

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

26 PERFORMANCE TIPS TO GET EXTRAORDINARY RESULTS WITH YOUR COACH

(NO MATTER WHO YOUR COACH IS)

FIRSTLY, THANK YOU FOR THE OPPORTUNITY THAT YOU CREATED FOR YOURSELF IN TAKING ON USING THESE TIPS FOR PRODUCING EXTRAORDINARY RESULTS WITH ANY COACH AND THE OPPORTUNITY THAT YOU GIVE ME TO MAKE A DIFFERENCE, WHICH FULFILLS MY LIFE.

SECONDLY, THESE TIPS ONLY WORK IF YOU ARE COMPLETELY RIGOROUS AND AUTHENTICALLY USE THEM IN FULL.

1. DO WHAT YOU SAY YOU ARE GOING TO DO BY WHEN YOU SAY YOU ARE GOING TO DO IT.

IT IS JUST BASIC WITH ANYTHING YOU ARE DOING IN LIFE. EACH TIME YOU DO THAT YOU WILL COME TO TRUST YOURSELF MORE AND YOUR COACH WILL BE ABLE TO MOVE YOU FORWARD FASTER. MAKING PROMISES AND NOT KEEPING THEM KILLS OTHER PEOPLE'S TRUST IN YOU BUT EVEN WORSE, IN THE LONG RUN IT KILLS YOUR TRUST IN YOURSELF.

2. YOUR COACH'S ONE MISSION IS TO HAVE YOU WIN AT WHATEVER GAME YOU ARE PLAYING, SO DO NOT BLOCK HIM/HER.

YOUR COACH IS NOT THERE TO BE YOUR FRIEND OR TO BE NICE OR EVEN TO BE "LIKED". DO NOT BLOCK HIS/HER WORK BY TAKING HIS/HER COACHING AND/OR FEEDBACK "PERSONALLY." IN ORDER TO CREATE BREAKTHROUGHS YOUR COACH CANNOT STEP OVER THINGS OR DUMMY THINGS DOWN FOR YOU IN ORDER TO ALWAYS HAVE YOU "FEEL" GOOD. ASSUME THAT EVERYTHING YOUR COACH SAYS TO YOU IS FOR YOU AND NEVER AGAINST YOU. GET AND INCORPORATE FEEDBACK FROM YOUR COACH OFTEN AND USE IT.

3. PLAY FULL OUT WITH EVERYTHING YOU DO WITH YOUR COACH AT ALL TIMES.

PLAYING FULL OUT INCLUDES TRYING ON EVERYTHING YOUR COACH SAYS WHETHER OR NOT YOU WANT TO OR EVEN IF YOU DON'T "LIKE" IT. IF YOU TAKE ON IDEAS THAT YOUR COACH RECOMMENDS TO YOU, AS RADICAL OR CRAZY AS THEY MAY SEEM, YOU MAY FIND YOURSELF IN A MUCH BETTER POSITION THAN YOU EVER IMAGINED! DO THE WORK. DO YOUR BEST.

4. STOP PROCRASTINATING SO YOU CAN ACTUALLY MOVE FORWARD.

WHEN YOU ARE PROCRASTINATING SOMETHING, A RADICAL WAY TO DEAL WITH IT IS: ACTUALLY KEEP PROCRASTINATING IT "ON PURPOSE" FOR A SPECIFIC, DECLARED PERIOD OF TIME. FOR EXAMPLE, IF I AM RESISTING DOING WHAT I SAID I WOULD DO, I'LL TAKE A MOMENT AND TELL MYSELF, "FOR THE NEXT 10 MINUTES I WILL RESIST DOING THIS TASK," AND I WILL ACTUALLY RESIST IT. MOSTLY, AFTER A WHILE I START LAUGHING AND START WORKING ON THE TASK!!

