

NUMBER ONE COACHING TOOL OF THE MONTH CLUB

FOR A BREAKTHROUGH IN YOUR SELF ESTEEM

FIRSTLY, THANK YOU FOR TAKING ON THIS EXERCISE IN BOOSTING SELF ESTEEM AND THANK YOU FOR THE OPPORTUNITY THAT YOU GIVE ME TO MAKE A DIFFERENCE TO YOU, WHICH FULFILLS MY LIFE.

SECONDLY, HERE IS MY UTMOST TOOL OF THE MONTH FOR YOU TO USE TO TOTALLY RAISE YOUR SELF ESTEEM...REMEMBER, THIS EXERCISE ONLY WORKS IF YOU COMPLETE IT RIGOROUSLY AND GENUINGLY ALL THE WAY THROUGH.

Please open a new document or gather a pen and five sheets of paper.

1. On the first page, create a column on the left hand side with a list of things that you don't like, to any degree, about yourself.
2. On the second page, create a column on the left hand side with a list of things that you do like, to any degree, about yourself.
3. On the third page, create a column on the left hand side with a list of the ways that you have not given everything you have to give to yourself/your relationship with yourself.
4. On the fourth page, create a column on the left hand side with a list of the ways that you have not been available, open and willing to be "blown away by yourself simply being yourself".
5. On the fifth page, create a column on the left hand side with a list of all the things you expect from yourself.
6. Now go back to list 1 (on page 1). Create a column next to the first one. Next to each item in column 1, place an explanation (as a product of self

reflection), about how everyone else is just the same way and does the exact same things, in their own way, that you do not like about yourself. The things they do can be either with you or with other people. Write about how much you totally adore and love that and how those qualities are the greatest qualities in the planet!

7. Now go back to list 2 (on page 2). Add a column next to the first column. In this one, place an explanation/description about how you don't "just like" that thing about yourself, but how you "actually adore, totally love that thing about yourself". Keep writing and let yourself become fully aware of all those suppressed feelings and emotions.

8. Now go back to list 3 (on page 3) and add a column next to the first one. In it, place a new list about how it would look like to you if you gave everything you had to give to all the items listed in column 1.

9. Now go back to list 4 (on page 4). Next to each item in the first column, write down how it would look like if you were being totally available, open and willing, ready to be blown away by yourself, moment by moment.

10. Go back to list 5 (on page 5) and add a column to the page. In that column, say how it would look like for each item if you exceeded your own expectations from now on.

WHAT ARE ALL THE INSIGHTS THAT YOU GOT OUT OF THIS EXERCISE ON SELF ESTEEM? MAKE SURE YOU PUT WHAT YOU SAW FOR YOURSELF TO WORK RIGHT NOW!!! IF YOU DO NOT ACT ON AN INSIGHT RIGHT AWAY IT IS LOST TO YOU.

LASTLY, FROM ME TO YOU;

FOR SEPTEMBER: WE WILL HAVE AN EXCITING TOOL TO PRODUCE RADICAL BREAKTHROUGHS IN EFFECTIVENESS – PERFORMING FASTER WITHOUT COMPROMISING QUALITY.

THANK YOU GREATLY FOR TAKING THE TIME AND USING MY TOOLS TO CREATE SOME PHENOMENAL 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 PLEASE TAKE THE TIME TO EMAIL ME BACK WITH 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 Aramburo'. The signature is fluid and cursive, with a small '2' written above the second 'i'.

CAROLINA ARAMBURO