

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A RADICAL BREAKTHROUGH IN CATCHING AND, THEREFORE, HAVING THE CHANCE TO CORRECT/PREVENT SELF-SABOTAGE

FIRSTLY, THANK YOU FOR CREATING THE OPPORTUNITY FOR YOURSELF TO HAVE A BREAKTHROUGH IN SELF-SABOTAGE, 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 HAVE A RADICAL BREAKTHROUGH IN CATCHING AND, THEREFORE, HAVING THE CHANCE TO CORRECT/PREVENT SELF-SABOTAGE. HOWEVER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINELY ALL THE WAY THROUGH.

TO DO THIS EXERCISE, PLEASE USE A NOTEBOOK, NOTE PAD OR PERHAPS 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 21 DAYS. FOR YOU TO BE ABLE TO OBTAIN THE RESULTS OF THIS EXERCISE, YOU WILL HAVE TO BE RADICALLY RIGOROUS IN OBSERVING YOURSELF AND YOUR THOUGHTS. TAKE LOTS OF NOTES. IT TAKES SERIOUS DISCIPLINE AND RIGOR TO KEEP CATCHING THE THOUGHTS THAT HAVE BECOME LIKE WALLPAPER FOR US.

- 1) **START BY MAKING A LIST IN YOUR NOTEBOOK. IN HINDSIGHT, WHAT ARE 5-10 PATTERNS THAT YOU ALWAYS REPEAT IN SELF-SABOTAGE? FOR EXAMPLE, YOU MAY ALWAYS DELAY YOUR EXERCISE ROUTINE UNTIL IT'S TOO LATE AND YOU CAN'T DO IT, OR GO INTO BUSINESS WITH PEOPLE WHO CHEAT YOU, ETC.**
- 2) **DURING THE NEXT 21 DAYS, RIGOROUSLY OBSERVE YOUR THOUGHTS. ON A NOTE PAD, OR IN YOUR PHONE, NOTICE AND LIST THE SELF SABOTAGING CONVERSATIONS / BEHAVIORS YOU ENGAGE IN ALL DAY. FOR EXAMPLE, YOU MAY NOT DRINK ENOUGH WATER. WHENEVER THE THOUGHT OCCURS TO YOU, YOU MAY TELL YOURSELF THAT YOU ARE NOT THIRSTY AT THAT MOMENT, OR THAT YOU NEED TO ADD SOME LEMON TO FLAVOR IT BUT DON'T HAVE ENOUGH TIME AT THAT MOMENT. YOU MAY DELAY DRINKING ENOUGH WATER UNTIL THE NIGHT TIME, WHEN YOU MAY TELL YOURSELF THAT IF YOU DRINK**

WATER AT THAT TIME, YOU WILL WAKE UP IN THE MIDDLE OF THE NIGHT TO USE THE RESTROOM. OR, YOU MAY OFTEN GET BEHIND IN YOUR WORK SCHEDULE. DURING THE DAY, PEOPLE MAY INTERRUPT YOU OFTEN AND TALK TO YOU FOR AN HOUR OR MORE. IN THIS CASE, YOUR BEHAVIOR WOULD BE THAT YOU ARE ALLOWING PEOPLE TO DISTRACT YOU RATHER THAN KEEPING ANY INTERRUPTIONS TO A MINIMUM IN ORDER TO STAY ON TOP OF YOUR SCHEDULE.