5. SET, IMPLEMENT, BE ACCOUNTABLE FOR & VISUALIZE YOUR GOALS SO YOU CAN ACCOMPLISH THEM.

SET ATTAINABLE GOALS. WRITE YOUR GOALS DOWN. POST THEM WHERE YOU CAN SEE THEM (POST THEM EVERYWHERE TO KEEP THEM PRESENT ALL THE TIME). GET AN ACCOUNTABILITY PARTNER TO SHARE THEM WITH. VISUALIZE YOURSELF ACCOMPLISHING YOUR GOALS.

6. STICK TO DOING SOMETHING 100% UNTIL IT BECOMES A NEW HABIT FOR YOU.

IT IS COMMON FOR US TO KNOW WHAT TO DO, AND YET NOT DO IT. ESTABLISH A HABIT OF WHAT YOU ARE TRYING TO DO. STICK TO DOING WHAT YOU WANT TO DO CONSISTENTLY FOR 30 DAYS UNTIL YOU FORM A HABIT OUT OF IT.

7. DO WHATEVER YOU NEED TO DO SO THAT YOU CAN BE CONFIDENT IN AND TRUST YOURSELF.

THINK OF PAST SUCCESSES. WHEN YOU REMEMBER MOMENTS IN YOUR LIFE WHERE YOU HAD A HURDLE TO GET OVER AND YOU DID SO SUCCESSFULLY, THIS MAY REMIND YOU OF YOUR POWER AND YOUR ABILITY TO ACCOMPLISH TASKS THAT SEEM, OR ARE, EXTREMELY DIFFICULT. FURTHER, MEDITATE AND TAP INTO YOUR HIGHER SELF.

8. FEEL THE FEAR AND DO IT ANYWAY.

YOU WILL LIKELY FIND THAT ACTUALLY WORKING ON WHAT YOU NEED TO WORK ON IS WHAT WILL CALM YOUR STRESS LEVELS. IN OTHER WORDS, TAKING ACTION ON WHAT YOU ARE AFRAID OF WILL MOST PROBABLY CALM YOU DOWN WAY MORE THAN WAITING FOR A BETTER TIME TO TAKE ACTION ON IT. STUDIES SHOW THAT FEAR AND EXCITEMENT BOTH CREATE THE SAME BODY SENSATIONS AND REACTIONS. HAVE EXCITEMENT RUN YOUR LIFE INSTEAD OF FEAR. THE NEXT TIME YOU FEEL FEAR, CALL IT EXCITEMENT, ENJOY THE EXCITEMENT, AND DO WHAT YOU WERE HOLDING BACK FROM.

9. BE PERSISTENT WHEN PURSUING ANYTHING YOU WANT.

IT MAY HELP TO REMEMBER OTHER PEOPLE WHO SUCCEEDED DESPITE MANY FAILURES. ANOTHER APPROACH IS TO SET REWARDS AND COSTS IF YOU DON'T DO WHAT YOU NEED OR WANT TO BE PERSISTENT WITH.

10. BE IN THE HERE AND NOW TO BE MORE PRODUCTIVE AND ACTUALLY EXPERIENCE YOUR LIFE.

FIRST, AVOID MULTI-TASKING. WHEN YOU ARE DOING MULTIPLE THINGS AT THE SAME TIME YOU CAN'T REALLY BE PRESENT TO EACH ONE. SECOND, NOTICE WHAT YOU THINK ABOUT. THIRD, ACCEPT WHAT YOU ARE DOING IN THE PRESENT MOMENT COMPLETELY. FOURTH, PRACTICE BREATHING DEEPLY. FOCUS ON YOUR BREATH. FIFTH, SET REMINDERS ON YOUR PHONE TO REMIND YOU TO BE PRESENT. BY SETTING THE REMINDER YOU CAN THEN SPEND SOME TIME TRYING TO CONSCIOUSLY BE PRESENT WHEREVER YOU ARE AND DOING WHATEVER YOU ARE DOING.

