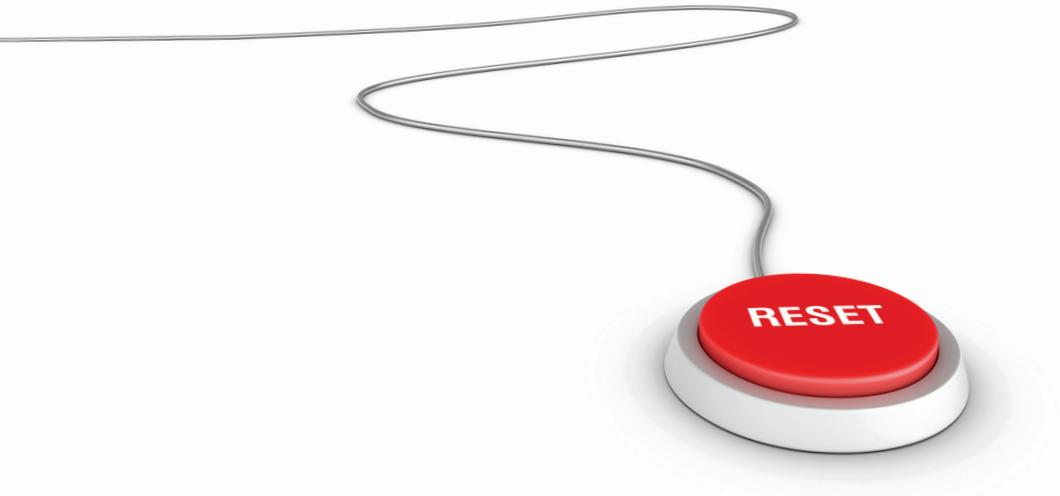


A SELF - HELP BOOK

INTENTIONAL RESET



Reset your MIND to unlock
SUCCESS & BALANCE

DIMA ISTAMBOULI

A SELF - IMPROVEMENT BOOK

INTENTIONAL

RESET

Dima Istambouli

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INTRODUCTION

My “Why”

For few years, I have been searching for the meaning of my life, after I hit rock bottom at 37. It was a tough ride, out of which emerged my purpose: “to change the world by touching one heart at a time.”

It is by creating a ripple effect that we can make this world a kinder place. By guiding you towards a personal transformation, we can together plant a seed of HOPE in the heart of every family and every community to reach out to every city around the world!

In this book, I share with you how you can move from where you are to where you want to be! It is a step-by-step guide to transform your life.

Along my journey, I learned:

To believe, after I was hopeless.

To love unconditionally, after I was a control freak!

To revolt against limiting beliefs, after I was their slave for such a long time!

To treat others like I want to be treated, after I had double standards!

To search for significance in everything I do, after I was focusing only on urgencies!

To jump in and grow my wings on the way down, after I was paralyzed due to a fear of failure!

To dream the impossible and take the first possible step, after I was too realistic to dare to act!

To fall in love with Life and resign myself to spirituality, after I was falling apart!

I learned to

“ *Live, Love, Learn
and Leave a Legacy.* ”

Stephen Covey

Dima Istambouli

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Preface

WHY SHOULD YOU READ THIS BOOK?

WHAT IS IN THIS BOOK FOR YOU?

I dedicate this book to you.

I wanted to make a difference and give:

Power for every **broken** body!

Love for every **hopeless** heart!

Light for every **weak** soul!

Peace for every **restless** mind!

Tough times are part of Life!

You might be **suffering** from a deadly sickness that is affecting you. **It is time to live in faith.**

You might be **feeling** unlucky recently due to consecutive failures. **It is time to understand.**

You might be **subject** to abuse. It is time to revolt and move on.

You might be **struggling** with addiction right now (namely food, tobacco, alcohol, shopping, etc.). **It is time to know what the real problem is.**

You might be **stuck** with your **career** decisions. It is time to reach Clarity.

You might be **unsettled** and feeling a **loss of motivation**. **It is time to find Stability.**

You might be dealing with **Anger** issues, **disorganization**, and **procrastination**. It is time to get organized and set the disciplines for a more productive life.

No matter what you are dealing with today, let us walk together!

Although you might have never heard about me, but by finding my book, you became part of my journey.

Today, as you read along, you will discover the person I am. You will read **stories** that have **marked my path**: keep what works for you and dismiss what seems hard to believe. I will share with you how I was broken, hopeless, weak, and restless! How I insisted not to **give up**!

My **burning desire** to live in peace led me to **rise** again! Step by step, I **let go** of my **worries, expectations, and wounds**! I set myself free! I made space for growing internally!

This book is a **self-help** tool to move you from where you are to where you wish to be. It is a journey to reach your **highest self** through an **intentional** reset: a reset of the **programs** that no longer work for you. Through it, you will learn how to **discover** and **reinvent** yourself.

N.B: Throughout the book, the highlighted words will keep you grounded in the essence of each paragraph. As you reread, they will be used as anchors for your memory.

THE ROADMAP

This book is a guide that will take you through these different stages for a sustainable transformation:

1. *Self-Analysis*
2. *The meaning of Life*
3. *The power of the Mind*
4. *Nurture and Nature*
5. *Reset your life*
6. *Reflective Assessment*
7. *The Goal Tracker*

1. Self-Analysis: The primary focus of this part is to kick-start your journey by exploring your position at this moment. Self-Analysis is the phase where you get to discover yourself through a series of questions that will allow you to dig deep inside to recognize all the **patterns**.

We all have **dreams**. Most of the time, we are so busy with our hectic daily **routines**, that we **abort** the idea of reaching any type of destination. When we **declutter** our mind, we minimize the junk. We have more space to breathe. Consequently, we easily connect with all our **desires**.

By the end of this phase, you will know where you are and will have a glimpse of where you wish to be.

With every page, as your **awareness** increases, you will start to feel the **change** this book is trying to **catalyze**.

2. The meaning of Life: The course of transformation always starts by being acquainted with the **morphology** of the road ahead. The **attitude** at the start can predict the failure or the success of this specific **mission**.

During this stage, I will discuss **Life** as it is. You will come to **appreciate** every single second of your journey. The **stories** I will share will **elevate** you to see Life from a different **perspective**. I will hand you the tools of **self-love, gratitude,** and **mindfulness** as a protection from every **misfortune** that might come your way.

3. The power of the Mind: As you move into this stage, you will explore the **power** of your **mind**. I will show you how you are part of a **universal** system governed by the **laws of Nature**. You can predict your prosperous future if you only **commit** to these laws and **respect** them even when they do not seem to be the right thing to do.

It is only by being acquainted with:

- *who you are!*
- *the nature of Life and its hurdles!*
- *the link between your mind and your **spirituality!***

that you can take the first steps towards a **sustainable transformation**.

4. Nurture and Nature: This stage is an essential part of the journey, where you will explore the relationship between your **mind**, your **brain**, and your **body**. You are not a **victim** of your genes. You are a **product** of what Life has exposed you to, from the minute you were born.

It is an **eye-opener** where you recognize your **Behavior**, based on your **biology**. You will discover how you have acquired it and how to unlearn the unwanted habits. During this phase, I will guide you to challenge your **comfort zone** and become the person you have always wanted to be. **Determination, persistence,** and **patience** are the key ingredients to achieve the change you desire in Life.

5. Reset your life: In conclusion, to reach your destination, you must condition yourself to handle life as it is.

It is only with an **INTENTIONAL RESET** that you can break your **limiting beliefs** and unlock your **untapped potential**. It is by applying all the above knowledge that you can effectively initiate a reset.

A reset will allow you to **upgrade** every single aspect of your Life: **MENTAL HEALTH, WORK/FINANCES, PHYSICAL HEALTH, LOVE/RELATIONSHIPS, and FAMILY**. Read carefully through this phase to reap the results you are seeking.

6. Reflective Assessment: This step is a tool to **assess** what you have **assimilated** through the pages of this book by reflecting on the answers of the questions you have taken at the very beginning. You will experience the direct effects of a raised **awareness** throughout this chapter.

7. The Goal Tracker: By the end of this book, you will leave with a **strategy** to reach your **yearly goals**. If you commit to it, you will **conquer** every **hurdle** that might be on the way towards your **dream destination**.

A journey to peace starts from within. Do not give up:

“ If you can't fly then run,
If you can't run then walk,
If you can't walk then crawl,
But whatever you do
keep moving forward. ”

Martin Luther King Jr.

WHY SHOULD YOU TRUST ME?

On a cold Wednesday afternoon, on January 10, 2018, I found myself sitting in my favorite coffee shop in Dubai, writing the first pages of this book. It was the anniversary of my **transformation**:

It all started with a Slap!

August 2016, I was **restless!** I felt **empty!**

I was **depressed!**

I couldn't find words to describe what I was going through. I was crying in **silence!**

It was **painful** because I couldn't understand; it was a complete **mess** from the inside. I kept my **smile**. Very few people noticed the unrest.

I was a woman who wanted to avoid **battles** at any price. I settled for what was available, even when it conflicted with my integrity, because I was not used to facing **adversity!**

I wanted to prove I can handle anything without considering my **mental and physical health**. The work environment was **toxic** and lacked all sorts of **appreciation**. Since October of that same year, I had been planning to resign. It was a hard decision because I was used to my **comfort zone**.

Being hopeless for a long time has generated a miserable state of mind that stripped me out of my **rational faculty**. I could not stop thinking. **Opportunities** were **scarce**. I lived with **bullying and abuse** because I was afraid to lose my financial **stability**.

“ My pain was eating me alive. ”

It was time to say **NO** to **injustice**.

On the 5th of January 2017, I resigned. It was the beginning of a new chapter in my life.

The internal mess I was dealing with affected all aspects of my Life: **HEALTH, WORK, RELATIONSHIPS** and **FAMILY**

After engaging with a coach, I gave **voice to my thoughts**. The process of **self-discovery** allowed me to see life from a different **perspective**.

Sharing does matter! It was a way to **declutter** my mind.

It was with my **faith and my spirituality** that I picked my broken pieces. It took **self-love** to glue them together, **gratitude** to maintain them, and **mindfulness** to heal them.

It was then when I started to see the light at the end of the tunnel.

During that same time, I felt a need to write. Quotes were the best way for me to communicate my **feelings**. The love for writing was growing with every quote. To my surprise, every time I got **inspired**, my pen was just **flowing** with words without any considerable effort.

Day after day, people related to my quotes and reached out to me for **help**. I discovered an internal power while I was guiding individuals to conquer the **misery** of **mental health**, when I helped:

- *people overcome social fears of criticism, competition, rejection, validation, stress, and recognition.*
- *individuals deal with their addiction to binge-eating, alcohol, smoking, overspending, and control.*

- *abused women break free from their internal prisons first.*
- *people break their emotional chains such as neediness, letting go, monotony, attachment, blame, judgment, complaint, demotivation, low self-confidence, and emptiness.*
- *teenagers pull through their suicidal thoughts as well as their pleasure of suffering.*
- *employees understand the effect of work-induced stress, job loss, financial troubles, and security.*
- *individuals overcome the fear of poverty and death.*
- *a PTSD patient face smiles again because I was able to catalyze hope.*

I was **restless**. I wanted to take **advantage** of this power to help as many people as possible shake off their **pains**. The problems everyone is dealing with are **unlimited**. They mostly come from the same **source**. They have similar **solutions**, all coming from **within**.

The main question was: “How am I able to help everyone by changing their lives, while I cannot change mine to reach my goals?”

I **intentionally** became aware of the dialogs I was conducting. The joy I brought to these souls helped in my healing. Serving others was part of the **significance** I was seeking. Throughout these conversations, I discovered a whole new world of **solutions** and **advice** that I gathered in this book.

This material is the fruit of:

- *4 years of **SELF-ANALYSIS**.*
- *4 years of daily interactions with random people seeking **help! LIFE ANALYSIS**.*
- *22 years of reading and assimilating **self-help** books written by influential writers from Marcus Aurelius to James Allen, Napoleon Hill, Dale Carnegie, Earl Shoaff, Norman Vincent Peale, Earl nightingale, Wayne Dyer, Stephen Covey, Bob Proctor, John C. Maxwell, Les Brown to count a few! **MIND & LIFE ANALYSIS**.*
- *1 year of continuous scientific **curiosity** dedicated to the relation between our **mind, brain, and Body**.*

My **awareness** was moving upwards, my **passion** for making a difference grew **exponentially**. Hence, I decided to join the John Maxwell Team. I received my certification as a Speaker, Teacher, coach, and trainer at the IMC in Florida, August 2019. During this trip to the States, I met many brilliant people, such as Dr. Bruce Lipton, a biologist who influenced my thinking with his work in **Epigenetics**.

The Idea of **helping people** and **adding value** finally matured.

The **passion** I have developed for **personal development** at an incredibly young age became much stronger at the age of 40. The burning desire to grow led me to The John Maxwell Team (JMT). It was a new page that had a significant impact in my life.

Through the JMT online training, I was exploring scientific facts that backed my earlier **discoveries**. It gave me the **confidence** to hop on a new career journey. Nevertheless, I

had a **challenge**; my job as an architect was very well-paid and was the only source of income for my family at that specific time. I could not resign.

I was **begging** God to guide me to find a **solution**. The answer came through Andrew, an executive coach who gave me the advice of a lifetime, through a story.

The WISE MAN and The COW STORY: ● ● ● ● ● ● ● ●

A wise man and his assistant toured their village, looking for opportunities to help. As they were about to finish their day, they came across an old house that looked miserable and poor. After knocking for some time at the door, an older man opened for them. They had a chat while the man explained that he was a father of 3, who owned a cow that gave them milk. Selling the milk at the marketplace covered the daily expenses of the family. They were barely surviving, but they got used to this routine. The man paused to hear the wise man's advice. However, the wise man only gave him a few words of encouragement and left.

On their way out, the wise man asked his assistant to go back and get rid of the cow. The helper started arguing as he could not understand what the benefit would be to eliminate the man's only source of income. The wise man repeated the instruction and asked the helper to consider it as an order. The next morning, the helper reached the house, cut the rope, and set the cow free. He observed it going further in the field until it disappeared. The helper was feeling guilty but had no other choice.

For two years, he was questioning what he did and could not get over it. Until one day, he decided to pay a visit for the man to apologize for the inconvenience he had caused to the family by following the instructions of the wise man.

To his surprise, the entrance was glowing with all sorts of plants. He knocked at the door and the same man was there but this time, he looked perfectly dressed and clean. He asked the man what happened and how he was able to transform his life. The man explained that the day after they left, he lost the cow. The helper interrupted him and confessed that he was there to apologize because it was his fault. The man kneeled to kiss the helper's feet, because losing the cow had pushed him to go and try to find a decent job in the city. He ended up with a fantastic opportunity that upgraded his life. ● ● ● ● ● ●

Andrew looked at me and said, “It is time to cut the cow out, Dima.”

How many of us get stuck in situations where we feel **helpless** and **hopeless**? How many times we experience the need for a wise man to take the lead and **show** us the way?

I knew I was **stuck** and I knew I had to **change** something. It was time to ask for the **help** of the wise man (for me it was God). He was there, holding my hand every day. I was under the **magical spell** of faith and was patient enough to wait for the right **answer**.

On June 13, 2019, I was terminated from my job with immediate effect. **THE ROPE WAS CUT**. I looked up towards the sky and expressed my **gratitude** to the wise man. I was not worried about the next stage. I knew there was a better plan for me. I was finally free to **chase my dream**.

Chapter 1

SELF-ANALYSIS

INTROSPECTION: Discover who you are

Introspection is an essential part of every transformation. It helps create the space which allows us to understand what is going on inside our **unsettled** mind.

