

# **NUMBER ONE COACHING TOOL OF THE MONTH CLUB**

## **FOR A RADICAL BREAKTHROUGH IN CREATING NEW HABITS AND PATTERNS THAT WILL ALTER YOUR FUTURE!**

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FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A RADICAL BREAKTHROUGH IN CREATING NEW HABITS AND PATTERNS THAT WILL ALTER YOUR FUTURE, 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 CREATE NEW HABITS AND PATTERNS. 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. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, IT REQUIRES YOU TO DO IT FOR 21 DAYS.

OUR LIVES CONSIST OF HABITS OR PATTERNS. HOW DO YOU CREATE NEW HABITS OR PATTERNS THAT WILL ALTER YOUR FUTURE VS. BEING STUCK WITH ALL OF YOUR CURRENT HABITS AND PATTERNS AND THE SAME FUTURE? HERE IS SOME OF MY COACHING ON CREATING NEW HABITS AND PATTERNS:

- 1) PICK SOMETHING IN YOUR LIFE THAT YOU WANT TO CREATE A NEW PATTERN WITH. START WITH SOMETHING SIMPLE. WE WILL USE IT TO TRAIN YOU AND THEN WE CAN MOVE ON TO BIGGER AND BIGGER HABITS OR PATTERNS. FOR EXAMPLE, MAYBE YOU WANT TO START MEDITATING IN THE MORNING BEFORE YOU START WORKING.
- 2) MAKE A LIST OF ALL THE REASONS WHY YOU HAVE NOT DONE THIS UP TO THIS POINT. GET EVERY REASON AND EXCUSE DOWN FOR YOURSELF.

- 3) **NOW, WRITE DOWN EVERY WHY YOU CAN THINK OF TO CREATE YOUR NEW HABIT. STATE THE OBVIOUS REASONS AND THE NON-OBVIOUS ONES. USING THE EXAMPLE ABOUT MEDITATING, AN OBVIOUS WHY MIGHT BE THAT IF YOU WAIT UNTIL BEFORE BED, YOU ARE TOO TIRED. A LESS OBVIOUS WHY FOR THE SAME EXAMPLE, MAY BE THAT YOUR WHOLE DAY GETS TO BE INSIDE OF THE PEACE OF MIND AND THE NEW CONTEXT YOU SET FOR YOUR DAY BY MEDITATING FIRST THING IN THE MORNING.**
  
- 4) **PUT A STRUCTURE IN PLACE FOR YOURSELF. PLACE PROMPTS IN YOUR CALENDAR, YOUR PHONE, AND SET ALARMS AROUND YOUR HOUSE. TELL THE PEOPLE IN YOUR LIFE ABOUT THE NEW PATTERN OR HABIT YOU ARE CREATING. MAKE LITTLE STICKY NOTES WITH EACH OF THE WHYS YOU HAVE FOR YOUR NEW HABIT AND PUT THEM EVERYWHERE.**
  
- 5) **START THE NEW HABIT. EVERY TIME YOU HEAR ONE OF THE OLD REASONS OR EXCUSES FOR WHY YOU WOULDN'T DO IT THAT WERE MENTIONED IN # 2, REPLACE IT IMMEDIATELY, IN YOUR MIND, WITH ONE OF YOUR NEW WHYS. IF IT IS SOMETHING NEW YOU WILL BE PHYSICALLY DOING WHEN YOUR ALARMS GO OFF, DO IT - NO MATTER WHAT. CONGRATULATE YOURSELF WHEN YOU ARE DONE AND REMIND YOURSELF WHY YOU DID IT. LET YOURSELF EXPERIENCE THE THRILL OF DOING WHAT YOU SAID YOU WOULD DO. IF IT IS A WAY OF ACTING, BEING OR THINKING YOU ARE REPLACING, THEN YOUR JOB IS TO CATCH IT EVERY TIME YOU START TO DO THE OLD HABIT. REMIND YOURSELF OF YOUR WHY AND REPLACE IT IMMEDIATELY WITH THE NEW ACTION, WAY OF BEINGS OR THINKING. PRACTICE CATCHING IT AND REPLACING IT IN LESS THAN 8 SECONDS. TIME IT. BE RIGOROUS WITH IT.**

**A BACKGROUND OF CONVERSATIONS ABOUT WHY WE DO OR DON'T DO WHAT WE DO, WHY WE THINK OR DON'T THINK A CERTAIN WAY, OR DO WHAT WE CURRENTLY DO OR DON'T DO RUNS ALL OF OUR HABITS AND PATTERNS. THERE ARE TWO PIECES TO REPLACING A CURRENT HABIT OR PATTERN: OBSERVING THE OLD PATTERN THAT IS BEING WORKED ON AND REPLACING IT WITH THE NEW HABIT OR PATTERN.**

**YOU MUST OBSERVE AND TAKE ACTIONS. YOU WANT TO PRACTICE THIS FOR AT LEAST 21 DAYS. THAT IS THE AMOUNT OF TIME, AT MINIMAL, IT TAKES TO INSTALL A NEW HABIT OR PATTERN IN OUR LIFE. IF YOU BACKSLIDE, THE GAME IS NOT OVER. YOU WILL JUST NEED TO PICK BACK UP AND ADD ANOTHER DAY TO YOUR 21 DAYS. IN 10 DAYS, IT WILL BE ANCHORED A LOT MORE THAN IN 5 DAYS AND IT WILL INCREASE OVER TIME. DO WHATEVER YOU NEED TO DO TO HAVE FUN WITH IT. MAKE IT A GAME, A CHALLENGE, OR A SPORT FOR YOURSELF. THE COMPETITION IS BETWEEN YOUR NEW HABIT OR PATTERN AND YOUR OLD PATTERN OR HABIT. DO NOT MAKE YOURSELF WRONG AT ANY POINT IN THE 21 DAYS. YOU ARE PRACTICING. YOU ARE IN**

TRAINING. THE ONLY WAY TO MASTER ANYTHING IS TO KEEP PRACTICING AND TAKING IT TO A NEW LEVEL DAY BY DAY. THE TRICK IS TO PRACTICE.

FOR THE NEXT 21 DAYS KEEP PRACTICING YOUR NEW HABIT OR PATTERN. WITHIN 21 DAYS, IF YOU ARE RIGOROUS, YOU WILL HAVE A RADICAL BREAKTHROUGH IN CREATING NEW HABITS AND PATTERNS THAT WILL ALTER YOUR FUTURE. SHARE WITH EVERYONE YOU KNOW THE NEW RESULTS YOU ARE CREATING IN YOUR LIFE FROM CREATING THESE NEW HABITS AND PATTERNS. BECOME THE NEW INSPIRATION FOR EVERYONE AROUND YOU TO ENGAGE IN CREATING HIS OR HER OWN NEW HABITS AND PATTERNS. PEOPLE WHO CREATE NEW THINGS LOVE HAVING OTHERS WHO CREATE NEW THINGS IN THEIR LIVES TOO!

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WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE FOR CREATING NEW HABITS AND PATTERNS? 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.

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LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL ON HAVING A RADICAL BREAKTHROUGH IN ALTERING EMOTIONS AND STRESS WHEN YOU WANT TO!

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', with a stylized flourish at the end.

CAROLINA ARAMBURO