11. BE FULLY RESPONSIBLE FOR YOUR LIFE AS THE PATH TO POWER.

ACCEPT FULL RESPONSIBILITY FOR YOUR LIFE. IF WHENEVER THINGS GO WRONG IN LIFE, IT'S NOT YOUR FAULT AND IT'S BECAUSE OF SOME EXTERNAL CIRCUMSTANCE, THEN YOU COULD BE QUITE POWERLESS AT HAVING THINGS CHANGE. REJECT VICTIM THINKING. TAKE ON THE MENTALITY THAT YOU CREATED YOUR OWN LIFE AND YOU HAVE SOMETHING TO DO WITH EVERYTHING THAT HAPPENS TO YOU. EVERYTHING YOU OWN IS YOURS TO CHANGE — ANYTHING THAT ISN'T YOU ARE STUCK WITH.

12. BE OPEN TO CHANGING THE WAY YOU ARE OPERATING TO ACHIEVE RESULTS.

IT IS LIKELY THAT THERE IS SOMETHING IN THE WAY YOU ARE OPERATING NOW THAT IS HINDERING YOU FROM THE ULTIMATE SUCCESS THAT YOU WANT IN YOUR LIFE. ONE THING FOR SURE IS THAT IF YOU KEEP DOING WHAT YOU ARE DOING, AND IN THE WAY YOU ARE DOING IT, YOU WILL KEEP GETTING THE SAME RESULTS. SURRENDER TO YOUR COACH'S WAY VS. YOUR WAY. GIVE UP ANY RESISTANCE AND DO AS THEY SAY AND HOW THEY SAY.

13. TURN TO YOUR FRIENDS AND FAMILY FOR SUPPORT AND EMPOWERMENT.

USE ALL OF YOUR RESOURCES. MAKE SURE THE PEOPLE IN YOUR LIFE KNOW YOU HAVE A COACH AND THAT YOU ARE WORKING ON TAKING YOUR LIFE TO A NEW LEVEL. WHEN UNDERTAKING SOMETHING GRAND IN YOUR LIFE OR ACCOMPLISHING NEW GOALS SUCH AS LOSING A LOT OF WEIGHT, QUITTING SMOKING, RUNNING A MARATHON, INCREASING THE PROFITS IN YOUR COMPANY OR ACCOMPLISHING ANY OTHER MAJOR TASK, TURN TO YOUR FRIENDS AND FAMILY FOR SUPPORT.

14. FAILURE IS A PART OF SUCCESS, SO DON'T BE DISEMPOWERED BY FAILURE.

MOST PEOPLE DO NOT REALIZE THAT FAILURE IS A PART OF SUCCESS. IF YOU LOOK AT THE MOST SUCCESSFUL PEOPLE IN THE WORLD, MOST OF THEM HAVE FAILED PLENTY OF TIMES. I SUGGEST THAT YOU DO NOT TAKE FAILURE AS A SIGN THAT YOU'RE NOT GOOD ENOUGH OR THAT YOU'RE NEVER GOING TO MAKE IT – YOU ARE NOT A FAILURE – YOU SIMPLY FAILED AT SOMETHING. UNDERSTAND THAT FAILURE IS AN OPPORTUNITY FOR YOU TO LEARN AND DO BETTER NEXT TIME. CELEBRATE YOUR SUCCESSES!

15. BE PATIENT WITH YOURSELF AS YOU TAKE THE JOURNEY OF MASTERING NEW THINGS.

IN TODAY'S DAY AND AGE, WE HAVE BECOME ACCUSTOMED TO HAVING WHAT WE WANT NOW. HOWEVER, TRUE MASTERY TAKES TIME AND PATIENCE – LOOK FOR PROGRESS EACH MOMENT OF EACH DAY AND KNOW THAT MASTERING SOMETHING IS A PROCESS. MASTERS ARE ALWAYS MASTERING – THEY THRIVE ON PRACTICE. YOU ARE A

REMARKABLE BEING!!! EVEN PEOPLE WITH TALENT, IN MOST CASES, WILL HAVE TO WORK VERY, VERY HARD AND ENGAGE IN A LOT OF CORRECT PRACTICE IN ORDER TO BE SUCCESSFUL. SO BE PATIENT WITH YOURSELF AND THE PROCESS. ACCEPT THAT YOU PROBABLY WON'T LEARN A SKILL RIGHT AWAY OR BECOME AN OVERNIGHT SENSATION.