Most of us lead a life without a **destination**. We wake up in the morning with no **motivation**. We start the day with no plan nor **intention**. We go to bed in the evening, feeling **empty**! We live a **firefighter's** life, always on alert. There is so much to Life other than reacting to **circumstances**. The **overthinking** and **overanalyzing** we exercise all day fill our mind and leave no space for **planning** and **dreaming**.

As per Wayne Dyer, if you squeeze an orange, you will get orange juice. It does not matter if your boss, your partner, or a parent is pressing it, you will always get orange juice. It is a **reality**. Under **pressure**, we show who we are.

In this part, I will guide you to explore the essence of that juice, to recognize the patterns that are limiting you, to search for meaning, and to prioritize your needs.

If you are familiar with **Coaching**, you will understand the power of answering **questions**. It helps you deal with the immediate **obstacles** which are preventing you from **growing** and building the vision of your **purpose**. To make the best out of this process, write down your answers while being open and **honest** with yourself. It is the perfect way to record your

conscious thoughts. You will need them by the end of this book to assess your **improvement**. This technique is efficient in **decluttering** your mind.

The questions are part of a Coaching module I use in my coaching relationships. It has helped many people reach clarity. Your **answers** will provide you with solutions to every area of your Life: **HEALTH, WORK, RELATIONSHIPS** and **FAMILY**.

Questions:

Take your time to answer every question genuinely, to maximize your intake from this book:

1. *Describe your daily routine.*
2. *What is the area of your life that needs the most attention?*
3. *What is happening now in this area?*
4. *What control do you have over this area?*
5. *What action have you taken so far?*
6. *Where do you see yourself in that area one year from now if you did not take any action?*
7. *What is your goal regarding this issue?*
8. *List a few immediate steps with their respective dates that can help you reach your goal.*

9. *What are the obstacles that have stopped you from acting in the past?*
10. *What resources do you have and which one do you need to solve this problem?*
11. *Where can you get them from and what is the most challenging part for you in this process?*
12. *What are 5 things you can do to solve it?*
13. *What would you do if you had to start all over?*
14. *What options would you offer someone seeking a solution for the same problem?*
15. *What are the advantages and disadvantages of each?*
16. *Which option works best for you?*
17. *How important is this on a scale from 1 to 10?*
18. *What prevents it from being a 10?*
19. *What personal resistance do you have to take these steps?*
20. *How will you feel once you have achieved this?*

SELF-AWARENESS:

Discover where you are

Viktor E. Frankl once said,

“ Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. ”

Self-awareness is a skill that grows with time. Once you **activate** it, you can never switch it off. Yet, you can live a whole life without using it.

Self-awareness is the ability to **observe** yourself through your **actions** and your **thoughts**. It is also the ability to see others through the way they react to **people and circumstances**.

The purpose of this book is to move you from where you are to where you wish to be. We have explored in the first part of this chapter, the power of **questioning**. Although we know what we need to **improve**, we feel stuck in a **reactive** state of mind. We get so carried away with the daily **urgencies** that we stop being aware of their causes.

This behavior is not a product of a day. It is the **consequence** of the conditioning we had, precisely like the lion in the following story.

The LION and The SHEEP STORY:¹ ● ● ● ● ● ● ● ●

There was once a pregnant lioness that was on its last legs. It died soon after giving birth. The newborn, not knowing what to do, makes its way into a nearby field and mingles with a herd of sheep. The mother sheep sees the cub and decides to raise it as its own.

And so, the lion cub grows up along with the other sheep and starts thinking and acting just like a sheep. It would bleat like a sheep and even eat grass!

But it was never pleased. First, it always felt that something was missing. Second, the other sheep would continuously make fun of it for being so different.

They would say, “You are ugly and your voice sounds weird. Why can’t you bleat properly like the rest of us? You are a disgrace to the sheep community!”

The lion would just stand there and take in all these remarks, feeling extremely sad. It thought it had let down the sheep community by being so different and that it was a waste of space.

One day, an older lion from a far-off jungle sees the herd of sheep and decides to attack it. While attacking it, it examines the young lion running away along with the other sheep.

Curious as to what was happening, the older lion decides to stop chasing the sheep and pursues

the younger lion instead. It jumps on the lion and growls, asking it why it is running away with the sheep?

The younger lion shakes in fear and says, “Please don’t eat me, I am just a young sheep. Please let me go!”.

Upon hearing this, the older lion growls, “That’s nonsense! You are not a sheep; you are a lion, just like me!”

The younger lion simply repeats, “I know I am a sheep. Please let me go”.

At this point, the older lion gets an idea. It drags the younger lion to a river nearby and asks it to look at its reflection. Upon looking at its reflection, the lion, much to its astonishment, realizes who it was; it was not a sheep, it was a mighty lion!

The young lion feels so thrilled and lets out a mighty roar, which echoed in all corners of the jungle and frightened the sheep who were hiding. They all flee away.

No longer will the sheep be able to make fun of the lion or even stand close to it for the lion had found its true nature and its real herd. ● ● ● ● ● ● ●

This story is about “**self-awareness**” and “**self-reflection**”.

The younger lion never felt happy. It was dealing with the **limiting beliefs** that it received from the day it was born. It couldn’t know until it became **aware**.

When we hit rock bottom is when we go into **self-discovery** because we want to **change**. It is the same reason that got you to pick this book. Once we become **aware**, we move into self-reflection and we realize our true nature. This fact of **breaking free** from our limiting beliefs allows us to develop a **purpose** in **alignment** with our true selves.

If you feel **unhappy** with your results today, you need to start working on your inner self to become **self-aware**. It is the only way to recognize how you **reaped** these results. Allow your awareness to shine a **light** on all your **limiting beliefs** to find who you really are.

Awareness is the light that exposes the **sunless** world of our Life. As hope grows, we peel off one layer after another of our being until we reach the deepest levels of our **inner self**.

Life is full of **beginnings** that start small. They appear insignificant at the start, but prove to be great by the end.

A **flood** starts with a raindrop, an **avalanche** begins with a snowball and a **river** kicks off with a few drops of water.

So are you!

THE AWARENESS LEVELS²

1. REACTION LEVEL
2. REFLECTION LEVEL
3. ASPIRATION LEVEL
4. SELF-RELIANCE LEVEL
5. DISCIPLINE LEVEL
6. TRANSFORMATION LEVEL
7. GREATNESS LEVEL

We were all born **equal**. Although we did not have the chance to choose where we want to be, we have what it takes to change our current **situation** and aim to move where we wish to be. Yet, as we go through Life, we **inherit** some limiting beliefs that will always be in the way of our growth. If we do not attempt **intentionally** to replace old habits first by **unlearning** them and **learning** new **ones next**, we will keep on reaping the results we have today.

Upgrading your Life is similar to **building** a brick house. Can you imagine erecting a **structure** on a mud puddle? With no proper plans and **foundations**, the **envelope** will not resist expected natural disasters. It is the same with our **minds**.

Before we attempt to **remedy** any internal **conflicts**, it is essential to make sure the structure is **sustainable**. It is only through awareness that we can observe our lives to depict the **programs** that are no longer working for us. The **journey** to awareness goes through many stages. Once you get acquainted with them, you will move step by step towards a **refreshing** approach of Life.

Level 1:

REACTION LEVEL:

Fight or Flight

At this level, a person opts for instant **gratification**. She is unable to control her **emotions**. There is no space for thinking. The reaction relies on **self-protection** mode, a **reflection** of the primitive animal side with all its **instincts**.

It is compared to a “**fight or flight**” response, which is a physiological and psychological reaction that occurs in the presence of something physically or mentally **terrifying**. The person initially allows her senses to protect her. She does not have control over her **thoughts**; she grows into the product of what other people and **circumstances** have imposed on her to be. This reality has dictated how she should react. It is more of a **reaction** than a **response**.

At this level, we see many individuals dealing with **Addiction**. When we live a life full of **reactions**, it does not give us a break; we get **exhausted**. Instead of trying to understand the situation, repair it and learn from it, we run away towards **behaviors** that reward us with instant pleasure.

This **pleasure-lead** behavior turns into a permanent **practice** and becomes **rooted** as a natural habit in the forms of smoking, binge-eating, excessive shopping, and uncontrollable anger. Instant gratification becomes more important than **long-term** resolutions. Addiction is not a problem; it is an **unsustainable** solution to a long-felt problem.

The majority of people belong to this level. Unfortunately, they are, overall, **negatively conditioned**, have low **self-esteem**, and find so many reasons to get offended. Their ego takes over their decisions.

I will discuss solutions later in the book, where I guide you on how to choose the proper response based on your creative thinking to solve problems.

Level 2:

REFLECTION LEVEL:

Follow the mass

A person becomes a **reflection** of the people around him.

At this level, the person will be busy worrying about what a friend or a boss might be thinking of him. It is about going with the **flow** and more specifically, “**following the crowd**” level with the complete absence of the **thinking faculty**. People at this level search for a leader to follow, no questions asked. Nowadays, a leader’s **influence** is not about views, ethics, and purpose. The influence reached its lowest levels and it is reflected by the number of **followers, likes, and comments**.

These followers do not use their **creative minds**. They do not choose what they want. They base their **choices** on others. They seek the **advice** of others when it comes to any aspect of their Life. They **imitate** others and envy them.

A successful leader is someone who can influence others by **thoughts, words, and actions**; purely **leading by examples**.

Creating your path of self reliance is not the **easiest** thing to do. The closest people around you will be the first to disagree with you. If you stay true to yourself and do whatever fulfills your **purpose**, you must be following the **right** path. Self-reliance is about falling back to your **initiative** instead of being the **slavish** follower of the crowd.

Level 3:

ASPIRATION LEVEL:

Desire for something greater

As we start to notice our **emotional** reactions and the **commitment** we have to others, we discover the level of **ignorance** we have reached. A thrive on divine love **surfaces** through developing a sense of **righteousness, compassion, and love** as opposed to an earlier desire for **possession, self-dominance, and instant gratification.**

At this level of awareness, we are dissatisfied with the current state of mind and longing to a **higher condition.** Aspiration is being open to **advancement** by overcoming the **reactive and reflective** approach to life that we have adopted until today. It brings the **refinement** of the mind. It protects it from falling back into the **impurities** that were occupying it for a while. However, the effect of Aspiration is, most of the time, **temporary,** and the mind tends to fall back into its habitual **mistakes** if not renewed **continuously.**

Renewal starts by exposing our minds to **healthy, positive** thoughts that serve the **goals** of our aspiration instead of getting it to roam in its **old misery.** At this level, people explore their potentials. It is a wake-up call to move towards **wisdom** and **peace.** You have been in the **mass mentality** for too long and it is time to lift yourself to rise above **fog and gloom.**

You may desire a career change, a promotion, a genuine relationship, or even financial abundance. The **desire** alone is not enough. **Passion** and **self-confidence** should coexist. You should start believing in yourself.

Exercise enough positive thinking, believe in your **abilities,** and adjust your mindset to be in **synchronization** with your

dreams. At this stage, you admire successful people, but deep inside, you feel you cannot **follow** their steps.

Level 4:

SELF-RELIANCE LEVEL:

Faith in your powers

Self-reliance isn't to be confused with **vanity**. The former is about **excellence** and the latter is about **worthlessness**. It is a stage of appreciating your **uniqueness** which is a native **simplicity** and an original **dignity**. You explore who you are. You believe in your capabilities and know that you can achieve anything. You rely on the principles of worth, such as **sincerity**, **character**, and **truth**, which cannot be lost. You are ready to give up **pride** and **conceit**.

Self-reliance has nothing to hide and is associated with profound **humility** while acknowledging the unique **gifts** and **talents** that will back you up along this journey. You rely on the **discoveries** you have reached to dream and **visualize** the **outcome** you wish to have in your life.

Man's main **trouble** is his **self-mistrust**.

You are not aware that anything that crosses your mind will be reflected in reality. Therefore, every time you **underestimate** yourself, you will end up with the **results** you were fearing.

If you think of it, you can do it. You also understand that your focus should be on your **aspirations**, on the things you want in your life, rather than on the outcomes you do not wish to have.

Soon enough, you will be in **synchronization** with what you hope to **manifest** in Life.

It is a life of **purpose**, where what you are **seeking** is seeking you. You have reached the time to stretch your **comfort zone**; you either go ahead and **grow** to the next level or run back to safety and stability.

Temptation goes hand in hand with **self-reliance**. As you are building your **self-confidence**, the temptation will increase to get you to revert to the lower levels. It is a **threat** until the aspiration within **matures** by knowledge and **calm** thought.

Level 5:

DISCIPLINE LEVEL:

The ability to give yourself a command and follow through without falling in temptation

One of the significant levels of awareness is **Discipline**. Self-reliance is **worthless** without it; you must keep on **pushing** to reach it.

With discipline, you can tame **temptation**. The solution is not by running away from the outward objects under the **assumption** that they are the **cause** of your temptation. You should reach a place where you **perceive** that the problem is within. Temptation is torment. It accompanies **weakness and defeat** rather **than strength and victory** that Discipline brings into your Life.

Taming temptation happens by fortifying the mind. you should understand it well before **attacking** it from the inside out, starting with the **introspection** and moving towards **empowering** essential habits.

Discipline is the right way to a complete **victory**. With **determination**, **perseverance**, and **patience**, a man can conquer his **lust**, **selfishness**, and **pride** that always push him towards the stream of temptation.

Do you know what your **aspirations** are? Did you set a **plan**? Are you ready for the **change**? If you still did not put a discipline in place to support it, then you will end up stuck with your **original reflective** and **reactive program**.

Discipline is the ability to give yourself a **command** and **follow through it**, regardless of what you are facing. Expect to become **alone**. As you are almost free from seeking the **mass approval**, you will get much advice from people based on their reality that do not apply to you.

Here will be the challenge to break free from the mass and **commit** fully to your dreams by **adopting** a new lifestyle.

“ Keep the end in mind. ”

It will be enough for you to manifest your goals sooner than expected. As you build your **dreams**, you should be willing to find **solutions** for every challenge you will face along the way. **Devotion** in all areas of Life will give you **astounding** results, a new level of **abundance**, and extreme **positivity**.

However, when facing your **limiting beliefs**, you tend to give up because they continually remind you of how easy Life is within your **comfort zone**, rather than facing the **chaos**, induced by the new discipline.

Level 6:

TRANSFORMATION LEVEL:

Committing to yourself

By now, you got over the idea of being **validated**. You **aspired** to your dreams. You recognized your **value** as a person. You **believed** in yourself and you **committed** to a discipline that is at the center of your **freedom** from outer conditioning.

The fight against **temptation** occurs only at the very **start** and is necessary before acquiring the knowledge of its mental cause. This **preliminary** fight is essential, just as the cry of a helpless baby is **mandatory** to its growth. But as crying is not needed beyond the infant stage, so is the **fierce** struggle with **temptation** when a **mental** transformation is acquired.

Meanwhile, new **experiences** are opening doors for an entirely innovative world of **skills**. With **repetition through discipline**, derives a **mental force** casting away **hatred, anger, and selfishness** to replace them with permanent **peace**.

Peace is a fruit of **belief**. It **catalyzes transformation** through the **familiarity** with the resources we have, to overcome every challenge we face.

At the very start, it feels challenging to **commit** due to continuous temptation. Yet, **repetition** moves you to a different level of **ability**. You have already **stretched** your comfort zone towards a complete transformation.

Once you master your **mental faculty**, the center of all **manifestations**, you can reset your unwanted **programs** and choose your **thoughts** based on a new **conditioning** that will bring **accomplishments**.

The road is not easy and the results will take time to **manifest**. Developing a new **lifestyle** is like growing a plant from a seed.

Just because you cannot see instant results, it does not mean that the growth is not happening.

