



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL BREAKTHROUGH IN BEING PEACEFUL AND TRANQUIL NO MATTER WHAT IS GOING ON AROUND YOU!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOU TO HAVE A RADICAL BREAKTHROUGH IN BEING PEACEFUL AND TRANQUIL NO MATTER WHAT THE CIRCUMSTANCES ARE, 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.

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 ALL HAVE SOME LEVEL OF SKILL AT BEING PEACEFUL IN THE FACE OF WHATEVER LIFE BRINGS US. WE CAN EITHER ALLOW OURSELVES TO BE DISTURBED, OR WE CAN CULTIVATE TRANQUILITY. HERE IS MY COACHING IN HOW TO CREATE PEACE NO MATTER THE CIRCUMSTANCE:

- 1. IN COLUMN 1, LIST THE TOP TEN THINGS THAT CAUSE YOU A LACK OF PEACE. INSTEAD OF LOOKING AT SPECIFIC SITUATIONS, LOOK AT WHAT IT IS ABOUT THE SITUATIONS THAT DISTURB YOUR TRANQUILITY. FOR EXAMPLE, IT MAY SEEM LIKE A PARTICULAR CLIENT OR PROJECT IS THE SOURCE OF THE TURBULENCE, WHEN REALLY THE PROBLEM COMES FROM FEAR OF THE DEADLINE. FOR MOST SITUATIONS, THERE IS SOMETHING UNDERNEATH THAT CAUSES THE ACTUAL PROBLEM. REALLY DO THE THINKING UNTIL YOU CAN COME UP WITH TEN THINGS THAT DISTURB YOUR PEACE.**
- 2. LIFE CAN BE CHAOTIC, BUT IT'S HOW WE DEAL WITH THE CHAOS THAT MAKES THE DIFFERENCE. VISUALIZE YOURSELF EXPERIENCING THE CHAOS IN THE SITUATION IN COLUMN 1. NOTICE THE PHYSICAL REACTION YOUR BODY IS HAVING TO THE SITUATION WITHOUT ANY JUDGMENT. FOR EXAMPLE: ARE YOUR PALMS SWEATING, IS YOUR FACE FLUSHED, ARE YOUR CHEST MUSCLES TIGHT? NOTICE HOW EVEN THOUGH THE CIRCUMSTANCE MAY BE VERY DIFFERENT, THE PHYSICAL REACTIONS YOU HAVE ARE SIMILAR. WRITE DOWN ALL OF THE THINGS YOU SEE IN COLUMN 2.**
- 3. DISTINCT FROM THE PHYSICAL REACTION, LOOK IN YOUR BODY TO SEE**



WHERE THE ACTUAL FEELING OF DISTURBANCE IS. FOR EXAMPLE, IT MAY BE CENTERED IN YOUR CHEST, OR IT MAY BE LOCATED IN YOUR BACK OR SHOULDERS. IN COLUMN 3, WRITE DOWN WHERE IN YOUR BODY YOU FEEL THE DISTURBANCE FOR EACH OF THE ITEMS ON YOUR LIST.

NOW THAT YOU HAVE OBSERVED YOUR BODY SENSATIONS AND WHERE THE ACTUAL FEELING OF THE DISTURBANCE IS, HERE IS A PRACTICE THAT YOU CAN TAKE ON TO START CREATING PEACE AND TRANQUILITY FOR YOURSELF:

1. WHILE FOCUSING COMPLETELY ON THE SPOT IN YOUR BODY WHERE YOU FEEL THE DISTURBANCE, INHALE DEEPLY (LIKE TO THE BOTTOM OF YOUR BELLY) THROUGH YOUR NOSE.
2. NOW, EXHALE SLOWLY THROUGH YOUR NOSE. DURING THE EXHALE, RELEASE THE TENSION FROM THAT PART OF YOUR BODY WITH EACH BREATH. PAY PARTICULAR ATTENTION TO THE TENSION LEAVING YOU WITH THE AIR YOU BREATHE OUT.
3. KEEP OBSERVING THAT PART OF YOUR BODY AS YOU BREATHE. NOTICE THAT YOUR BODY WILL RELEASE THE TENSION AND OTHER BODY SENSATIONS MAY SUBSIDE AS YOU EXHALE.
4. BREATHE 3 TIMES THIS WAY. REPEAT THIS EXERCISE AS REQUIRED.

FOR THE NEXT 21 DAYS, AS YOU GO THROUGH YOUR DAY, BE MINDFUL OF WHEN YOU FEEL ANY OF THE BODY SENSATIONS INDICATING ANY LACK OF TRANQUILITY. PRACTICE THE BREATHING EXERCISE ABOVE EVERY TIME. JOURNAL, AT THE END OF EACH DAY, YOUR EXPERIENCES FROM THE EXERCISE IN YOUR NOTEBOOK. NOTE THE NUMBER OF TIMES YOU DO THE EXERCISE AND DESCRIBE THE EXPERIENCE YOU HAD EACH TIME.

WHILE IT IS TRUE THAT LIFE CAN BE CHAOTIC, HOW WE RELATE TO OUR LIVES IS ALWAYS OUR CHOICE, NO MATTER WHAT THE SITUATION MAY BE. BY FOCUSING YOUR ATTENTION ON YOUR BODY, YOU CAN TRAIN YOURSELF TO HAVE A COMPLETELY DIFFERENT EXPERIENCE EACH TIME. YOU DESERVE TO ENJOY THE JOURNEY OF FULFILLING ON YOUR LIFE PEACEFULLY! IF YOU REALLY DO A THOROUGH JOB ON THIS ENTIRE EXERCISE EVERY DAY FOR 21 DAYS, AND USE IT AS A METHOD TO CONSISTENTLY MODIFY YOUR REACTIONS, YOU WILL CREATE QUANTUM LEAPS IN HAVING A LIFE THAT IS PEACEFUL. GET IN ACTION TODAY. YOU DESERVE IT NOW!

HAVING A LIFE LIVED PEACEFULLY, 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 THAT CREATES A PEACEFUL, TRANQUIL LIFE FOR YOURSELF. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BY HAVING YOUR LIFE BE PEACEFUL AND TRANQUIL NO MATTER WHAT, 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 HAVING A LIFE THAT IS CALM AND FEELS LESS CHAOTIC? 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 TRUSTING YOURSELF IN THE FACE OF SELF-DOUBT!

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".

CAROLINA ARAMBURO