- 3) OBSERVE ANY EMOTIONS THAT COME UP WITH ANY OF THE SELF-SABOTAGING CONVERSATIONS/BEHAVIORS YOU ENGAGE IN. FOR EXAMPLE, WHEN THE THOUGHT OF EXERCISING COMES UP, YOU MAY FEEL FRUSTRATED OR YOU MAY REMEMBER THE WORK YOU HAVE TO DO AND FEEL OVERWHELMED. LIST THE EMOTIONS YOU EXPERIENCE NEXT TO THE PARTICULAR SELF-SABOTAGING CONVERSATIONS / BEHAVIORS IN YOUR NOTES.**
- 4) OBSERVE ANY PHYSICAL REACTIONS YOU MAY HAVE RIGHT BEFORE, DURING OR AFTER THE SELF-SABOTAGING CONVERSATIONS / BEHAVIORS. FOR EXAMPLE, YOU MAY OBSERVE THAT WHEN IT IS TIME TO WORK ON A PROJECT, YOU BEGIN TO YAWN OR FEEL FATIGUE IN YOUR BODY. OR, WHEN YOU THINK ABOUT DRINKING WATER, YOU MAY PUFF OUT IN FRUSTRATION. YOU MAY HAVE A WHOLE RANGE OF PHYSICAL REACTIONS BEFORE, DURING, OR AFTER THE SELF-SABOTAGING CONVERSATIONS / BEHAVIORS YOU ENGAGE IN. ADD ANY NOTES ABOUT THESE PHYSICAL REACTIONS.**
- 5) OBSERVE YOUR CONVERSATIONS WITH OTHERS. LISTEN FOR WAYS THAT YOU SET UP THE SELF-SABOTAGING CONVERSATIONS YOU HAVE, THAT LEAD TO SELF SABOTAGING CONVERSATIONS / BEHAVIORS. FOR EXAMPLE, A COWORKER MAY STEP INTO YOUR OFFICE AND START CHATTING ABOUT SOCIAL MATTERS. RATHER THAN LETTING THEM KNOW THAT YOU ARE BUSY AND HAVE WORK TO DO, YOU MAY ENGAGE IN SOCIAL CONVERSATION WITH THEM AND LOSE FOCUS ON WHAT YOU WERE DOING. MAKE NOTES ON THESE SETUPS!**
- 6) OBSERVE YOUR BODY LANGUAGE WHEN AROUND OTHERS. NOTICE HOW YOU STAND, HOLD YOUR SHOULDERS, ETC. FOR EXAMPLE, WHEN TALKING TO PARTICULAR PEOPLE, DO YOU FIDGET NERVOUSLY OR NOT LOOK THEM IN THE EYES? THIS MAY CAUSE OTHERS, SUCH AS BUSINESS PARTNERS, TO SEE YOU AS SOMEONE WHO LACKS CONFIDENCE AND MAY INDUCE THEM TO TAKE ADVANTAGE OF YOU. MAKE NOTES ABOUT YOUR BODY LANGUAGE IN GENERAL, AND YOUR BODY LANGUAGE IN CERTAIN SITUATIONS OR WITH CERTAIN PEOPLE.**

TAKE NOTE OF YOUR OBSERVATIONS FOR 21 DAYS, AND REALLY COMMIT TO IT. GIVE IT ALL YOU HAVE. CAPTURE EVERYTHING YOU CAN. WHEN YOU MAKE THE NOTE ABOUT YOUR OBSERVATION, THERE IS NOTHING YOU NEED TO DO ABOUT IT. THE POINT IS NOT TO CHANGE IT, RESIST IT, REJECT IT AND/OR MAKE IT WRONG. RESISTANCE SIMPLY GIVES THE SELF-SABOTAGING CONVERSATION / BEHAVIOR MORE ENERGY. THE POINT IS TO OBSERVE AND NOTE IT FOR YOURSELF, AND JUST LET IT BE.

A BASIC PREMISE OF QUANTUM THEORY STATES THAT BY THE VERY ACT OF WATCHING, THE OBSERVER AFFECTS THE OBSERVED REALITY. THIS SAME PREMISE CAN BE APPLIED TO ANYTHING, INCLUDING OUR CONVERSATIONS / BEHAVIORS. JUST IN THE ACT OF OBSERVATION, THOSE SAME CONVERSATIONS / BEHAVIORS WILL LOSE THEIR CHARGE AND CONTROL AND DISSIPATE. THE MORE YOU PRACTICE, THE MORE YOU WILL OBSERVE, AND THE MORE THEY WILL BE ALTERED.