Level 7:

GREATNESS LEVEL:

The level of adding value

Greatness is the ability to rise above the **wild and noisy uproar** of Life by overcoming ourselves first. It is the **mastery** of the space between stimulus and response.

At this level, Life is similar to a familiar movie. We stop interacting **emotionally** with every challenge. Instead, we are fully aware of the natural **evolution** of acts. We keep on evolving while maintaining a high level of **self-possession, compassion, and internal freedom**, even when the **unpredictable** storms ravish us.

The **peace** we have enables us to dive into our **untapped potential** because our **consciousness** is spotless. We have gone through the right changes of **unlearning** and somehow, we have refreshed the rest of our system. We fall in love with Life. We reach incredible levels of **gratitude**.

We act from a **well-rounded** mindset that will place us at the center of the abundance stream. Habitual patterns of our **subconscious** mind no longer control us. We have reached peace of mind that no matter what the **struggle** is, we have the **answer**. If it is not already within, it is somewhere around us. The level of **calmness** we have will get us to grab the responses coming from above, knowing that the **divine power** has joined forces with us and is there to support us all the time.

With greatness come **humility**, **simplicity**, and **significance**. We become free from **pride** by manifesting this greatness in **thoughts**, **words**, and **deeds**. We transcend to a whole new level of service; it is to lose oneself in making a difference for the whole.

The absolute unselfishness is a proof of an **INTENTIONAL RESET**. With it, we enter a new phase of **Intentional Living**:

“ [...] whatsoever a man soweth,
that shall he also reap. ”

Galatians 6:7

CONCLUSION

In these tough and **uncertain** times of our existence, there are many titles to sweep us off our feet. It is with **awareness** that we can choose to stand firm in front of **adversity**. Our experience, our faith in ourselves and **God**, a detailed understanding of our nature, and our **biology**, while respecting the **laws of nature**, are essential knowledge for our success **journey**.

We live one life. Trust me; it is worth creating a **masterpiece** out of it. It is about living **success** and **significance**. It is when you stop seeking **personal gains** yet earn a need to **give back** by sharing your experience with other people around you.

Unfortunately, many people stay in the first two levels, where they cannot see beyond their circle of **influence**. All their **dreams** are being stolen by a piece of advice given to them by people who are basically on an entirely different **wavelength**.

Moving upward in your **awareness** is a protection against **negativity**. You always have the option to choose where and around whom you want to be. By now, you are aware of the actions you need to take in your Life to maintain a “**greatness**” level of awareness.

DESTINATION:

Explore where you wish to be

The STORY Of ROSE, The 87-YEAR-OLD STUDENT:³ ● ● ● ●

On the first day of school, our professor introduced himself and challenged us to get to know someone we did not already know.

I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady staring at me with a smile that lit up her entire being.

She said, “Hi, handsome. My name is Rose. I am eighty-seven years old. Can I hug you?”

I laughed and enthusiastically responded, “Of course you may!” and she gave me a giant squeeze.

“Why are you in college at such a young age?” I asked.

She jokingly replied, “I’m here to meet a rich husband, get married, and have a couple of kids...”

“No, seriously”, I asked. I was curious about what may have motivated her to be taking on this challenge at her age.

“I have always dreamed of having a college education and now I’m getting one!” she told me.

After class, we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months, we would leave class together and talk nonstop. I was

always mesmerized listening to this “time machine” as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she quickly made friends wherever she went. She loved to dress up and she celebrated the attention bestowed upon her from the other students.

At the end of the semester, we invited Rose to speak at our football banquet. I will never forget what she taught us. She was introduced and stepped up to the podium.

As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, “I’m sorry I’m nervous. I gave up beer for Lent and this whiskey is killing me! I’ll never get my speech back in order so let me just tell you what I know.”

As we laughed, she cleared her throat and began, “We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success.

You must laugh and find humor every day.

You have got to have a dream.

When you lose your goals, you die. We have so many people walking around, who are dead and do not even know it! There is a vast difference between growing older and growing up. If you are nineteen years old, lie in bed for one full year, and do not do one productive thing, you will turn twenty years

older. If I am eighty-seven years old, stay in bed for a year and never do anything, I will turn eighty-eight.

Anybody can grow older. That does not take any talent or ability. The idea is to grow up by always finding opportunity in change.

Have no regrets. The elderly do not usually have regrets for what they did, but rather for things they did not do. The only people who fear death are those with regrets.”

She concluded her speech by courageously singing, “The Rose.” She challenged each one of us to study the lyrics and live them out daily.

At the year’s end, Rose finished the college degree she had begun all those years ago. One week after graduation, Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it is never too late to be all you can be.

These words have been passed along in loving memory of ROSE. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

“ Remember, growing older is mandatory. Growing up is optional. ”

Walt Disney

We make a living by what we get; We make a life by what we give.

The Story of Rose is a story of a **meaningful** life. Her wrinkles were the witness of 87 years that taught her **memorable** lessons. Do you want to wait for such a long time before you **explore** what makes you alive?

Life is about the ups and downs.

A **monotone** life is boring and is like a drive in the desert.

The DESERT DRIVE STORY: ● ● ● ●

Visualize driving for hours across a desert! An experience I had in August 2003, traveling by car from Los Angeles to Las Vegas. At the start, it was exciting. The scenery was something I had never seen before. I was enjoying every single detail of it. One hour into the drive, I lost track of time and space. Ahead was a never-ending road surrounded by a picturesque passive nature. As I moved, I could not notice any progress except for some signs highlighting the distance crossed so far. Although I knew where I was heading, it felt odd! ● ● ● ● ● ● ● ● ● ●

Most of us today are on the same type of journey, where birthdays are the only reminders of the time consumed!

Most of us today are waiting for a change **without** taking the next step. We want things to be **perfect around us** before we even act. Fulfillment always starts from within. Many people out there have access to everything in Life and they still find a reason to be unhappy.

From the minute we were born, **challenges** surfaced. We were **helpless**; we barely knew how to breathe. Slowly, we learned how to swallow, chew, roll, crawl, stand, walk, run, jump, swim and drive. These are primary **needs** that were

once difficult but after **practice**, they became **essential** daily **habits**. They have set the tone for years to come.

There is a natural path for learning; it starts with **simple** steps and moves into more **complicated** ones.

Once we have mastered ourselves, we run into various types of **encounters** which include **interactions** with other people as well as **adaptation** to different environments.

For a baby, it looked like a “mission impossible” to crawl. Once acquired, the **focus** moved to walking. As a toddler, walking seemed to be a dreadful task. Yet, looking at a baby learning to crawl looked like a piece of cake.

In Life, you move from one test to another, **preparing** you for some sort of upgrade. Tests are disguised as tough moments because they stretch your **comfort zone**. Note that every person has a growth curve that does not follow any specific norms or **standards**. Thus, our progress is relative to us and not to the people around us.

The GRADUATE STORY: ● ● ● ● ● ● ●

Graduating from college and moving into corporate Life is an excellent illustration to understand this point:

As you graduate, you join the workforce. At the start, you enter at a junior level, which is all about commitment and hard work. Everything is new and seems to be challenging. Many times, you find yourself complaining to your family and friends about your daily struggles at the office. Soon enough, the hard work pays off as you get promoted. The tasks you were performing as a junior employee seem to be much more comfortable. New challenges appear as you move into the level and the cycle starts again. ● ● ● ● ● ● ●

EXERCISE

To be clear on what you want, you need to explore your core values that will be at the center of your transformation.

You have 50 core values listed below.

Step one: Reduce the number to half by choosing 25 values that matter the most to you.

THE VALUES TO CHOOSE FROM:

- | | |
|----------------|-------------------|
| 1. ACHIEVEMENT | 13. DETERMINATION |
| 2. AMBITION | 14. DEVOTION |
| 3. AWARENESS | 15. DISCIPLINE |
| 4. BALANCE | 16. EXCELLENCE |
| 5. BEAUTY | 17. FAMILY |
| 6. CALM | 18. FAME |
| 7. CHALLENGE | 19. FREEDOM |
| 8. COMMITMENT | 20. GRATITUDE |
| 9. COMMUNITY | 21. GROWTH |
| 10. COMPASSION | 22. HAPPINESS |
| 11. CONNECTION | 23. HARD WORK |
| 12. CREATIVITY | 24. HEALTH |

- | | |
|-------------------|------------------|
| 25. HUMILITY | 38. RECOGNITION |
| 26. INNER HARMONY | 39. RESPECT |
| 27. INTEGRITY | 40. RESILIENCE |
| 28. JUSTICE | 41. SECURITY |
| 29. KINDNESS | 42. SELF-LOVE |
| 30. KNOWLEDGE | 43. SERVICE |
| 31. LEADERSHIP | 44. SPIRITUALITY |
| 32. LOVE | 45. STABILITY |
| 33. LOYALTY | 46. STATUS |
| 34. OPTIMISM | 47. SUCCESS |
| 35. PATIENCE | 48. TRUST |
| 36. PEACE | 49. WEALTH |
| 37. POWER | 50. WISDOM |

Step two: Reflect on the 25 values that you have just chosen. Remove 10 of them. You will end up with 15 values that are essential in your life.

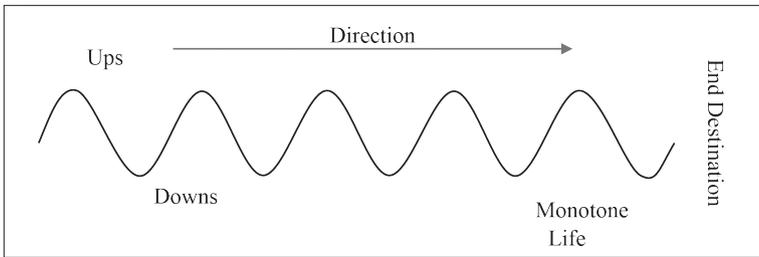
Step three: The last stage of this exercise is to try to reduce the chosen values to 5 to come up with the ones that represent you. You will use them every day as you are about to lead the Life you want to manifest.

Write down the five Core Values left, keep them with you wherever you go as a reminder of your compass, and base every decision upon them!

A LIFE WITH A DESTINATION

Today, stop complaining about hurdles. Everything happens for the **right reasons**. After every trial, there will be a direct or indirect **payoff**. Consequently, take advantage of the time. Enjoy challenges because they are at the center of your **accomplishments** and never forget to look back, with **gratitude**, at those lessons.

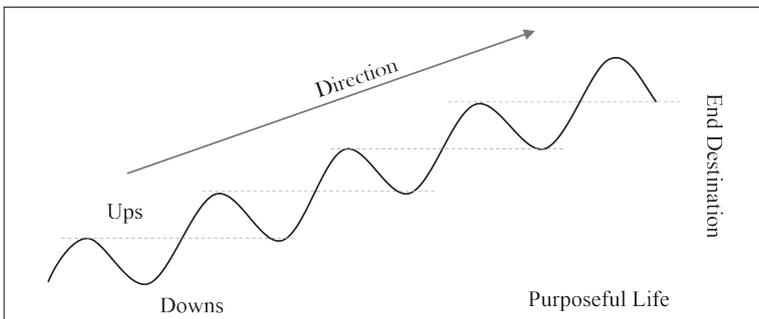
At the very start of my **transformation**, I thought Life was similar to a monotone wave:



After every **climb**, there was a fall. It is a natural path to growth.

It is how I saw my Life at some point. I could not understand why we couldn't have enough time to celebrate our wins and why we should keep on facing **adversity**.

But later, I realized that with every **challenge**, we grow and move one step towards the end **destination**.



Yet, the most crucial part is to know where you are heading. If you manage to discover your **purpose**, your journey will look different. The earlier you search for it and set your **mission**, the more your ups and downs make sense.

The **circumstances** of Life occur unexpectedly. It is why you feel the **pain** and complain about it.

The GYM ANALOGY: ● ● ● ● ● ● ● ●

You hit the gym with a goal in mind: you want to be fit and healthy. If you are familiar with this experience, you will know that an extensive weekly weight program, along with a proper nutritional plan, is needed to achieve the desired results. You follow the routine religiously with your goal in mind. As weeks go by, the intensity of the workouts increases because it is the best way to build your muscles and improve your body shape. The more you feel the pain, the more you are assured you are reaching your destination. That pain makes sense because you were aware of it in advance. ● ● ● ●

What if we treated Life the same way? What if we were sure that all the **efforts** we are doing would lead us to a better **version** of ourselves?

Goals make much more sense when we set them relatively to the destination. Expect them to be **painful**, but rest assured that every adversity comes with its equal advantage and in that case, it is achieving your **dream**.

Once you set the **destination**, you can easily set the plan. You will be more **intentional** about your daily **choices**. Leading an **aimless** life without a plan is like hopping in your car with a

map in hand, driving around, exploring the entire road, and not knowing where to head next.

If you attempt to plant an apple tree, you see the apple even before buying the seed. The desire to have that **fruit** got you to go and buy the seed. Keeping the end in mind gives us access to the right **plan** and provides us with **direction**. A **destination** motivates us to take the first step of this plan. It becomes our **compass**.

The MAZE GAME: ● ● ● ● ● ● ● ● ● ●

Do you recall the maze game? You have a mouse and a cheese separated by a maze. The goal is to get the mouse to reach the cheese without getting lost due to the many road bifurcations it gets on the way. It was such a challenging game. However, there was a trick. It was much easier to find the way from the cheese backward. ● ● ● ● ● ● ●

To explore what you love and where you love to be, ask yourself one question: “If you had all the **money** you need and all the **resources** you are seeking, what would be one thing you wish to do for the rest of your life?”

At one stage, when I felt stuck and lost, Omar, an architect who was a team member, offered me a gong **meditation** as a birthday gift. It was the first time of my life that I give myself a quiet time to listen to my deepest self. That inner journey I had, led me to guided meditation which became a regular practice for me. “**Meeting your future self**” was the title of one episode during which I saw myself where I am today. After three years, I found myself switching careers and moving into the same position I had envisioned in that earlier meditation.

COVID-19 reflection

As I was writing this book, COVID-19 was invading the world. It was not the first or harshest adversity humanity has ever faced, but it was the first time in modern-day history that the whole planet was dealing with a common invincible enemy that forced it to be on lockdown.

Many people were working from home.

Businesses were shutting down.

Factories had to stop.

Stock markets were severely affected. Hotels were closing all over the world. Millions of people lost their jobs; and those who did not were sent on unpaid leaves. In a blink of an eye, COVID-19 hit the reset button. Conventional rules that were just working fine yesterday seemed to be worthless today.

People around the world moved to the same level. No nation, race, color, culture, or money could make any difference. No one could be saved from the spell of the virus. They had to stay home to stop the infection from spreading. Health proved to be the real wealth. The fear of death got people to think of priorities rather than urgencies. Before COVID-19, people complained about the quality of their time. The pandemic has forced many out of workaholism. It gave others time to recharge.

The situation was an opportunity for everyone to stop, reflect, and assess. Meaning was missing. Values around the world reached a point earlier where money, fame, and interests ruled. In a short time, the pandemic has imposed a new beat, a mindfulness beat. People attempted to form new resolutions based on the moment.

Today, as I hop with you on a self-development journey, I see COVID-19 as another challenge that Life has put in our way. It is our responsibility to stop, assess, and reflect on how you can make the best out of this moment to grow, instead of living a dead life submerged with fear.

From my personal point of view, COVID-19 is another type of flu that is hitting the world. Its structure is new and, therefore, our immune system takes much more time to find a way to fight it than it takes with a recurrent virus.

People with weak immune systems are at significant risk.

In the next years, when COVID-19 returns, our bodies will find it easier to fight if we have already got it. Vaccines, if found, will help those that did not get it yet and are weak to fight it. However, people with good immunity can fight it most of the time, with no symptoms. An experiment done in Iceland showed that 50% of the population had it with no signs.

