



NUMBER ONE COACHING TOOL OF THE MONTH CLUB

HOW TO HAVE A RADICAL EVOLUTION IN DEVELOPING PATIENCE WITH YOURSELF AND OTHERS!!!

FIRST, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL EVOLUTION IN DEVELOPING PATIENCE WITH YOURSELF AND OTHERS; 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 YOU CAN CARRY WITH YOU ANYWHERE YOU GO AND 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.

- 1) CREATE A NEW PAGE. CREATE 4 COLUMNS ON YOUR PAGE. IN THE FIRST COLUMN, MAKE A LIST OF ALL OF THE THINGS THAT YOU THINK REQUIRE YOUR 'PATIENCE.' FOR EXAMPLE, MAYBE WHEN ONE OF YOUR CO-WORKERS DOESN'T COMPLETE A TASK IN THE TIME YOU THINK IT SHOULD BE DONE IN, OR WHEN YOU ARE STUCK IN TRAFFIC WHEN YOU MUST BE SOMEWHERE ON TIME. THE KEY TO THIS LIST IS TO LOOK AT THE MOMENTS WHEN YOU FEEL IMPATIENT, AND WANT YOURSELF, OTHERS OR LIFE TO "MOVE DIFFERENTLY THAN IT DOES." DON'T ALLOW YOURSELF TO STOP WITH "I DON'T LET THINGS BOTHER ME" OR "I AM A PATIENT PERSON", THOSE ARE SUPERFICIAL WAYS IN WHICH WE TRICK OURSELVES, OR MORE RIGOROUSLY; WE LET OUR EGO TRICK US TO NOT EVOLVE. I PROMISE YOU THAT IF YOU GIVE YOURSELF THE OPPORTUNITY TO REALLY LOOK, YOU WILL FIND THERE ARE THINGS THAT YOU ARE IMPATIENT ABOUT, EVEN IF THEY SEEM TRIVIAL.
- 2) IN COLUMN 2, WRITE DOWN WHY THIS THING MAKES YOU IMPATIENT, AND THE THOUGHTS YOU HAVE ABOUT THAT PERSON, THING OR YOURSELF. IN THE EXAMPLES ABOVE, MAYBE YOU THINK YOUR CO-WORKER SHOULD BE WORKING IN A DIFFERENT WAY, OR IS SIMPLY NOT GIVING IT HIS OR HER ALL, OR YOU CAN'T BELIEVE THAT PEOPLE WOULD MAKE SUCH MINDLESS DRIVING ERRORS DURING PEAK HOURS. GIVE YOURSELF SOME TIME TO WORK THROUGH THIS. YOU WILL SEE WHY YOU NEED IT AS WE CONTINUE THROUGH THE EXERCISE.

CAROLINA ARAMBURO COACHING

RADICAL RESULTS COACHING



- 3) IN COLUMN 3, WRITE DOWN HOW DO YOU DO THE SAME THINGS YOU ARE CRITICIZING. KEEP LOOKING FOR WHERE YOU DO THAT. IN THE EXAMPLES ABOVE, IF I GET IMPATIENT WITH MY CO-WORKER FOR MOVING TOO SLOWLY, I WOULD LOOK AT ALL THE PLACES WHERE I MOVE SLOWLY. IF I GET IMPATIENT IN TRAFFIC, I CAN COMPARE THEIR DRIVING TO MY OWN, AND REMEMBER THAT SOMETIMES I DRIVE TERRIBLY.

- 4) IN COLUMN 4, WRITE DOWN ALL THE REASONS WHY YOU DID THOSE THINGS IN COLUMN 3 UNTIL YOU CAN REALLY UNDERSTAND THAT YOU HAD A REALLY PERFECT LOGIC TO MOVING SLOWLY OR DRIVING BADLY WHEN YOU DID.

THEN PUT YOURSELF IN THOSE OTHER PERSON'S SHOES. MAYBE THEY HAVE EVEN MORE JUSTIFIABLE LOGIC THAN YOU HAD. ONCE YOU CAN ACTUALLY HAVE SOME COMPASSION AND EMPATHY FOR THEM, IT IS EASY TO GENERATE PATIENCE.

PATIENCE IS NOT SOMETHING YOU CAN ARTIFICIALLY CREATE. THAT'S THE FAKE PATIENCE WHERE WE SAY "LET ME REMEMBER HOW MUCH THIS PERSON IS LESS THAN I AM, AND GIVEN THEIR LESSER CAPACITY, THE WAY THEY DO THINGS IS NOT AS GOOD AS HOW I DO THEM, AND THEREFORE I GET IMPATIENT."

WHEN WE LOOK DEEPLY ENOUGH, WE CAN PUT OURSELVES IN THE SHOES OF ANYONE, AND SEE THAT IN CERTAIN CIRCUMSTANCES WE WOULD BEHAVE JUST LIKE THEY DO, AND THUS THERE IS NO NEED TO EVEN GENERATE PATIENCE. BY SEEING YOURSELF IN THE SHOES OF THE OTHER PERSON, LETTING GO OF JUDGMENT FOR THE OTHER PERSON, AND HAVING COMPASSION FOR THAT PERSON AND COMPASSION FOR YOURSELF, YOUR NEED FOR PATIENCE WILL DISAPPEAR.

IF YOU TAKE ON THESE PRACTICES RIGOROUSLY, AND MINDFULLY CONTINUE TO PUT YOURSELF OTHER PEOPLE'S SHOES, YOU WILL FIND THAT YOUR ABILITY TO ACCEPT EVERYTHING JUST AS IT IS WILL MAXIMIZE ITSELF, AND YOU WILL EVOLVE YOUR SOUL A LITTLE. THANK YOU FOR THE OPPORTUNITY TO CREATE THIS POSSIBLE EVOLUTION WITH YOU.

WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL EVOLUTION IN DEVELOPING PATIENCE WITH YOURSELF AND OTHERS. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE. BY BECOMING SOMEONE WHO CAN DEVELOP PATIENCE, 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 DEVELOP PATIENCE FOR OTHERS AND YOURSELF? 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 ALIGNMENT CAN BOOST UP YOUR RESULTS RADICALLY!!! (NOT THE KIND OF ALIGNMENT THAT YOU ALREADY KNOW ABOUT...)

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