ROUTE TO WORK OR HOME FROM WORK OR IF YOU ARE NOT TRAVELING ANYWHERE BY CAR TODAY THEN WALK A DIFFERENT PATH THROUGH YOUR HOME DURING THE DAY, I.E. IF YOU NORMALLY GO FROM THE BEDROOM TO THE KITCHEN TO THE LIVING ROOM FIND A WAY TO GO THROUGH ANOTHER ROOM OR WALK ON A DIFFERENT SIDE OF THE ROOM THAN YOU NORMALLY

CAROLINA ARAMBURO COACHING

RADICAL RESULTS COACHING



WALK. SPEND AT LEAST 15 MINUTES A DAY DOING THINGS DIFFERENTLY LIKE THIS.

- 14) GIVE YOURSELF 5 FULL NEW NAMES THAT AMUSE YOU, I.E. IF YOUR NAME IS JOHN THOMAS SMITH YOU CAN NAME YOURSELF JAY JUSTAMINUTE JUSTICE, BOB BRAINS BETTERTHANMOST, ETC. WORK ON THIS FOR AT LEAST 15 MINUTES.**

THROUGHOUT THE 21 DAYS, NOTICE AS YOU DO THE EXERCISES, WHERE YOU FELT BLOCKED OR FELT SILLY OR GOT EMBARRASSED ... ANYTHING THAT HAD YOU HOLD BACK AND NOT BE PLAYFUL LIKE A CHILD WOULD. PAY ATTENTION TO THE THOUGHTS IN YOUR HEAD, JUST AS AN OBSERVER, NOT TO JUDGE THEM. AFTER EACH EXERCISE MAKE NOTES IN YOUR NOTEBOOK ABOUT ANYTHING THAT CAME UP FOR YOU OR THAT YOU NOTICED FOR YOURSELF WHILE DOING THE EXERCISE. ASK YOURSELF: HOW AM I NOW? DID I TWEAK UP MY SENSE OF PLAYFULNESS? DOES MY HEAD SEEM CLEARER? IS MY INNER CHILD READY TO ENGAGE NOW?

TO CREATE YOUR OWN EXERCISE IS AS EASY AS DOING SOMETHING YOU WOULD NOT NORMALLY DO, OR DOING SOMETHING YOU NORMALLY DO IN A NEW WAY (SLEEP ON A DIFFERENT SIDE OF THE BED, EAT SOMETHING YOU NORMALLY DO NOT EAT, ETC.) MAKE SURE YOU WRITE DOWN IN YOUR NOTEBOOK ALL THE THINGS THAT YOU NOTICED FOR YOURSELF PARTICULARLY CHANGES IN YOUR ABILITY TO OPEN UP AND BE CREATIVE FASTER OR MORE EASILY AS EACH DAY GOES BY.

ALL WE HAVE TO DO TO INVOKE OUR CREATIVITY IS TO ENGAGE OUR CHILDLIKE SENSE OF FUN AND ADVENTURE AND WONDER AGAIN. WE CAN'T DO THAT FROM OUR SERIOUS, ANALYTICAL, REPETITIVE SELF. WE HAVE TO CROSS OVER TO SOMETHING NEW AND OUT OF OUR ROUTINE AND SWITCH THINGS UP.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS WITH THIS EXERCISE, YOU WILL HAVE A RADICAL EVOLUTION IN HAVING YOUR CREATIVITY FLOW. 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 BEGINS TO CHOOSE TO HAVE CREATIVITY IN YOUR LIFE, 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 HAVE A RADICAL EVOLUTION IN HAVING YOUR CREATIVITY FLOW? 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 HOW TO GET
POWER OVER LIFE'S CIRCUMSTANCES!!!

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', written in a cursive style.

CAROLINA ARAMBURO