The problem in this whole pandemic remains in the fear of the virus, which is getting people to be in panic mode. The stress hormone is going up and we are moving into fight or flight. Our energy is wasted on fighting the fear. The immune system is struggling due to the lack of energy. When the immunity is low, we all become at high risk.

If people around the globe had a higher level of awareness, their emotional independence would have helped them accept this situation as a new challenge that they can only conquer by feeding their minds with positive thoughts of gratitude and faith. Remember, Life is temporary and the end is unpredictable. Time is priceless. Invest in it to reap the good future results.

The CARROT, The EGG, and The COFFEE BEAN:⁴ ● ● ● ● ● ●

A young woman went to her mother to share how things in life were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting.

It seemed that, as one problem was solved, a new one arose. The mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first one, she placed carrots, in the second she placed eggs and in the last, she placed ground coffee beans.

She let them boil without saying a word. In about twenty minutes, she turned off the burners. She placed the carrots in a bowl, she pulled the eggs out and then she ladled the coffee out and put it in a cup. Turning to her daughter, she asked, “Tell me, what do you see?”

“Carrots, eggs and coffee,” the young woman replied. The mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma and asked, “What does it mean, mother?”

Her mother explained that each of these objects had faced the same adversity - boiling water - but each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior; but, after sitting through the boiling water, its inside became hardened! The ground coffee beans were unique. However, after they were put in the boiling water, they changed the water.

“Which one are you?” the mother asked her daughter. “When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?” ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Think of this: Which one am I? Am I the carrot that seems strong but, with pain and adversity, I wilt, become soft, and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, or a financial hardship, my shell looks the same? What about the inside? Am I bitter and tough with a stiff spirit and a hardened heart? Or am I like the coffee bean? The bean changes the hot water, the very circumstance that brings the pain. When the coffee boils, it releases the fragrance and flavor.

If you are like the coffee bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are the highest, do you elevate to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?

Chapter 2

THE MEANING OF LIFE

A HAPPY LIFE STARTS FROM WITHIN

“ We see the world not as it is,
but as we are or as we
are conditioned to see it. ”

*Stephen R. Covey,
The 7 habits of highly effective people*

Life is an **experimental** journey. From the day we see the **light**, we hop from one experience to another. Some of these rides are **exciting** and others seem to be **challenging**. Yet, all these adventures **contribute** to our **growth** in such a remarkable way. As we move up in our **maturity**, the way we interpret our **circumstances** changes.

As per Stephen Covey's quote, the perspective with which we see Life comes from the way our parents have raised us. The **environment** with all its surroundings, which varies from one person to another, also affects our **thoughts and being**. It is the reason why we have many **personality** styles and **characters**.

Most of the time, conditions **distort** our **perspectives**; we sink in the sea of complaint. We live in conflict, trying to recognize some sort of **pattern** for the problem. Awareness and experience will guide us towards solutions that are solely found within.

Life is **impermanent**. Yet, we still manage to get **attached** to it, which unquestionably leads to **deception**.

It is a short **expedition** with a random end. The essential **goal** is to be ready. Yes, we should be prepared for the **closure** as it might surprise us anytime. **Preparation** is key. After all, it is an **encounter** with the source of our **existence**.

With the help of **Divine Design**, we have been equipped with the necessary **resources** to make this journey **memorable**. Regrettably, the world and our human nature push us always to adopt a negative **perspective**. We grew up thinking that everything is **against** us.

As I mentioned in the first part, moving to the **positive** side is possible when you adjust your levels of **awareness** and respect the **laws of Nature**. By being **intentional** in applying this knowledge, you can predict any **outcome** based on the action you choose to take.

I am inviting you, through this part of the book, to explore your **individuality** and **uniqueness** through exercising **Self-love**, **Gratitude**, and **Mindfulness** daily. These skills will **empower** you against all the conditions that usually **break** you.

“**A happy life starts from within,**” a global truth that applies to people from all **walks** of Life. I have reached this conclusion through **trials and errors**. I was working closely with people through **mentoring**, which has helped me set a solid **ground** for the **practices** I use, while I was going through my **transformation**. It took me four years to reach where I am today. I give credits to my **desire** not to give up and to my **curiosity** to know more. At a very young age, I developed a **passion** for adding value. Since I graduated from school, this **dedication** has had a **remarkable** impact on my Life:

“ We appreciate gain
when we know how to go
through pain. ”

***Stop wasting every second regretting the past.
Stop worrying about tomorrow.***

Stop overthinking about the future based on your perception of past experiences.

Shake yourself up and be alert. Your only option is to live **NOW**. **Mindfulness**, along with **awareness**, will allow you to see things in the real sense of the word. You stop being afraid. You finally admit that everything is **temporary**. Thus, you do not **cling** to people nor things.

When you appreciate **enough**, you recognize the meaning of **gratitude**. You know you have what you need for today and, therefore, you live Life to the fullest. Wanting more is a sign of **greediness**. It will push you to blame everyone and everything for your deception in Life.

***Stop getting stuck with your negative WHY!
Stop the blame game!***

We tend to overthink every **inconvenience** in our Life and find a million reasons for our **discontent**. We simply do not stop **complaining** about Life. We constantly adopt a negative mental attitude. We have the **illusion** that we are destined for bad luck.

Negativity works like this.

A FOCUS STORY: ● ● ● ● ● ● ● ● ● ●

I recall that moment when I wanted to shop for a car and all my focus was on buying a Chevrolet Traverse. Wherever I went, I saw Traverse: on the highway, in the parking lot, on the street... everywhere. Even when I was driving, I lost track of all other brands and all I saw was that Traverse

passing me by. Was I attracting these cars? I was so focused on that specific brand that I stopped noticing any other vehicle. I became on the same frequency with what I wanted! ● ● ● ● ● ● ● ●

Let me stop to share my views on positivity and negativity in terms of convenience and inconvenience.

Let us take sickness, for example: it is an inconvenience for the person who is sick. However, it becomes a convenience for the doctor, the nurses, and the hospital. **Elevating** your awareness to notice the difference will secure a better perspective on life.

If you are **mindful** enough, you observe every **situation** as “Déjà vu”. It is like storms in winter. You expect them because they are part of this season and instead of **reacting** based on your **emotions**, you learn to wait for them to pass. You are patient to understand the lessons learned at a later stage. At the end, you will see how you grew through these **thunderstorms**. Learn to take the time to comprehend instead of **losing control** of the moment while **judging** and **criticizing** everyone around you.

“ Every defeat comes with the seed of an equivalent advantage. ”

*Napoleon Hill,
Outwitting the devil*

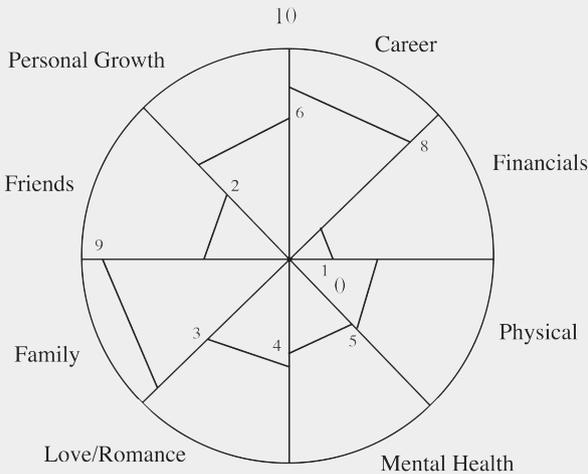
EXERCISE

Wheel of Life:

On the wheel below, I have included 8 areas of your life that you need to reflect on. You are expected to assess each area on a scale from 0 to 10, where 10 is the highest and 0 is the lowest. A regular shape of your selection will reflect the balance in your life. I have used random numbers to showcase the exercise.

This exercise will allow you to look at your life as it is now and assess it as per your current situation.

You can always come back to this exercise to reflect on every transformation you intend to conduct in the future.



The Wheel of Life

THE PREREQUISITES FOR A RESET

COMPARISON

“ Do not compare your life to the life of people around you. ”

The CRACKED POT STORY:⁴ ● ● ● ● ●

A water bearer had two large pots. Each hung on one end of a pole which he carried across his neck. One of the pots was old and, with time, had a crack in it, while the other one was young and perfect. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For two full years, this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, perfect for which it was made; but the poor cracked pot was ashamed of its own imperfection and felt miserable for accomplishing only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, the cracked pot spoke to the water bearer one day by the stream, “I am ashamed of myself, because this crack I have. It causes water to leak out all the way back to your house.”

The bearer replied, “Did you notice that there were flowers only on your side of the path? That is because I have always known about your flaw. Therefore, I planted flower seeds on your side of the path. Every

day while we walked back, you watered them. For two years, I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty in my house.” ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

When I was going through my **struggles**, I felt **targeted**. Life seemed to be **unfair**. I thought people around me had no **problems**. I realized, while I was helping people online, that everyone deals with difficulties at some point. Life is all about the ups and downs. **Overthinking** these challenges burns us alive without making any difference.

Reality is:

“Each one of us is dealing with something, somewhere along the way. The type and intensity of the pain may vary, but it will always pull us down. The more we focus on it, the more it grows deeper.”

No matter where you **come** from, no matter what you **do**, we are all **equal**. We were all handed the same amount of time daily. Our lives revolve around these four main areas:

1. **HEALTH:**

Mental health covers **peace** of mind and spiritual growth.

Physical health is about the body: **exercise** and **nutrition**. It has a significant effect on the function of the brain.

2. **WORK / CAREER / FINANCES:**

This area is about your career and what you do every day to gain a living.

Money: What you earn and how you spend it are also parts of this area.

3. LOVE / RELATIONSHIPS:

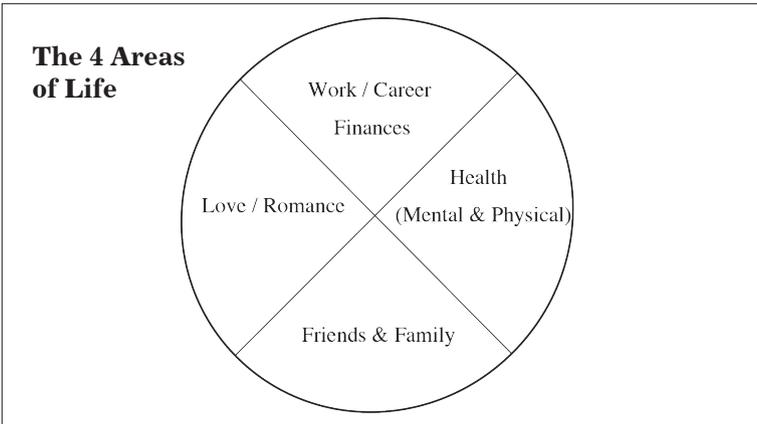
This is related to your **intimate** life. It is about the partner you are with or you are seeking. It is about **Love** and how you **perceive** it in your Life.

4. FAMILY / FRIENDS:

This is about interactions with Family which is the start and the beginning. It could be your parents, your kids, or your friends who became part of your life.

These areas are not equally divided. Each person has a **unique** scenario which is relative to priorities and **responsibilities**. The most important part is to know that you are complete.

Comparison is **toxic** and leads to **resentment**. People spend a lifetime **pretending** to be someone else because they failed to see their added value in contrast with someone else. Their focus is on what is **missing** rather than what they are **blessed** to have. They cannot understand that Life is about **seasons**. Spring, summer, autumn, and winter are the cycles of a **sustainable growth system**. Each area goes through these seasons, through **seeding, sprouting, blooming, resting, and reproduction**. It is a cycle always in action.

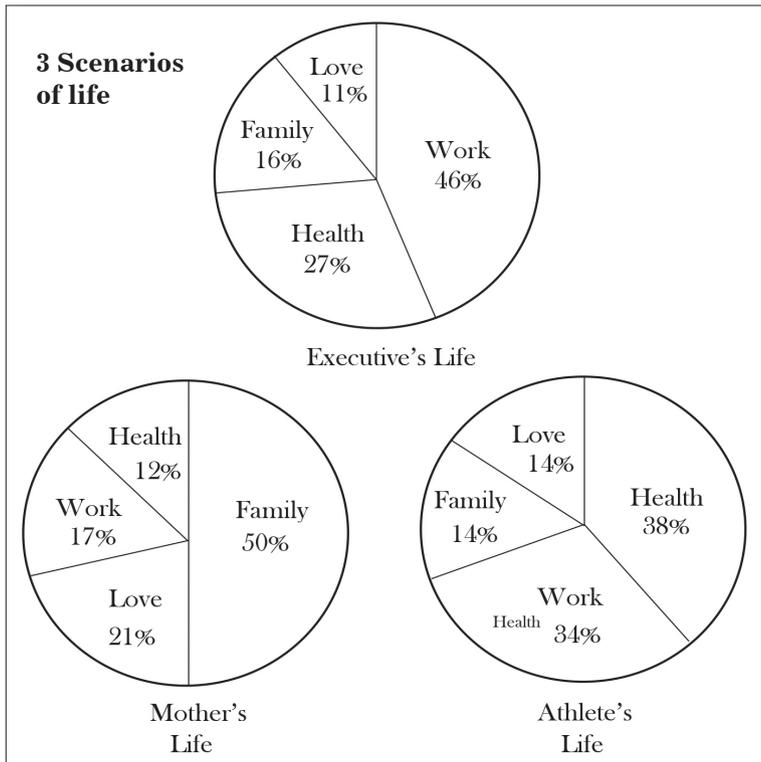


When you appreciate this reality, you know what to expect from Life while moving upward in your awareness. A good quality of Life is not measured by what you have; it is about what you do with what you already have.

“ If You Have a Lemon,
Make a Lemonade. ”

*Dale Carnegie,
How to stop worrying and start living*

Every day, you get what you can **handle**. Every time the load is heavy, remember it is only a lesson!



The BIRD STORY:⁵ ● ● ● ● ● ● ● ● ●

A tired bird landed on a branch. The bird rested, enjoying the view from the tree and the protection it offered from dangerous animals. Just as the bird became used to it, to the support and safety it provided, a strong wind started blowing and the tree swayed with such intensity that it seemed as if the branch would snap in half.

But the bird was not worried for it knew two important truths. The first truth – even without the branch, it was able to fly and thus remain safe through the power of its own two wings. The second truth – it also knew that there are many other branches upon it, on which it can temporarily rest. ● ● ● ● ● ● ● ● ● ● ● ● ●

It is a **self-confidence** story. We have all the **capabilities** to conquer all the **calamities** of everyday Life. When we stop relying on the branches that the physical world offers us, we can understand just how far we can **fly**. What these branches offer us is **provisional** while what the belief in our powers provides us is **permanent**.

COMPASSION

Lessons are a way to grow.

Undesirable conditions are opportunities to learn.

Loving yourself starts by embracing these opportunities without fearing failures because you know that **defeats** and **mistakes** are **blessings** in disguise that **challenge** you to master the rules of every **new game**.

Tests are pitstops to check your performance.

Results are a reflection of your work.

Trials are there to **stretch you** out of your comfort zone.

When you Love yourself enough, you become **proud** of the lessons learned. You develop **compassion**. You stop **judging** others; you allow them to go into the same learning **process**; it is not a one-day action but an everyday activity. You **forgive** those who hurt you **intentionally** and **unintentionally**, not to build close relationships with them but to avoid holding **grudges**.