16. GET ORGANIZED TO INCREASE YOUR PRODUCTIVITY AND PEACE OF MIND.

GETTING ORGANIZED WILL LIKELY PROVIDE MANY BENEFITS. FOR EXAMPLE, IT MAY CONTRIBUTE TO YOUR PRODUCTIVITY AND PEACE OF MIND WHEN YOU HANDLE THE NAGGING THINGS THAT YOU HAVE TO DO. IT MAY ALSO PROVIDE MORE WORKABILITY TO YOUR LIFE.

17. BE EFFECTIVE WITH YOUR TIME TO EXPAND YOUR TIME.

SOMETHING THAT WILL POSSIBLY HELP WITH TIME MANAGEMENT IS CREATING A SCHEDULE THAT WORKS. A SCHEDULE THAT WORKS CAN INCLUDE TIME FOR YOUR RESPONSIBILITIES AS WELL AS REST. WHOOHOO!! IT IS IMPORTANT TO FILL YOUR SCHEDULE COMPLETELY. DON'T LEAVE ANY BLANK SPACES IN YOUR SCHEDULE. JOT DOWN TIME FOR WORK, REST, PLAY, TRANSPORTATION, ETC.

18. STOP TALKING AND THINKING AND GET IN ACTION TO PRODUCE RESULTS.

IN MOST CASES, YOU'RE NOT GOING TO ACHIEVE GREAT RESULTS WITHOUT A LOT OF ACTION. I RECOMMEND THAT YOU AVOID THE TRAP OF THINKING ABOUT WHAT YOU ARE GOING TO DO, ETERNALLY PREPARING, OR SPENDING WAY TOO MUCH TIME ORGANIZING. FIRST, DEVELOP CONFIDENCE IN YOURSELF AND IN YOUR IDEAS. LIVE OUT YOUR THOUGHTS IN REALITY. STOP BEING A SPECTATOR AND GET ON THE COURT IN THIS GAME CALLED YOUR LIFE.

19. FIGURE OUT WHAT THE BEST THING TO DO IS, BASED ON YOUR PURPOSE, AND THEN DO IT.

FIND A WAY TO CONNECT EVERYTHING YOU DO TO FULFILLING ON YOUR PURPOSE. SET PRIORITIES BASED ON WHETHER THEY ARE FULFILLING ON YOUR PURPOSE OR NOT AND STICK TO THAT DECISION. FIGURE OUT WHEN YOU ARE GOING TO SPEND TIME ON EACH ACTIVITY AND TO BE DEDICATED TO THAT SCHEDULE.

20. PLAN HOW TO HANDLE ISSUES WHEN THEY ARISE VS. BEING STOPPED BY THEM.

ALONG THE PATH TO YOUR SUCCESS, THERE WILL MOST LIKELY BE OBSTACLES/ISSUES ALONG THE WAY. SETTING UP SYSTEMS OR 'RULES' ON THINGS YOU CAN DO TO HELP YOURSELF WHEN IN THOSE SITUATIONS CAN HELP YOU AUTOMATICALLY DO THINGS THAT WILL BENEFIT YOU WHEN IN DISTRESS.

21. BE ABLE TO RECOGNIZE THE OPPORTUNITIES THAT ARE ALWAYS THERE WAITING FOR YOU.

A LOT OF US ARE SO BUSY TRYING TO GET SOMEWHERE THAT WE DON'T EVEN REALIZE HOW MANY OPPORTUNITIES THERE ARE TO HELP US ALONG THE WAY. BEING ABLE TO RECOGNIZE AND PURSUE OPPORTUNITIES CAN PROVIDE YOU WITH A BOUNTY OF BENEFITS!

