

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN ACTUALLY PROVOKING YOURSELF TO BE HAPPY ALMOST AT COMMAND!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN ACTUALLY PROVOKING YOURSELF TO BE HAPPY ALMOST AT COMMAND, 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 ACTUALLY PROVOKE YOURSELF TO BE HAPPY ALMOST ON COMMAND. 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. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

- 1) WHAT IS SOMETHING THAT MAKES YOU REALLY HAPPY? DESCRIBE IT IN COMPLETE DETAILS. WHAT IS HAPPENING? WHO IS THERE? WHAT ARE THE SOUNDS, COLORS AND SIGHTS AROUND YOU? WHAT ARE THE PHYSICAL SENSATIONS YOU ARE EXPERIENCING? BESIDES BEING REALLY HAPPY, WHAT OTHER FEELINGS OR EMOTIONS ARE HAPPENING?
- 2) PICK ANOTHER EMOTION AND CREATE A COMPLETE SCENARIO WHERE YOU CAN EXPERIENCE THAT EMOTION JUST LIKE YOU DID WITH HAPPINESS IN # 1. PICK ONE THAT YOU THINK OF AS AN OPPOSITE OF HAPPINESS SUCH AS SADNESS OR ANGER. DESCRIBE IT IN COMPLETE DETAIL JUST LIKE YOU DID WITH THE EMOTION OF HAPPINESS IN # 1.
- 3) CREATE THE ENTIRE EXPERIENCE OF THE EMOTION YOU DESCRIBED IN # 2. REALLY GET INTO IT. IF IT IS SADNESS, FOR EXAMPLE, COMPLETELY BE SAD – BRING THE WHOLE EXPERIENCE ON.
- 4) NOW, FLIP THE EXPERIENCE YOU WERE CREATING IN # 3 TO THE EXPERIENCE OF HAPPINESS YOU DESCRIBED IN # 1. PRACTICE CREATING THIS SCENARIO FOR YOURSELF. JUST CREATE THE ENTIRE

THING IN YOUR HEAD AND ALLOW YOURSELF TO COMPLETELY USE YOUR IMAGINATION TO HAVE IT BECOME COMPLETELY REAL AND ALIVE FOR YOU. DO THIS SO THAT THE EXPERIENCE OF HAPPINESS IS VERY VIVID AND SOLID FOR YOU.

- 5) ALLOW YOURSELF TO FLIP IT BACK AND FORTH FROM HAPPINESS TO THE OTHER EMOTION YOU CREATED, SEVERAL TIMES. TIME YOURSELF – GIVE YOURSELF 2 MINUTES TO BE HAPPY THEN 2 MINUTES FOR THE OTHER EMOTION AND WHEN THE TWO MINUTES ARE UP, FLIP IT AGAIN.

THE EXPERIENCE OF HAPPINESS CAN BE CREATED IN A MOMENT. IT HAS NO DEPENDENCY ON ANYTHING OUTSIDE OF YOU. YOUR BODY WILL GET ALL OF THE SAME EXPERIENCES OF HAPPINESS NO MATTER HOW IT OCCURS. YOUR MIND WILL GENERATE THE SAME CHEMICALS WHETHER YOU ARE SMACK IN THE MIDDLE OF THAT SCENARIO YOU DESCRIBED IN # 1 OR IF YOU ARE JUST CREATING IT IN YOUR IMAGINATION.

THE TRICK IS TO PRACTICE. YOU CAN LITERALLY PRACTICE WHENEVER YOU'D LIKE. YOU WANT TO PRACTICE BY FULLY CREATING THE ENTIRE SCENARIO AND LETTING YOURSELF EXPERIENCE THE HAPPINESS. AFTER YOU HAVE PRACTICED WITH THE FULL SCENARIO FOR SEVERAL DAYS IN A ROW, YOU WILL FIND THAT YOU CAN LITERALLY SPEND LESS AND LESS TIME ON CREATING THE COMPLETE SCENARIO. WITH CONTINUED PRACTICE, YOU CAN JUST BRIEFLY THINK ABOUT IT AND BRING UP THE HAPPINESS FOR YOURSELF.

FOR THE NEXT 21 DAYS KEEP PRACTICING FLIPPING BACK AND FORTH AS MUCH AS POSSIBLE IN AS MANY SITUATIONS AS POSSIBLE. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE CREATED A RADICAL BREAKTHROUGH IN PROVOKING YOURSELF TO BE HAPPY ALMOST ON COMMAND. SHARE YOUR HAPPINESS WITH OTHERS TO EXPAND IT EVEN MORE – EVERYONE CAN USE MORE HAPPINESS IN THEIR LIVES!!!!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR ACTUALLY PROVOKING YOURSELF TO BE HAPPY ALMOST AT COMMAND? 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 HAVE A RADICAL BREAKTHROUGH IN CREATING YOUR OWN UNIQUE IRRESTIBILITY FACTOR!

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', written in a cursive style.

CAROLINA ARAMBURO