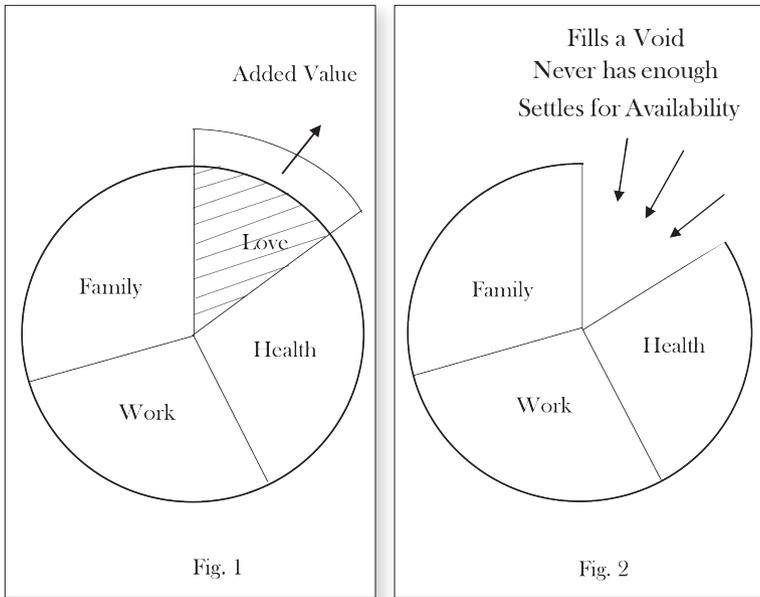
“ If you don't heal what hurt you,
you will bleed on people
who didn't cut you. ”

Unknown

A grudge is an open wound that cannot heal because the knife which caused it is still in place. **Grudges** consume us. **Forgiveness** catalyzes an **internal peace** that protects us. When undesirable criticism occurs, you stop having the urge to **fight** or seek **revenge**. You simply let go and move

on because this type of relationships does not serve your **well-being** anymore.

Wounds leave scars as a constant **reminder** of the tough lessons that led to growth. Many people consider these **scars** as a heavy **baggage**. They hold on to them as a reminder of the **bleeding** and reap **regret** and **resentment** in return. They develop a daily habit of **judging** themselves and not feeling enough. This lack of **self-esteem** pushes forward a perspective of **Void** and **Need** (Fig. 2) instead of **Added Value** (Fig. 1).



A needy person deals with the “**vacuum effect.**” Everything gets **swiped**, the **essential** and the **useless**. There are no limits or boundaries. She breaks down when she is unable to handle the load anymore.

Time passes while she is **complaining**, **criticizing**, and **judging others** because they fail to be up to her unreasonable

expectations. Her thriving on **validation** prevents her from reaching a sense of **fulfillment**. She develops insecurities along the way and becomes addicted to be up to the **expectations** of society.

Self-confidence is an essential tool to **protect** a person from being **offended** and from seeking validation outside of her inner self. She can finally take control of her **anger**; her ill **temper** was causing pain to people and had a direct and indirect **impact** on the Life of people around her.

The ANGRY BOY STORY:⁴ ● ● ● ● ●

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence. The first day, the boy drove 37 nails into the wall. Over the next few weeks, as he learned to control his anger, the number of pins hammered daily gradually diminished. He discovered it was more comfortable to hold his temper than to drive those nails into the fence.

Finally, the day came when the boy did not lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, “you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one.” ● ● ● ● ● ● ● ●

You can cut a man with a knife and regret it. It will not matter how many times you say you're sorry; the wound is still there. Make sure you control your temper the next time you are tempted to say something you will regret later.

Stop seeking validation! You are enough today! You are perfect for today.

For me, **perfectionism**, in general, does not exist. The **standards** vary from one **person** to another and are relative to **time** and **conditions**. Hence, they **mature** as you grow. The main goal in life is to have a clear idea of where you are and make the **best** out of every **situation**.

It is **essential** to act upon your **strength** to grow and improve your **weaknesses**. As you move forward, new **flaws** will surface. Conquering one after the other will **motivate** you as you move one step at a time towards your **dream destination**.

The only **validation** you should seek is your very own. The only **comparison** you should practice is with yourself yesterday. Be proud of every step, no matter how hard it is. You are stretching your comfort zone and growing on many levels.

You are not a **target**, not even a **Victim**.

Life is Life. You are blessed with the **gift** of **choice**. It is only you who can take the right decisions to reach your **desired outcome**.

HAPPINESS

Reflect on this question for a moment: “Are you a happy person?”

You are happy! Then ask yourself: “What is making me feel that way?” Is it a feeling coming from the inside? Then you are on the **right track** in your self-love **journey**.

Do you rely on the external world to be fulfilled? It is not sustainable; the day you lose the source of this **fulfillment**, you will move back to square one!

You are unhappy! Do you **blame** someone or something for this situation? It is a sign of a lack of self-love which needs attention before it grows out of proportion! **Dissatisfaction**, like happiness, starts from **within**.

We are the product of **conditioning** during our upbringing. Nonetheless, every day, we have the choice to revolt against this conditioning if it proved that it no longer serves our **well-being**.

How do you know it is no longer working for you? You know, by observing the present results.

The choice is yours today to keep on writing your **story** based on past **decisions** to reap the same results. You can also boost this story by conducting **instantaneous** changes or simply put a full stop to this **page** and move to a new **chapter**.

Always **reflect** on your past to read the **results** you live with today!

Take a break from reading. Dedicate some time to observe the patterns of the past through this exercise:

EXERCISE

Grab a pen and a paper and find yourself a comfortable spot in a quiet place to avoid distractions. Write down everything you recall from your childhood. Listen to your thoughts and note all the occasions that shaped you so far. It is time to declutter your mind. You will have an idea of the causes of the problem you are facing.

My story took six hours of consecutive writing. I never looked back at what I wrote. I simply disregarded the papers. It was enough for me to face some facts that had a significant impact on my life.

This exercise is a **reminder** to appreciate who you are. As you **progress** on this level, you will cease **comparing** yourself to others. You will set new **boundaries** by learning to say “No” when you should to avoid **burnouts**. The newly earned **self-respect** eradicates the need for validation and eliminates the fear of **rejection**.

You reach peace when the **perception** of your self-image relies solely on your opinion, rather than the judgment of others. Losing close people along the way becomes a **fact** because you opt for long-term **peace** instead of short-term **validation**.

BOUNDARIES

Life is **temporary**, yet you exercise **attachment** by **clinging** to things, circumstances, and people. You are continuously in **need**; you **underestimate** your own value and hesitate to set the right boundaries.

The FOREST HOUSE STORY: ● ● ● ●

Imagine a house in the middle of a forest. This house does not have a fence, a gate, or a gatekeeper. People go in whenever they want. They kick the door, day in day out. Once in, they misuse everything inside. They eat, drink, break dishes, and leave their garbage behind, knowing there is no one watching their actions. When they return, they are always welcome since the door is still open. No one respects a house without rules or boundaries. ● ● ● ● ● ●

You will face **abuse** every time you do not set **boundaries** for people to enter your Life on both, **personal** and **professional** levels. **Rules** are not about manipulating others. They are about sharing with them how you think and what makes a difference for you; they know what to expect if they decide to join you on this journey.

Back to the house story, when people notice a gatekeeper at the door and a list of rules, some of them will leave even before attempting to explore the space because they know they do not belong there.

At this stage of your **transformation**, you will be happy to see people leaving at the very **beginning**. It is one way to know that you have succeeded in **protecting** yourself. You

value your time more than ever and you invest it in better ways.. It is never too late to **change**. Every day is the **right** time. Take a **bold** step today towards your **freedom**. You are the only one in control of your boundaries and they are relative to you.

SELF-LOVE & SELFISHNESS

Self-love is all about self-respect. **Respect** yourself first before anyone can respect you. **Love** yourself before anyone can love you. Put yourself **first** before anyone can put you first.

Recall that advice just before takeoff on a plane! The hostess insists that you put your oxygen first, before attending to your kids. This advice might look selfish to others; however, it makes much sense. How can you take care of your children if you have a lack of oxygen yourself?

Self-love is not the same as **selfishness**.

When you are selfish, you never have **enough**. You become **greedy** because you are **needy**. You take as much as you can and you still ask for more because you fear **scarcity**. Selfishness reflects an inflated ego. This inflation is generally due to **insecurities** developed through years of **abuse, mistreatment, or lack of affection**.

However, Self-love is about being **enough**. It is about seeking **added value**. It is about being **grateful** and not needing more.

It is about moving from focusing on yourself to noticing the needs of people around you. You fill your cup and you guide them to the source to fill theirs. It is called **Significance!**

The LONELY GIRL STORY:⁶ ● ● ● ● ●

Barefoot and dirty, the girl just sat and watched the people go by. She never tried to speak; she never said a word. Many people passed, but never did one person stop. It just so happens that, the next day, I decided to go back to the park, curious if the little girl would still be there. Right in the very same spot as she was yesterday, she sat perched on high, with the saddest look in her eyes.

Today I was to make my move and walk over to the little girl. As we all know, a park full of strangers is not a place for young children to play alone. As I began walking towards her, I could see the back of the little girl's dress indicated a deformity. I figured that was the reason people just passed by and made no effort to help. As I got closer, the little girl slightly lowered her eyes to avoid my stare. I could see the shape of her back more clearly. It was hump-shaped.

I smiled to let her know it was OK, I was there to help, to talk. I sat down beside her and began with a simple Hello. The little girl acted shocked and stammered a "hi" after a long stare into my eyes. I smiled and she shyly smiled back. We talked 'til darkness fell and the park was empty. Everyone was gone and we, at once, were alone.

I asked the girl why she was so sad. The little girl looked at me and, with a sad face, said, "Because I'm different."

I immediately said, "That you are!" and smiled.

The little girl acted even sadder, she said, “I know.”

“Little girl,” I said, “you remind me of an angel, sweet and innocent.”

She looked at me and smiled, slowly she stood to her feet, and said, “Really?”

“Yes, dear, you’re like a little guardian angel sent to watch over all those people walking by.”

She nodded her head “yes”, smiled and with that, she spread her wings and said, “I am, I’m your guardian angel,” with a twinkle in her eyes.

I was speechless. Surely, I was seeing things. She said, “For once you thought of someone other than yourself, my job here is done.”

Immediately I stood up and said, “Wait, so why did no one stop to help an angel?”

She looked at me and smiled, “You’re the only one who could see me and you believed it in your heart.” And She was gone. ● ● ● ● ● ● ● ● ●

And with that, my life was changed dramatically. So, when you think you are all you have, remember, your angel is always watching over you.

Mine was.

Respecting yourself and loving yourself enough will **protect** you from the **abuse** of an **unloving** partner, from the **stress** of an **unfair** job, from the **effect** of a **manipulative** friend, from

the **impact** of a **disrespectful** parent or the **harshness** of a debt **collector**! Many unpleasant situations happen to us daily when we do not object just because we think we do not have other options.

Believe in **yourself**, believe in **life**, and believe in **Spirituality** to unlock abundance. Believe in your fears and life will suddenly seem **stingy**. Let go of them and see how abundance will flow **unconditionally**.

When you exercise **Self-love**, **gratitude**, and **mindfulness**, you will reach emotional independence; you begin to seek **acceptance**, **affirmation**, and **approval** from within.

At this level, **bullying**, as an act, no longer exists. At the origin, bullying thrives when you accept what others give you in **words, thoughts, and actions**. You get so carried away that you **interpret** everything **emotionally** rather than exploring the facts in their context.

A **bully** with his words is like a person offering you an **unpleasant** gift, a deadly snake, for example. Will you accept it? Of course not, because you know once you touch it, it will bite you.

So why do you accept **criticism** and allow **toxic** words to go inside? As you grow emotionally, you learn to choose **“ignore”** and move away, no questions asked. However, you must always be aware that a bully is usually a **bullied** person.

When a wood log complains about the pain a nail is causing, the nail will share the same torture caused by the hammer tapping harshly on its head!

A COMPASSION and FORGIVENESS STORY:⁷ ● ● ● ● ● ●

Somebody hit you with a stone. You get angry.

A wise teacher would ask, “Who are you angry with?”

You answer, “I am angry with the person.”

He replies, “Well, it was the stone that hit you. Not the person. So why aren’t you angry with the stone?”

And you would reply, “I am not angry with the stone, because the stone had no intention. It is just an inanimate object. The person threw the stone. So, I am angry with the person.”

Then the teacher says, “Well, using that logic, you should not be angry with the person. You should be angry with the pain because the person is just like a stone, helplessly thrown by the pain.” ● ● ● ● ●

It is a reality. A person hurts most when he is exposed to **pain** but is not conscious about it. It is his **blind spot**. When you are on a **Greatness level** of awareness, you accept this person as he is and become **compassionate** with him. You stop judging him and stop holding a grudge against him.

SELF-BELIEF

The VALUE Of LIFE STORY:⁸ ● ● ● ●

A boy turned to his father and asked, “Father, what is the value of my life?”

Instead of answering, the father placed a colorful stone in his hand, and said, “Go sell this stone in the market. If someone asks about the price, just raise two fingers and say nothing more.” The boy went to the market where a woman asked, “How much does the stone cost? I’d like to put it in my garden.”

The boy said nothing and just raised two fingers.

The woman said, “Two dollars? I’ll take it!”

The boy went back and told his father about it.

“Now I want you to take the stone to the museum. If someone wants to buy it, do not say a word, just raise two fingers”, the father said. The boy went to the museum where a man asked, “How much does the stone cost? I want to add it to my rare stone collection.”

The boy said nothing and just raised two fingers.

The man said, “Two hundred dollars? I’ll take it!”

The boy was in shock and instead of selling the stone, he ran back to his father.

The father said, “Now I want you to take the stone to a store that sells precious gems. Show

it to the store owner and do not say a word. If he asks for a price, simply raise two fingers.” The boy went to the precious gem store and showed the stone to the owner who then asked, “Where did you find this stone? It is one of the rarest stones in the world! How much are you selling it for?”

The boy said nothing and just raised two fingers.

The shop owner said, “No problem. I’ll pay you 20,000 dollars for the stone.” The boy went back home, astonished!

The father said, “Son, do you understand the value of your life now? It does not matter where you come from, what color your skin is, or even how much money you have. What matters is the place you choose to be in and who you surround yourself with.”

“There are people who believe they are worth only two dollars, when in fact, they just surround themselves with people who see them as such. Within each person hides a diamond and we choose to surround ourselves with people who see our worth and the diamond inside. We choose whether to place ourselves in a marketplace or in a precious gem store.”

“You too, my son, can choose to see others’ priceless value and you also can help them see the diamond hiding inside. Choose the people who surround you wisely, it can make all the difference in your life.” ● ● ● ● ● ● ● ● ● ●

The same goes for anything in life. Any value is relative to the person evaluating. You cannot expect a person who is an expert in fresh food to know the value of a precious stone. It is

why the jeweler was the only one who appreciated the stone and paid a fortune to buy it. It also applies to your values. You cannot go around expecting others to evaluate you. Exposing yourself to this will lead you to deception due to the many differences we have as human beings. The only person who will know your value is you. Until you start seeing the value in yourself, you will notice that no one does. Focus on who you choose to be around as your environment will either elevate you or pull you down.

How many times do you feel offended by the **judgment** of someone out there? How many times do you lose it to **overthinking** because of what they just said?

Frequently, you are subject to **criticism**, whether it was **constructive** or not. When you are in such a **situation**, stop and ask yourself the following:

Is there anyone who can understand your behavior better than you do?

So stop relying on others to know who you are!

Stop giving **power** to the opinion of people around you, just to fit in and feel **accepted**. Stop trying to be up to the **expectations** of others. Your **personality** will be the total sum of the traits of these people. They come and go. Can you imagine what will happen if you had to meet everyone's expectations? It is how you lose your **identity** for the sake of **pleasing** others. The real challenge is not to attend to what people expect from you, but to what you always **expect** from yourself.

