

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN PLAYING FULL OUT!

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN PLAYING FULL OUT, 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 PLAY FULL OUT. 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) TAKE A LOOK AT THE VARIOUS AREAS OF YOUR LIFE. MAKE SEPARATE SHEETS FOR EACH AREA: FINANCES, RELATIONSHIPS, SPIRITUALITY, CAREER/WORK, FUN & RELAXATION, ETC. ON EACH SHEET/AREA MAKE 5 COLUMNS. IN COLUMN #1 LIST THE WAYS YOU DO NOT PLAY FULL OUT. LOOK FOR WAYS THAT YOU HOLD BACK, OR DON'T DO COMPLETE WORK, OR ONLY PARTIALLY DO WHAT YOU WANT TO DO EVEN THE THINGS YOU WANT TO DO BUT NEVER DO. PLAY FULL OUT WITH THIS EXERCISE – HOLD BACK NOTHING – DIG DEEP, GET CREATIVE.

2) IN COLUMN # 2, NEXT TO EACH THING YOU DON'T PLAY FULL OUT WITH WRITE DOWN WHY YOU DON'T. FOR EXAMPLE: IN THE AREA OF FUN & RELAXATION ONE OF THE WAYS YOU DON'T PLAY FULL OUT IS THAT YOU NEVER TAKE A REAL VACATION. THE REASON YOU DON'T IS BECAUSE YOU NEVER FEEL LIKE YOU HAVE TIME TO GET AWAY BECAUSE YOU THINK YOU HAVE TOO MANY RESPONSIBILITIES.

3) IN COLUMN # 3, NEXT TO EACH REASON YOU DON'T PLAY FULL OUT, SPECULATE HOW YOU COULD REMOVE THAT BARRIER. IN THE CASE OF

A VACATION LOOK AT HOW YOU COULD GET YOUR RESPONSIBILITIES COVERED FOR YOU OR HANDLE THINGS AHEAD OF TIME OR SCHEDULE A VACATION IN A WEEK WHERE YOUR RESPONSIBILITIES ARE LIGHTER. BRAINSTORM, LIGHTEN UP & LIST AS MANY WAYS AS POSSIBLE TO OVERCOME THAT BARRIER TO YOU PLAYING FULL OUT WITH THAT ITEM.

4) IN COLUMN # 4, LIST ANY RESOURCES YOU HAVE THAT YOU COULD COUNT ON TO ASSIST YOU WITH REMOVING THAT BARRIER. IT MAY BE A PERSON OR SOMETHING YOU COULD USE, ETC.

5) IN COLUMN # 5 PUT A DATE BY WHICH YOU WILL GET THAT BARRIER HANDLED SO YOU NO LONGER HAVE ANY EXCUSES FOR YOURSELF WITH THAT ITEM.

WE CREATE TONS OF REASONS AND EXCUSES FOR OURSELVES. AFTER YOU HAVE PLAYED FULL OUT WITH THE ABOVE LISTS YOU WILL BEGIN TO SEE THAT EVERY EXCUSE CAN BE RESOLVED. THE TRICK TO PLAYING FULL OUT IS TO RESOLVE YOUR EXCUSES METHODICALLY AND IN THE MOMENT. YOU HAVE A CHANCE TO PLAY FULL OUT RIGHT NOW. ARE YOU PLAYING FULL OUT WHILE YOU READ THIS? YOU CAN TAKE ALL OF THE THINGS ON THAT LIST AND SAY NO MORE TO PARTIALLY PLAYING WITH EACH OF THEM. YOU CAN TAKE CONTROL AND HAVE POWER IN YOUR LIFE BY PLAYING FULL OUT RIGHT NOW. NOW IS ALL YOU HAVE. YOU ARE EITHER PLAYING FULL OUT NOW OR NOT. HOW DO YOU KNOW YOU ARE? ARE YOU EXPERIENCING A SENSE OF ALIVENESS & POWER? IF YOU ARE PLAYING FULL OUT YOU WILL BE. IF NOT THEN KEEP PLAYING UNTIL YOU DO.

YOU CAN LIVE A LIFE WHERE YOU PLAY FULL OUT OR YOU CAN LIVE A LIFE WHERE YOU PARTIALLY PLAY (SOMETIMES 90% SOMETIMES 50% SOMETIMES 20%). PEOPLE WITH OUTRAGEOUS LIVES PLAY FULL OUT. THEY HAVE 100% LIVES. PEOPLE WHO PLAY FULL OUT ARE ALIVE – IN THE MOMENT – EXHILARATED – POWERFUL.

THE TRICK IS TO PRACTICE. YOU CAN LITERALLY PRACTICE WHENEVER YOU'D LIKE. YOU WANT TO PRACTICE BY FULLY CREATING YOURSELF AS SOMEONE WHO IS PLAYING FULL OUT IN EVERYTHING YOU DO.

FOR THE NEXT 21 DAYS KEEP PRACTICING OBSERVING AND MOVING THROUGH YOUR FEAR. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN PLAYING FULL OUT. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE FROM PLAYING FULL OUT. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN PLAYING FULL OUT ALONG WITH YOU. PLAYERS WHO PLAY FULL OUT LOVE HAVING OTHER FULL OUT PLAYERS SURROUNDING THEM!

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR

PLAYING FULL OUT? 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 CREATING NEW HABIT AND PATTERNS THAT WILL ALTER YOUR FUTURE!

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