WHAT ARE SOME OF THE INSIGHTS THAT YOU GOT OUT OF READING THESE TIPS?

THE **REAL RESULTS** WILL START WHEN YOU BEGIN APPLYING THEM. START USING THEM NOW WITH YOUR COACH. IF YOU HAVE NOT HIRED A COACH THEN USE THESE TOOLS TO KNOW THAT YOU WILL PRODUCE EXTRAORDINARY RESULTS **NO MATTER WHAT** AND MOVE FORWARD WITH HIRING A COACH TODAY!

LASTLY, FROM ME TO YOU:

NEXT MONTH: WE WILL HAVE AN EXCITING TOOL TO PRODUCE RADICAL BREAKTHROUGHS IN YOUR RELATIONSHIP TO TIME.

THANK YOU DEEPLY FOR TAKING THE TIME TO CREATE SOME **EXTRAORDINARY RESULTS** IN YOUR LIFE WITH MY TOOLS. THAT IN ITSELF CONTRIBUTES TO ME AND ALLOWS ME TO FULFILL ON MY LIFE'S PURPOSE, WHICH IS TO **SERVE YOURS!**

I AM **ALWAYS AVAILABLE** TO YOU. YOU ARE MORE THAN WELCOME TO COMMUNICATE WITH ME WITH ANY QUESTION, FEEDBACK, SUGGESTION OR **ANYTHING YOU WISH TO COMMUNICATE.** THE BEST WAYS TO COMMUNICATE

WITH ME IS BY FACEBOOK MESSAGES. MY FACEBOOK PERSONAL PROFILE PAGE IS: [HTTP://WWW.FACEBOOK.COM/CAROLINAARAMBUO](http://www.facebook.com/carolinaarambuo)

YOU CAN SEND ME MESSAGES THERE ANY TIME. I CHECK IT FREQUENTLY. YOU MAY ALSO EMAIL ME BACK AND GIVE ME YOUR FEEDBACK. IT WILL MAKE A TREMENDOUS DIFFERENCE FOR ME AND FOR MY CREATING MORE AND MORE THINGS TO SERVE WHAT I LOVE (OUTSTANDING PEOPLE UP TO BIG THINGS LIKE YOU) AND IT MAKES MY DAY!!

YOU ARE ABSOLUTELY INVITED AND WELCOME TO PARTICIPATE ON OUR FAN PAGE, AT ANY TIME, ON ANY TOPIC, AND SUGGEST/REQUEST WHICHEVER TOPICS YOU WISH FOR ME/US TO CONVERSE ABOUT. THIS PROVIDES YOU WITH COACHING WHILE YOU ARE MAKING A DIFFERENCE FOR EVERYBODY ELSE AS THEY GET TO LEARN FROM YOUR SUGGESTION. THE FAN PAGE IS: [HTTP://WWW.FACEBOOK.COM/CAROLINAARAMBUOCOACHING](http://www.facebook.com/carolinaarambuocoaching)

THANK YOU IN ADVANCE FOR THE DIFFERENCE YOU MAKE AND WILL MAKE.

I AM ALWAYS KINDLY REQUESTING YOUR FEEDBACK AND THE BEST WAY THAT YOU CAN GIVE ME/US YOUR FEEDBACK IS BY POSTING IT ON MY BLOG: [HTTP://CAROLINAARAMBUO.COM/COACHING](http://carolinaarambuo.com/coaching)

THANK YOU FOR YOUR PARTNERSHIP ON THIS JOURNEY TO EMPOWER EACH OTHER AND OURSELVES TOGETHER AND THANK YOU FOR BEING COMMITTED TO CREATING THE VERY BEST, MOST EMPOWERED, FULFILLING LIFE YOU POSSIBLY CAN!!

HONORED TO BE YOUR PARTNER IN MAXIMIZING OUR POTENTIAL,

A handwritten signature in black ink, appearing to read 'Carolina', is centered within a light gray rectangular box.

CAROLINA ARAMBURO