Believe in who you are and in whatever you do. Put yourself first. Be proud of your **weaknesses**; they motivate you to **grow**. Do not hide behind your **ego**. The beauty of life remains in the **differences** between us, which make this journey an

interesting one. Many people bond their **happiness** with their future dreams and **accomplishments**. They work hard for certain things to happen. Along the way, the **attachment** to the plan and the outcome prevents them from seeing the **warning** signs inviting them to change the **direction**.

It is like facing a locked door. Would you stop and wait for it to open or turn around? Most of the people insist on their plans and wait for the door to reopen. While blaming and complaining, they skip seeing opportunities passing them by.

I do not stop any more in front of **closed** doors. I **knock** and wait for a limited time before I either change **direction** or **restart**. Setting **expectations** and **clinging** to them is a sign of a lack of self-love. It is proving to yourself that you are not good enough because you did not achieve those specific **results**; sometimes, your plan is not the best **solution**. I don't attempt to control the future with its details anymore; instead, I do what I have to do with all my heart and know for sure that I will end up with a good result.

“ Shoot for the moon.
Even if you miss it, you will
land among the stars. ”

Les Brown

I have always encouraged people around me to set their **destination**, **dream** of it, and **desire** it; the plan will **reveal** itself when they are ready.

Along the way, you must be **flexible**; at any time, you might have sudden changes that will divert the game and push you to be **creative**. Take advantage of the **moment**, learn how to **grow** through every **experience** to see the world from an entirely new **perspective**. Take **risks** and make **mistakes**;

through them, you will learn. If you keep on hiding and taking all the precautions not to be hurt, you will end up being **stagnant**.

SPIRITUALITY

WORK, HEALTH, FAMILY, AND LOVE are the 4 areas of life. They grow in different proportions and mature with time to give you a chance to savor life's beauty.

Along the way, there are **circumstances** that you understand in terms of **growth** that are under your close **observation**. However, many **conditions** are challenging. They fall out of your control and push you to **give up**.

Uncontrollable situations were at the center of my **transformation** as they got me to connect with my **spirituality** while letting go of long-time **attachments**.

At one point, I was **clinging** to many **unreasonable** expectations. I felt stuck trying to push plans that were not working. It was a **dead end**.

One night, as I was writing, a photo of a rock **blocking** a road, **inspired** me! Sometimes, **obstructions** block our way, inviting us to change **directions**.

Who put these rocks along the way?

How can I be sure?

What is the guarantee that this change of direction is for the good?

I consider two options: either to **believe** it was happening for a **good** reason or to **blame** it for slowing me down and **blocking** my way.

If I go for the first option, I will **smile**, turn around and change the **plan** according to the current situation. I would trust my **potential** to discover new opportunities that would inevitably **lead** to my end destination. However, we would sometimes face **temptations** disguised as **blessings** that might divert our **attention** from the desired outcome. The higher our **awareness** level, the more **intuitive** we become to adopt what is of **benefit** and dismiss what is purely a **time-waster**.

In the second option, I would stand in front of the **obstacle** with a feeling of **resentment**, blaming myself for the **choice** of road I made. Most of us **insist** not to change the **original** plan because we trust our **capabilities**. We'd rather **wait** for **help** or wish the **circumstances** would change.

After **wasting** my time **waiting**, I opted for the first option and **believed** that it was all happening for a good reason.

I come from a **spiritual** family who lived in a religious environment, where people believed in **God** but rarely practiced their **belief**. Mass was a Sunday **obligation** rather than a way of living. As I was growing up, I experienced the **meaning of faith** in the real sense of the word. Unfortunately, somehow, I got caught up in **temptations and pleasures** that I drifted away.

The sources of **spirituality** may differ from one **culture** to another around the world. A young **believer** will not usually rely on faith to reach peace except when he faces **adversity**.

As I was going through **struggles**, the goal was to gain **awareness** of my situation. It is the time when my **spirituality** grew back but **progressively**. It had been some time since I did not **connect** with God. Being **lost** got me inspired to explore this **relationship** again.

It all started when I was **repeatedly asking** myself: “What if God can help me find **solutions**? What if God can help me find **peace**? What if God can take this **burden** off my shoulders? What if God can show me the **path**?” I was longing for **freedom** and **grace** in my life. At that very moment, I knew God had all the **answers**. I invited him to step in. It was the **start** of a whole new **journey**, where God decided not only to step in but also to go **all in**. Out of nowhere, solutions were **unveiling**. It felt magical!

Through this book, I wish to provide a dash of hope by sharing, in detail, how I overcame some of my hurdles so that you can explore life-changing moments just like me.

A SPIRITUALITY STORY: ● ● ● ● ● ●

On the 29th of August 2017, I gave the green light for God to work in my life; I decided to reject every fear that would cross my mind.

It has been three years since I have moved to Dubai. Rent was due in October and my contract was ending by November. I had school fees to pay in September. It was overwhelming and at the same time, it was hard to let go of everything and just leave. When I surrendered to God, I put all of these worries on his plate; I stopped interfering in his business because I knew He was my only resource and I was sure He had what it takes to free me.

Around mid-September, while sipping my coffee, I had an immediate impulse to check the expiry dates on my daughters’ passports, which happened

to be expiring in the next few days. It had been a while since I was thinking of relocating the girls to Lebanon. I found it hard to live away from them, even if it was for a few months. I have been a dedicated mother and my life revolved around my girls for the past 13 years.

My belief in God was getting stronger by the day; I saw the situation as a solution presenting itself to me. On the spot, I booked the girls' flights with no hesitation or resentment; I promised God to trust him and allow him to work with minimal distraction from my side. After two weeks, I found myself in Lebanon, supporting them for their first day of school, although I could not take days off work. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

With the presence of God, life looked like a series of **miracles**.

The more I believed, the more **positivity** was manifesting in my life. Nevertheless, at times, I experienced moments of **doubt**. It was mostly due to the toxic attitude of people around me who are part of a world submerged with **negativity**. My faith helped me to pull myself back up and move forward at every single **temptation**.

The notion of spirituality surfaced when I was **reflecting** on life.

As I was discovering the nature of life through the struggles of others, I became curious about “**the end**.” It was of interest to me because most of the people I was helping had a fear of **leaving** that was bigger than any other concern. Even in my closest circle, no one could accept the idea that life is **temporary**. No one was **ready**. They believed they

did not have **enough** of it to be prepared to drop everything and leave. It was at that moment that I decided to **stop, reflect and assess**. I wanted to learn more. I simply wanted a conclusion.

“ When things fall out of your control, free yourself of overthinking by using spirituality as a support. ”

Life starts at birth and ends at some point. It is a **temporary** stay. It has an end.

If this life is temporary, why do we get attached to it?

Why do we get attached to things?

Why do we need more and more?

Why are we worried about the future?

Why do we keep on running backward?

I was searching for answers.

With every answer, I was getting closer to one **reality**; Life is a journey full of ups and downs which are helping us **grow**. You must have a **destination** in mind that sets the direction for you along the way. However, it should never be the **reason** for you to be happy. You cannot **attach** your happiness to a future goal when this future is not **guaranteed**. Never postpone your **joy**!

In conclusion, we must make the best out of this journey before it ends.

But again, I found myself thinking of new questions:

What will happen once it ends?

As per my culture, I learned that the end would be the start of an **eternal** life. It begins by meeting **God** who is at the origin of our **journey** on earth. Here, I faced another reality; Life is a gift from the **divine source**; it is temporary and might end at any time. Therefore, I **challenged** myself to be ready for the end. I did not want to leave while **being upset, sad, overthinking**, and losing every second trying to **control** everything.

When I came to this **conclusion**, I was in a grey area on a **personal** level. I wanted to reach inner peace as soon as I could. It was a promise to myself to be ready for that **meeting** whenever I received an **invitation**.

Spirituality was my **primary** support. Some of you might argue its **credibility** because it is relative. Through this book, I share my spiritual and my human experience being part of the **solutions** that helped me rise again. It is up to you to take whatever works best for you. I am not here to change your **opinion** or your beliefs. My goal is to put as many tools in your hands as possible for you to get **unstuck**.

We all come from different **cultures**. We follow different **doctrines**. Some of the people I helped do not believe in life after death, not even in God the way I see him.

Therefore, even if we consider that there is silence at “the other end,” we realize that life is your only chance to live!

Would you choose to spend it overthinking?

Or would you take advantage of every second to make it count?

No matter what you believe in, Life will always be **temporary**; it will always be a journey with an **unpredictable** end.

We all have a **purpose**. The sooner we discover it, the more meaning we will find throughout this stay.

“ Don't die with your music
still inside you. ”

WAYNE DYER

I insist on **making a difference**.

I insist on making this world a **better** place.

I insist on **guiding** every one of you to lead a **purposeful** life.

The ultimate will be if you teach it to someone else. It is the only way we can contribute to a world of **kindness**.

By changing one heart at a time, I am sure that, with your help, we will reach the world.

My Motto:

“ I want to live, love, learn
and leave a legacy. ”

STEPHEN COVEY

GRATITUDE

Life is short.

The BLIND BOY STORY:⁹ ● ● ● ● ● ●

A blind boy sat on the steps of a building with a hat by his feet. He held a sign which read, “I am blind, please help.”

There were only a few coins in the hat – spare change from folks as they hurried past.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words.

Then he put the sign back in the boy’s hand so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy.

That afternoon, the man who had changed the sign returned to see how things were going.

The boy recognized his footsteps and asked, “Were you the one who changed my sign this morning? What did you write?”

The man said, “I only wrote the truth. I said what you said but differently. I wrote, “Today is a beautiful day, but I cannot see it.” ● ● ● ● ● ●

Both signs spoke the truth. But the first sign simply said the boy was blind, while the second sign conveyed to everyone walking by how grateful they should be to see!

When your life seems full of **troubles**, maintaining an attitude of gratitude looks complicated, doesn't it? All you see are your problems, like a **blackened storm** cloud casting a dark **shadow** over your life.

And the times when everything just seems to be going smoothly, you often take these precious moments for granted too, don't you? Caught up in the bliss, comfort, and familiarity of it all, we can simply forget to be thankful.

You are on a short trip. It is not **fair** to spend it **unhappy** while waiting to achieve your **dreams**. Many successful people lack a sense of **enjoyment** because they still need something else to be **satisfied**.

This gift of life was given to you to **celebrate** it. You might have landed at the very start on a **rough base**. You did not choose where you want to be, but the choice is yours to change the **outcome**. The problem is that you think you are either not **good enough** to dream or not **lucky enough** to be successful.

Gratitude is a **state** of mind that offers you a new **taste** to life. I got introduced to this concept when I was attending “The desire map,” course with Kerry Maloney. I had to answer two simple questions:

What makes me grateful?

What makes me dissatisfied?

To my surprise, I could not find anything to be **thankful** for. My list of dissatisfactions was **never-ending**.

It was when Kerry asked me if I had a family, a job, food, or water. She asked me whether I could see, hear, write, feel, or walk. It is when I realized how **ungrateful** I was.

It was a turning point in my life; I had to think of creative ways to move from a **dissatisfied** to a **grateful** state.

There are so many things in life that we either take for **granted** or we fail to see because we are **focused** on what is **missing** when it comes to **material satisfaction**. We forget to count our **blessings** in the different areas of our life: health, work, family, relations, self-development, and spirituality.

When you lack money, you forget about everything else.

When you are sick, you overlook good moments.

When you are heartbroken, you reduce your world to regret.

Life is a balance between all these aspects. We get what we can handle. Therefore, the stronger we are, the **tougher** the challenge is and the **priceless** the lesson will be.

I discovered the true meaning of life when I let go of the fear of Death. It was a real celebration that allowed me to gain some incredible insights of Gratitude:

- ***I am grateful when I wake up in the morning with a smile, ready to face the day with all the passion in the world.***
- ***I am grateful when I open my eyes and appreciate the roof over my head, the oxygen I am breathing, and the bed where I am sleeping.***
- ***I am grateful to be a working mom, having enough to provide my kids with what they need.***

- *I am grateful for every pain as it has always taught me the value of gain.*
- *I am grateful to have earned that patience which allows me to wait for the rough ride to finish so that I can understand.*
- *I am grateful even when I am sick, as I learned to rely on my faith in God to go through it while maintaining my inner peace.*
- *I am grateful for every storm as it taught me to dance in the rain and splash in the puddles.*
- *I am grateful to know I have enough today, to live in peace with it and to always see life as a blessing and not a curse.*

Gratitude gave me freedom from **complaining** and **blaming**. I took **responsibility** for my choices and developed **peace** towards life.

I stopped asking, “**why me?**” because I realized I was enough. From that moment, I looked for **added value** in people instead of settling for **availability**. I moved from being needy and **greedy**, to full and **compassionate**. I learned to enjoy the beauty of the little things around me.

Gratitude helped me remain **grounded**, **satisfied**, and **aware** of blessings when they come my way. I moved to a whole new level that I called “**My flying carpet.**” I felt light and excited for every single day. I moved from saying: “**tomorrow is a better day**” to: “**Today is the best day.**”

A person who is enough is generally a **generous** person who is kind and **gives** unconditionally. He does not need anything NOW to be happy.

A **conditional** person is someone who hesitates when giving. He can never have enough. He has double **standards** and takes advantage of others around him. It is a person who believes in a culture of **Scarcity**, based on **attachments** to people and things.

People who develop a mindset of **abundance** get more of what they want out of life while enjoying the **process** of pursuing their **dreams**. It is a set of **attitudes** and **beliefs** to acknowledge that there are more opportunities available in the world than we could ever use up. Choose to live by abundance and refuse any forms of **scarcity**. Unfortunately, the culture around the world is all about **poverty**, limited resources, and **negativity**.

It was a **choice** to live by gratitude, to reject **dissatisfaction**, and to focus on how to make the best out of today.

I insisted on staying **alive**.

I am committed not to be **stagnant**.

I refused to **give up**.

A **destination** matters. It gives you the **motivation** to look forward. However, plans are for **direction** only; they might change at any given time. Do not waste your life trying to **force** them because they are relative to **time, people, and circumstances**.

Dream, desire, believe. Do what you must do, but when things do not go as per your plan, be ready to be flexible to change them.

With COVID 19 hitting:

Are you **flexible** today?

Are you **grateful** for your stay at home?

Are you **appreciative** of the opportunities you had so far?

Are you **thankful** for your family and the time you get to spend with them?

Are you **glad** of what is going on since it gave you a full stop?

It is the time to test your gratitude...

MINDFULNESS

The VALUE of TIME STORY:¹⁰ ● ● ● ●

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening, whatever part of the balance you failed to use during the day gets deleted. What would you do? Draw out every cent, of course!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night, it writes off, as a loss, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day, it opens a new account for you. Each night, it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow". You must live in the

present on today's deposits. Invest it to get the utmost in health, happiness, and success! The clock is running. Make the most of today.

*To realize the value of ONE YEAR,
ask a student who failed a grade.*

*To realize the value of ONE MONTH,
ask a mother who gave birth to a premature baby.*

*To realize the value of ONE WEEK,
ask the editor of a weekly newspaper.*

*To realize the value of ONE HOUR,
ask the lovers who are waiting to meet.*

*To realize the value of ONE MINUTE,
ask a person who missed the train.*

*To realize the value of ONE SECOND,
ask a person who just avoided an accident.*

*To realize the value of ONE MILLISECOND,
ask a person who won a medal in the Olympics.*

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time with. And remember that time waits for no one.

Treasure your friends.

Treasure your family.

Treasure God.

Treasure all the love in your life every minute of every day.

This Life will be over before you know it! ● ● ●

Today is a good day.

Every day is the best day.