HUMAN BEINGS ARE COMPLETELY RUN BY AND ACT ON A SERIES OF CONVERSATIONS THAT RUN IN THE BACKGROUND ALL OF THE TIME. MANY OF THESE CONVERSATIONS AREN'T EVEN OUR CONVERSATIONS. THEY CAME FROM OUR CULTURE, OUR SOCIETY, OUR PARENTS, OUR TEACHERS, OUR FRIENDS, ETC. NO MATTER WHERE THEY CAME FROM, THEY QUIETLY AND EFFECTIVELY SAY HOW THINGS ARE GOING TO GO FOR US. LEFT UNDISTINGUISHED, WE HAVE NO CHANCE OF CHOOSING ANYTHING ELSE. ONCE YOU BEGIN TO OBSERVE THE SELF-SABOTAGING CONVERSATIONS, YOU HAVE AN OPPORTUNITY TO LET IT BE, DISMISS IT AND REPLACE IT WITH SOMETHING THAT BETTER SERVES YOU.

OUR SELF-SABOTAGING CONVERSATIONS / BEHAVIORS IMPACT NOT ONLY OURSELVES, BUT ALSO EVERYONE WE COME IN CONTACT WITH. WHETHER WE HAVE HEARD IT OR NOT, IT MAY BE ON LOUDSPEAKER FOR THOSE AROUND US. YOU HAVE LIKELY HAD THIS EXPERIENCE WITH OTHERS. FOR EXAMPLE, YOU REALIZE THAT THEY ARE SIMPLY DELAYING EXERCISING AND THAT THEY ARE NEVER GOING TO GET IN SHAPE.

IN THE MOMENT OF OBSERVING YOURSELF, YOU ARE ACTUALLY STANDING OUTSIDE OF YOURSELF AND LOOKING AT YOURSELF. IT IS THE ONLY POSITION WHERE YOU HAVE ANY SAY OVER WHAT IS HAPPENING. FOR HUMAN BEINGS, THERE IS A CONSTANT MONOLOGUE GOING ON IN OUR HEADS. SINCE WE DO NOT OBSERVE IT, THE MONOLOGUE NOT ONLY CONTINUES, BUT IT COMPLETELY CONTROLS US, RUNS THE SHOW, DICTATES HOW WE THINK, HOW WE ACT AND HOW LIFE TURNS OUT FOR US. IT IS WHAT HAS THE SAME PATTERNS APPEAR IN OUR LIVES OVER AND OVER AGAIN, SEEMINGLY WITHOUT US BEING ABLE TO CONTROL IT.

THE ABSOLUTE COMMITMENT OF THIS EXERCISE IS THAT YOU BECOME MORE AWARE OF THE SELF SABOTAGING CONVERSATIONS / BEHAVIORS YOU ENGAGE IN. YOU WILL BEGIN, VERY QUICKLY, TO NOTICE DISTINCT PATTERNS THAT EMERGE IN WHAT YOU ARE OBSERVING. IF YOU CAN SEE IT, HEAR IT AND FEEL IT THEN YOU CAN BEGIN TO DRAW A LINE IN THE SAND ABOUT YOUR SELF-SABOTAGING AND CREATE A NEW ERA OF A SABOTAGE FREE LIFE.

THE PRIMARY FOCUS OF THE EXERCISE IS TO OBSERVE. IN THE PRACTICE OF OBSERVATION YOU CAN BEGIN TO CATCH YOUR SELF-SABATOGGE IN ACTION STARTING WITH YOUR THOUGHTS AND EXTENDING OUT INTO THE WORLD WITH EVERY WAY YOU REACT, EVERYTHING YOU DO, AND EVERYTHING YOU SAY.

IF YOU ARE INTENTIONAL ABOUT DOING THE EXERCISE WELL, WITH TOTAL RIGOR AND DISCIPLINE FOR THE 21 DAYS, YOU'LL HAVE RADICAL BREAKTHROUGHS IN CATCHING AND, THEREFORE, HAVING THE CHANCE TO CORRECT/PREVENT SELF-SABOTAGE.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE IN CATCHING SELF-SABOTAGE? 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.

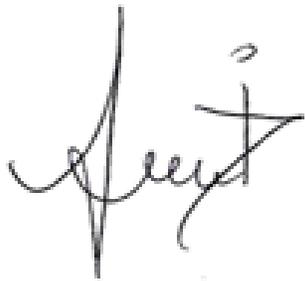
LASTLY, FROM ME TO YOU;

NEXT MONTH: WE WILL HAVE AN EXHILARATING TOOL FOR A RADICALLY DEEP LOVE MAKEOVER FOR YOUR RELATIONSHIPS!

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