Are you worried about how to survive? Be patient enough to wait and understand. Everything happens for the right reasons that will present themselves way later.

The main thing is to **believe**.

You are not born to **suffer**.

You are born to **grow** through your sufferings.

If you get over the fear of the end and focus on what you have in hand, life will always feel **beautiful**.

Life is an **unpredictable** sand clock. You cannot see the sand left inside; you can only see what is falling. It's your call today to make the best out of the time left in you. Enjoy your life while making a **difference** somewhere.

Be ready every single second of your life.

A PERSONAL STORY: ● ● ● ● ● ● ● ●

It was a challenge for me for some time. It felt like a race between me and the end!

What is preventing me from being ready?

How can I be ready?

I was trying to visualize my divine encounter once I start the next eternal journey. To be ready is to be in peace. It is to let go of being worried.

I did not want to be worried because:

I lost track of the moment, being busy with my career.

I did not have enough money for the future.

I did not have enough food to survive.

I could not pay my debts.

I did not find the right partner.

I was sick.

The list is endless!

Instead, I wanted at that point to share how happy and thankful I am to have chosen to live in peace back on earth. I would be proud to share how I succeeded to overcome all temptations and fall in love with life as a result. ● ● ● ● ● ● ● ● ● ●

A few years back, I was discussing with my cousin, Msgr. John Esseff who was the spiritual director of Mother Teresa, the guilt I felt every time I asked God for support. I thought my struggles were worthless compared to the challenges of people around the world. He then explained that God is a source. The more you take from it, the more it flows. He is generous and unconditional, unlike us, human beings. He invites us daily to follow his lead.

It was a **priceless** advice. Since that day, ten years back, my relationship with **spirituality** has changed. I became in peace by asking for help and support; but as my **faith** grew stronger, the **divine** became my **companion**. He holds my hand and walks with me daily.

I used to consider Spirituality to be one of the five areas of life, including **WORK, FAMILY, LOVE/RELATIONSHIPS, AND HEALTH/ WELL-BEING**. However, after going through **trial and error**, I realized Spirituality was the Rock on which all other areas leaned for **support**. It was the power to defeat all **hurdles** along the way.

For some of us, Spirituality is God. For others, it could be the universe or any other source of power.

EXERCISE

What are the challenges you are dealing with at this specific stage of your life? Can you write them all down on a piece of paper?

Once you finish, I want you to imagine that you just received an invitation requesting you to drop everything and leave!

What would you choose from the list to do on your last day?

Do this exercise every single day and make the best out of every single second left in you. The journey is valuable and worth it. However, its value is relative to each one of us.

Live with **gratitude, self-love, and mindfulness** to understand the meaning of **unconditional love** and giving.

It is only with **mindfulness** that you can grow your **awareness**, you can switch your brain and conduct **permanent** behavioral changes to get over **perfectionism**. It is an irrelevant concept because it is strictly **relative** to people and tends to change with time. Do what you do best to exceed your expectations. Focus on **excellence** and not perfectionism.

Paying attention to the **present moment** is a crucial part of your **transformation**. Your mind wanders around 50% of the

time and should be trained with mindfulness to constantly notice what is happening around.

How many times do you park your car in a spot at the mall to buy something and when you come back you realize you forgot the parking spot?

How many times you were in a rush, you left the car, went inside the house to find yourself, in a few hours, searching for the keys you left inside the car because you were thinking of something else?

How many times you were sitting around family and friends and someone asked you a question, thinking you were focused to notice your reaction asking her to repeat what she was talking about?

With the introduction of mobile phones, things got worse, because people are spending 50% of their time on average scrolling down without even noticing. Mindfulness is about understanding that **“what you focus on grows stronger.”**

It is about replacing **judgment, impatience, and frustration** by the peace of living in the present moment, by being more attentive, by being compassionate in many ways.

Three years back, as I was listening to some Ted Talks, I wrote some notes of a woman’s speech that helped me grow:

Mindfulness is more than attention; it is observing, with kind attention, the messed-up parts of your life. It is being aware of what is going on with you and inside you without self-judgment. Shaming yourself will not get you to improve and work harder. Unfortunately, it is the opposite because shame hides the side

of your life that needs the most attention. It is only with mindfulness that you can cancel deep pain, regret, and resentment.

Developing compassion empowers you to stop crucifying yourself. You get motivated to change, moving from a perspective of fear to another of love. Kindness is the catalyst for every transformation and should become a practice. You upgrade your life by unlearning old behaviors and replacing them with new ones that work better for you.

At some point, you may seek to change or improve your habits, behavior, thoughts, words, emotions, life **patterns**, typically because you **recognized** that you had outgrown some of the old **practices**.

It is essential to cut all **ties** with the past. Keeping some **strings** attached will only **hurt** you repeatedly.

Do not move towards the **future**, holding a metal **string** attached to a fireball. If you do not **cut** it, your past experiences will keep on **haunting** and **burning** you. Cut that string now to start your transformation **process** decently.

A happy life always starts from within by accessing those **superpowers** inside. Your job today is not to live in survival mode until the **storm** fades away. Instead, you must accept the **darkness** and live in **peace** with it. Do not wait for better days. Every day is the best day, relatively for that specific day.

Stop **fearing** what will happen next. Live in the present moment. Enjoy the rest of your life. Stop yourself from **overthinking**. Be **intentional** to grow through **adversity** and enjoy what you have.

Chapter 3

THE POWER OF THE MIND

THE SOURCE

We all come from the same **source**. However, each one of us is **unique**.

We are all **connected**.

We rely mainly on the **mind** which is at the center of our **being**.

If you take a real signed painting or sculpture, it cannot be the **authentic** one because the first version of this **artwork** was in the mind of the painter. He **visualized** it thoroughly before he **materialized** it into this world.

MICHELANGELO'S

DAVID STORY: (unknown author) ● ● ●

The story of the creation of "David" is fascinating and contains a lesson for all of us. Michelangelo was commissioned by the Medicis to create a statue for the main square in Florence.

The Medicis were a wealthy and powerful family of Italy at the time. A commission from the Medicis to make a statue was not only a great honor, but also a task that could not be refused. For two years, Michelangelo searched for a block of stone out of which he could create the kind of masterpiece the Medicis were looking for.

Finally, on a side street of Florence, partially overgrown with weeds and covered with dirt, he found a massive slab of marble lying on wooden

trestles. It had been hauled down from the mountains years before and had never been used.

Michelangelo had walked past this street before, but this time he stopped and looked more closely. As he walked back and forth studying the block of marble, he envisioned the statue of David and saw it in its entirety.

The sculptor quickly arranged to have workers move the block of marble to his studio some distance away. He then began the long, hard job of hammering and chiseling. It took him two solid years of work to create a rough outline of the statue. He then put his hammers and chisels aside and spent two more years polishing and sanding before the figure was complete.

Michelangelo was already famous as a sculptor. The news that he was working on a major commission for the Medicis spread all over Italy. When the day came for its first public viewing, thousands of people came from all over Italy and gathered in the main square. When it was unveiled, the crowd stood gaping in awe. It was breathtakingly beautiful. People cheered. Women fainted. The audience was amazed at the incredible beauty of the enormous statue. Michelangelo was immediately recognized as the most celebrated sculptor of his age.

Afterward, when Michelangelo was asked how he was able to create such a masterpiece, he replied by saying that he saw David complete and perfect in the marble. All he did was remove everything that was not David. ● ● ● ● ● ● ● ● ● ●

It is an excellent story to show you that the **negative thoughts** and **influences** in your life affect your real **authentic** image. It is with hard work and **persistence** that you can adjust to become the **best version** of yourself.

Your life reflects your thoughts which are the whole and the center. They create your **speech** and your **actions**.

It is common to believe that **actions** are what counts. Yet, **responses** come from thoughts. Therefore, before you can control any action, you must control your **thoughts**. Choosing your **feelings** and accepting the right type of **ideas** will make it possible for you to **dream** and achieve the best results. The problem persists when your thoughts and your actions are not in **harmony**. Your results will reflect this **conflict**. They cause you to be sick and lead you to **diseases**.

Thoughts have power over the **material** world; it is a **reality**. The marriage between your **mental** and **physical** selves creates harmony in your life. The resulting actions become a reflection of your true **nature**.

Each one of us is **unrepeatable**, **unique**, and **specific**. We connect on a **spiritual** level with everything around us, below us, and above us through **energy** transfers that we experience frequently.

THE PRINCIPLES OF NATURE

The Laws of Nature exist through **cycles** and **systems** like **seasons** and **opposites**. They **govern** most of the interactions happening around the world. Living and **respecting** these laws will give your journey a whole new **meaning**. **Awareness** is essential to understand them and know how to apply them in your daily routine.

These laws provide **harmony** to the world when **respected**. They are necessary but not an **obligation** like the human laws. People do not get punished if they do not follow them but will create **balance** in their lives and the **environment** if they do. It is not about the **good** and the **bad**; it is about diverting your energy towards the right places to be protected from **self-destruction**.

Following **Nature** as a role model to deal with life has been a **frequent** topic in the history of **humanity**, from philosophers like Socrates and Plato to emperors like Marcus Aurelius and writers like James Allen, Napoleon Hill, Earl Nightingale, Norman Vincent Peale, Stephen Covey, Les Brown and John Maxwell. The laws of nature have never failed to appear in their books and writings. In the Bible, Jesus has used stories from Nature to **enlighten** his disciples about **growth**, **kindness**, and **leadership**.

Yet, people still try to **defy** them. Proving that these laws are wrong is similar to **disobeying** the scientific law of gravity. The difference between **Science and Nature** is that one is **tangible** and the other is **intangible**.

A good understanding of the Laws of Nature can **help** you deal with Life at ease. They apply to almost every situation you might face. They explain **adversity** and success by the simple fact that you connect with everything and everyone through **energy flows**.

In the following pages, I will share with you a simplified version of these laws to make it easier for you to relate to them in everyday life.

Law #1:

THE PRINCIPLE OF VIBRATION:

Nothing is at rest; everything moves and vibrates.

The law of **vibration** focuses on **energy**. Waves of the same frequency resonate with each other so that the same types of energy attract each other. Everything is energy, even our thoughts.

The POWER of

VIBES STORY: ● ● ● ● ● ● ● ● ● ● ● ●

A few months back, I was visiting a relative. While we were talking, one of the daughters came in with a small dog in her hands. Deep inside, I had a burning desire to hold the dog. However, the dad took the dog and locked it outside. When the door was accidentally opened, the dog came running inside. When she saw how excited I was, my cousin informed me that it was not a friendly dog. To everyone's surprise, the little dog came straight to me, slept on my feet, and extended its paws toward me in a gesture of love. The dog felt my desire. ● ● ● ● ● ● ● ● ● ● ● ●

We are all connected in this world. Our energy connects us invisibly.

For the law of vibration to work, focus on the things you want to manifest in your life, and ignore what you do not like.

Whatever we talk about or think about frequently will show up in our life. We attract who we are and not what we want. We cannot expect to attract the positive outcomes in life when deep inside, we are negative.

The POWER of BELIEF STORY: ● ● ● ● ● ● ● ● ● ●

One morning, my daughter Zoey (12 years old) interrupted me while attending her online class. She was concerned that the teacher would ask her about a math exercise that she skipped solving by accident. I told her to tell the truth when asked. I also highlighted that if she panics about this, the teacher will end up asking her for the solution, which did happen. Zoey shared that she did not do it.

However, in her next class, she interrupted me again. She said, “You know, mom, I was hoping deep inside that the teacher would ask me for the answer to question 2”. So, the teacher ended up asking me for the answer. She had the biggest smile on her face knowing that she contributed to make this happen.

Her belief in this law increased a few weeks back when she desired to buy the microwave popcorn bags at the supermarket. She thought they were too expensive and was hesitant to buy them. On the counter, the cashier could not find the price tag on the bag; the manager offered her the three packets for free! ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

The law of vibration, also called the law of attraction, responds to how you feel about what you say and what you think.

Law #2:

THE PRINCIPLE OF RELATIVITY:

Nothing is what it is until you relate it to something.

Everything is **relative** to something somewhere! You evaluate circumstances **relatively** to specific standards. It explains why the inconvenience for someone might be convenient for someone else.

Opinions, feelings and thoughts are all **relative** to the environment and culture. Even the grades given at school are relative to 20. Nowadays, teachers assess students based on the class average.

**The GIRL and
The DIAMOND STORY:** ● ● ● ● ● ● ●

A little girl was walking in the forest when she found a treasure. It was a box full of colorful precious stones. She was delighted because ever since her mother told her about them, her dream was to own a few.

On her way back home, a shiny object was glowing through the grass. She grabbed it, looked at it, and tried to wipe the dust off it. The light, emerging from the rock, was magical. It was a diamond. However, when she compared the diamond to the other stones, the young lady could not care less about it. She threw it away and went straight home.

Do you think that the diamond lost its value because one random girl did not appreciate it?

Not at all. A diamond is a diamond, but relatively to the standards of the lady, the diamond had no value.



Rejection is one straight application of the law of relativity.

Each person is a diamond. You cross paths with different types of people who might not be aware of your **value**. They might drop you along the way and move forward in their life with someone else who **resonates** more with their reality. Do not get stuck with that **feeling** of being rejected. Most of the time, people search for **validation** due to a childhood lack of **attention** and, therefore, fail to feel enough.

To make the best out of this law, **evaluate** yourself compared to you. Go ahead with life, knowing that **comparison** with people will always lead to a sense of **dissatisfaction**.

Law #3:

THE PRINCIPLE OF CAUSE AND EFFECT:
For every action, there is an equal and opposite reaction.

There is a **cause** for every effect and an **effect** for every cause.

Whatever **action, thought or behavior** you have, it is creating a specific outcome that is **materializing** in your life as of today. Nothing is **manifesting** based on coincidence. Unfortunately, people look at successful individuals who are reaping the **fruits** of hard work, commitment, and **perseverance**, as if they were **lucky** enough to be in the **right place** and the **right time**. Successful people have mastered this skill for so long that they made success **happen**. Nothing comes by **chance**. The choices you make **consciously** and **subconsciously** are at the roots of who you are and how you feel today.

When you say everything happens for a reason, you are applying the rule of cause and effect. Start taking **responsibility** for your **choices**. If you are experiencing a lot of **adverse effects** in your life, you need to stop and observe

your dominant **thoughts**. The cause only starts from within and **negative thinking** will lead to a **negative outcome**.

All laws are **interconnected**. You cannot apply one and forget about the other. However, the power of the mind is the **main** principle that is at the **source** of all laws.

“ The definition of insanity is doing the same thing over and over again but expecting different results. ”

Albert Einstein

For every **decision** you take, relatively to a specific **situation** and based on a thought, you are getting the same **result**. Therefore, if you want to change the **outcome**, it is time for you to change the initial **approach**!

You can stay healthy by choosing to exercise daily and eat appropriately for your body. Although everyone knows this reality, individuals opt for shortcuts that provide short-term pleasures such as eating junk food and becoming a lazy person. This unhealthy routine causes the body to malfunction and become sick, which is, most of the time, blamed on luck!

When dealing with any type of **addiction**, whether alcohol, smoking, binge-eating, or overspending, you must consider this law. If you cannot **master** your **self-control** and commit to your **mental** and **physical** health, soon enough, you will be stuck with the **consequences** of these choices.

Law #4:

THE PRINCIPLE OF POLARITY:

Everything is a pair of opposites that are identical in nature but extreme in degrees.

Everything has an **opposite**. We can only understand a specific idea through its opposite.

If heat did not exist, we would not assume the cold. If white did not exist, we would not understand black. The same goes for darkness and light, for pain and gain, for sweet and salty, for full and narrow, for tall and short, for whispers and shouts.

Opposites make **existence** possible. Therefore, never judge what your **opponent** is.

For anything to exist, there must be an **equal** and exact **opposite**. Everything is **dual**; two **integral** parts of one thing are the two curves that make a circle. A circle cannot exist if the **concave** and the **convex** portions are not united. Whatever comes in your life, comes with the potential of its opposite, exactly how **scarcity** is inseparable from **abundance**.

Happiness is inseparable from **sadness**.

Love is inseparable from **hate**.

Accept the **convenience** and the **inconvenience** in your life because **balance** is always at the center. You cannot have one without the other, so embrace both of them - what the two wolves' story will prove to us.

Law #5:

THE PRINCIPLE OF RHYTHM:

Everything flows in and out. Everything rises and falls. Everything has a natural cycle.

The day starts with **sunrise** and ends with **sunset**. This cycle happens repeatedly. There are good days and there are bad days, part of the **process**. Everything is in constant **change**. Nothing stays the same.

KING SOLOMON STORY: ● ● ● ● ● ●

“This too shall pass,” an adage created by King Solomon’s team, as he was trying to find a cure against depression. He assembled his wise men. They meditated for a long time and gave him the following advice: make yourself a ring and have thereon engraved the words “this too shall pass.” The king followed the advice. Every time his mood changed, he would look at the ring and remind himself of the saying. ● ● ● ● ● ● ● ● ● ● ● ●

It is a **pendulum** effect. Everything in your life **swings back and forth**. Although everything seems to be **random**, it works in a perfect **order**. It applies to the four areas of your life, starting from **WORK, TO HEALTH, FAMILY, AND LOVE**. You will learn to be **emotionally** stable, not to go too right or too left.

If you are **healthy** today, embrace it. Make the best out of it, because soon you might fall sick. Being **exposed** to a sickness is part of the **cycle**. When you are in that position, do not **panic** about what is going wrong with you. Instead, let it be,

peacefully. I always take those moments as chances to rest and reflect on what was and what will be.

Often, we change spaces, **environments**, and cycles. The more we get **attached** to one specific place or thing, the more we **suffer**. Growth happens through change. Many people think that if their life was **consistent and stable**, they would feel happier.

Pain starts the minute you decide to adopt a perspective of fear, when things look **inconvenient**. There will be many thoughts that will **drain** you out of energy:

- ***My job is at risk due to the economic situation.***
- ***The business is stagnant.***
- ***My love life suddenly turned sour after years of things being in place.***
- ***A virus is going viral and my health is at high risk.***
- ***My kids are growing and their way of thinking is not like mine.***

You lose balance because your original plans no longer serve you. When needed, **let go** of your plans and your expectations because nothing stays **as it is** for long. It is a cycle, and it **shall pass**.

Do not **cling** to plans. Do not go against the **law of rhythm**. You will only move into **self-destruction** and **paralysis** trying to get things back to where they were.

“ It is precisely like extending
the length of a day or a season. ”

The best advice for you in those moments is to remember that the **pendulum** heading towards the left will reach a **peak** moment when it will **naturally** go back to the right.

Rely on your **spirituality** to have enough **patience** to wait for things to move so you can understand why they happened and how you can **grow** through them.

Law #6:

THE PRINCIPLE OF GESTATION:

Everything takes time to manifest.

Everything grows like a seed.

Everything takes time. There are no **shortcuts**. Trying to accelerate natural growth is just a recipe for **resentment**.

A SEED STORY: ● ● ● ● ● ● ● ● ● ●

Imagine you are about to plant a seed. Before you attempt to plant it, you visualize the outcome. If you plant an apple seed, you expect apples. Awareness is vital in choosing what to plant. Once we have the end in mind, we need to look for the proper soil and make sure it is ready to receive the seed. We cannot expect a plant to grow if the soil is rocky and full of worms. Even if we provide the total care at a later stage, lousy soil can never produce a healthy plant. Once we are sure the ground is ready, we plant. ● ● ● ● ● ● ● ● ● ●

Growth requires **attention, commitment, and perseverance**. It is the faith in the **invisible** that will get you to experience the physical **manifestation** of what you originally intended to grow.

It takes time!

Some plants take no time to **sprout** but take forever to grow in height. Other seeds will take so much time to **germinate** but bloom and flourish in no time.

Believe in the power of the invisible while putting your **heart** in the **mission**. Equip yourself with **patience**. Soon you will experience the **sprouting** which is the physical sign of your success.

A baby's life cycle is a proof of this reality. It takes nine months in the womb before a baby can see the light and before his mother can touch him.

A strong **belief** in your dream will **generate** the right thoughts in your mind that will get you closer to your end **destination**. However, there is a natural order for things, which everyone should **respect**. Do not be **impatient**. When things don't go as per plan, do not give up. Hold on to your **aspirations** and have **faith** in the process. Every **goal**, big or small, takes time to **manifest**. People think that working hard and wanting results badly is enough to **attract** what they want. They adopt **shortcuts** to succeed while defying the **law of Gestation**.

QUESTIONS

Think of the gym, for instance. If you exercise an hour a day for a year, you will end up with a result based on 365 hours of fitness.

Do you think you will have the same results if you exercise 12 hours a day for 30 consecutive days? Of course not.

Will you be able to survive? Will you have the energy to do that? Will you have balance?

There is a natural path to growth.

It might take days, weeks, or even years, depending on the **nature** of your desired **outcome**. There is no fixed **time**. Yet, there is a fixed **action**:

Know your **why**. Be **determined**. Be **persistent**. Be **patient** and there will be no way for you not to reach the **destination** you have always wanted.

Law #7:

THE PRINCIPLE OF TRANSMUTATION:
Thoughts are creative energy.

Your everything is continuously changing due to your **energy transfers**. You can **transform** this energy into whatever you **desire**. Whatever you spend your time **thinking** or **worrying** about, will eventually appear in the **physical** form. This law does not **judge** your thoughts; it just acts **upon** them.

Be aware of your **thoughts**. If you have a good **intention** like “I want to be healthy” and, at the same time, you think it is hard to adjust your lifestyle, one thought will **cancel** the other.

Therefore, your thoughts should be **consistent** to transmute your ideas into the physical world. They must be in **harmony** with your **emotions** so that you do not become subject to **canceling** beliefs.

Our mind is **restless** all day, with millions of ideas circulating. It is not capable of **assessing** which thoughts to grow. It will **act** only upon the most **recurrent** ones while **ignoring** the secondary. A proof of a **canceling** effect is when you want abundance in your life, but at the same time, you think the **economic** situation is too bad to explore **opportunities**. It is

how the mind will abort the idea of having **prosperity**. If you are the type of people who **bombard** their minds with what **worries** them, these same thoughts will be the most **dominant** and will end up manifesting in your life.

In case you are not satisfied with what is **materializing** in your life today, you must observe your most **recurrent** thoughts and **replace** them with what you do want. It takes **time** and **practice**. Your habits took years to be formed, but with **commitment** and **effort**, you can **unlearn** these habits and introduce new ones that serve your end **destination**. Some believe it takes 21 days to change. However, I say it takes **repetition** to **reset** your system and generate new practices **intentionally**. The time is relative to the nature of the behavior you want to replace and to how consistent you are in your actions.

To have a balanced life, you must respect the 7 laws without neglecting one at the expense of the other.

A COVID-19 application

A short reflection of the seven laws during these uncertain times, the world is experiencing globally:

The Law of Vibration: It all started with a vibration of fear that hit those resonating with it. So many people were already attached to this life, thinking it was permanent. Their focus has always been on the fear of death and how this may affect their loved ones. Other people were fearing scarcity. A few months earlier, an economic crisis was there to remind them of a lack of opportunities globally. Today, with COVID-19, more people lost their income. Having scarcity vibes will put you in synchronization with it. Sooner than expected, you will find yourself worried about survival, not because of sickness, but because you believe you do not have enough.

The Law of Relativity: Relatively for today, this is the worst crisis that human nature has faced: so far an opinion of a 41-year-old person living in the Middle East. However, as per the view of a 73-year-old person like John C. Maxwell, humanity has experienced many more intense crises in the past 100 years alone. They all seemed to be catastrophic and unbearable at the time they were happening.

The Law of Cause and Effect: Individuals that do not stick to the guidelines and norms for fighting Coronavirus will end up dealing with the disease. People with low immunity have a higher risk of being exposed to the virus. People should exercise social distancing because it will help in flattening the curve of the spread. For every cause, there is an effect.

The Law of Polarity: During these moments, COVID-19 represents a danger to people around the world. People who catch the virus will either end up aborting the journey or will heal. Health does not exist without sickness and death has no meaning without life. Problems do not exist without solutions.

The Law of Rhythm: The pendulum is going left. People are catching the disease. It is a time for restlessness for the medical field. No matter how long this will last, it will reach the peak and things will start cooling down again. Therefore, let go of your worries and be patient enough to observe the curve.

The Law of Gestation: When you plant a seed, it will take time to grow and mature. At this stage, as COVID-19 is growing, there are researchers all around the world trying to find a cure. It will take time for these interventions to give results. The scientific procedure has a gestation time and it shall be respected. The same goes for the effect of Coronavirus on people. It will take time to show, it will take time to heal.

The Law of Transmutation: If you wish to protect yourself from COVID-19, you must protect your mental health first. Your thoughts are affecting you and are forcing your immunity to go lower than ever. Whatever you think of, grows stronger. Whatever you believe in deeply, will manifest in your life. Believe in poor health and you shall get it. The mental power we have is tremendous and will change our reality when needed. Do not bombard yourself with news. They are at the center of propaganda.

The COVID-19 pandemic is one of the many challenges that humanity had and still must face. It is your choice today to give up, freeze in place, and wait for someone to give you the good news.

You also have the option to create the good news by letting go of your fears of death, poverty, ill-health, and old age. “This too shall pass,” and it is in your advantage to believe so.

Take advantage of the time in hand to raise your awareness levels, to live by the laws of nature, and to look at yourself from a love perspective with gratitude and mindfulness.

The outcome of covid-19 pandemic is impossible to predict at the time of writing this book.

However, we can learn from Outbreaks, such as AIDS, SPANISH FLU and many more, that these events come to an end at some point and become common diseases that once had a print in the history of the world.

Chapter 4

NURTURE AND NATURE

The TWO WOLVES STORY:¹¹ ● ● ● ● ●

An old Cherokee was teaching his grandson about life:

“A fight is going on inside me,” he said to the boy. “It is a terrible fight between two wolves. One is evil – he is anger, envy, regret, greed, arrogance, self-pity, guilt, inferiority, lies, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed...”

He paused for a bit then continued, “However, if you feed them right, they both win.”

“You see, if I only choose to feed the good wolf, the evil one will be hiding around every corner, waiting for me to become distracted or weak and jump to get the attention he craves. He will always be angry and will always fight the good wolf. But if I acknowledge him, he is happy, the good wolf is happy, and we all win. The evil wolf has many qualities — tenacity, courage, fearlessness, strong-will, and great strategic thinking—that I need at times. These are the very things the good wolf lacks.

But the good wolf has compassion, care, strength, and the ability to recognize what is in the best interest of all. You see, son, the good wolf needs the evil wolf at his side. To feed only one, would starve the other; they will become uncontrollable. To feed and care for both means they will both serve you well and do nothing that is not a part of something greater, something good, something of life. Feed them both and there will be no more internal struggle for your attention. And when there is no battle inside, you can listen to the voices of deeper wisdom that will guide you in choosing what is right in every circumstance. Peace, my son, is the Cherokee's mission in life. A man or a woman who has peace inside has everything. A man or a woman who is pulled apart by the war inside him or her has nothing. The way you choose to interact with the opposing forces within you will determine your life. Starve one or the other or guide them both.” ● ● ● ● ● ● ● ● ● ● ● ●

Most of us today have been **imprisoned** in a **battlefield** between two forces. You know where you are, you are **aware** of where you wish to be, you know what is the **action** you need to take to **change**, but still, you feel trapped. One force is pulling you towards **love** and leading to a **positive**, creative thinking. The result is **dreaming** of the unlimited **possibilities** you have. The other power is pushing you towards **fear** and leading to a feeling of **despair** and **helplessness**. If you are dealing with this battle, you will never be able to move forward.

Although the **destination** is clear in your mind, the left and right pushing and pulling stop you from **progressing** and move you towards a state of getting **stuck** and becoming **stagnant**.

A ship captain observes the wind **direction** and the ocean activity before setting sail for the next port. **Observation** is an essential **practice** to help him predict the **difficulties**.

You are the captain of your life. Before you set **goals** to fulfill your **dreams**, you must observe your **State of mind**. You must look out for **emotional stability**. Otherwise, inner **agitation** might always stand in the way of your dreams.

I discovered this reality, a few years back, when I hopped on my **transformational** journey. The road was full of **bumps**. It took me longer than expected because I did not take the time to **prepare** myself. Through **trials and errors**, I discovered new **strategies** to deal with the challenges I was facing.

Always remember that the results of today are the fruits of yesterday's actions. Take a minute to **reflect** on your situation. If, by any chance, you are **dissatisfied**, look at what you need to **change** to **improve** the **outcome**.

You cannot expect to **plant** an apple seed today and **reap** an orange fruit tomorrow. Be aware and stop being on **autopilot**. Take **responsibility** for your choices that will lead you to a **better** tomorrow.

Through this book, I will share with you some details of my transformation, so that you can be ready to move your life to the next level as well.

THE ORIGIN OF OUR BEHAVIOR

An UNINTENTIONAL

RESET STORY: (unknown author) ● ● ●

It is a story about a woman in her mid-twenties, who had a lovely family and led a healthy life. She grew up in an environment where she was always criticized and belittled by her close circle of family and friends. She lost her self-esteem at a noticeably young age. Negativity was her daily bread because she got stuck in a self-degrading practice. As a result, she felt worthless.

One day, on her way back home from work, she had a massive car accident. She was rushed into intensive care after she had lost consciousness. Her memory was affected so severely that she could not remember anything not even the most recent experiences of her life. The doctors thought it was temporary. However, as days passed, doctors realized that she lost her memory for good. She could not even recognize her kids. This condition was uncommon; it opened the doors for research by doctors and specialists.

After physically recovering, she realized what has happened to her. She was not able to improve her memory. During this time, she was getting all the attention from her family, kids, and partner. She got intrigued by the complexity of her case and decided to research every material related to memory loss and ended up writing an article about her condition. She started getting invited frequently to deliver talks, answer questions, and share her experience.

All this attention helped her build her self-esteem through a positive mental attitude. She achieved excellence in her research, published her findings, and became an influential figure in the medical field.

By unintentionally resetting the childhood negativity, she became a different person with her new conditioning. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Do you need a **dramatic** event in your life to **believe** in the power you have **inside** that can allow you to change?

You are not a **victim**. You are not the **product** of your genes. **Epigenetics prove this reality**. You are a product of **childhood** events imposed on you at an incredibly early age, which became an **embedded** program.

Today, it is your choice to adopt a victim **mentality** and get stuck in the **blaming** game or take **charge** of your life and make the necessary **changes** that will lead you to a **sustainable peace of mind**.

A PERSONAL STORY: ● ● ● ● ● ● ●

Going back to my transformation story, I recall that moment when I understood the above reality!

It was not by luck that solutions started unfolding in my life. I tried many times before, to switch my career and follow my passion. I always got a counteroffer way better than what I was earning, as a sign not to conduct the move.

That day I was terminated, I knew it was the time. I felt overwhelmed by a magical power. I had

everything so clearly dressed in my mind. I did not have a detailed plan on how to achieve it. For some reason, I knew that ideas would come my way when I was ready. It was time for me to push my knowledge further. I joined the John Maxwell team for that purpose. A few months later, I was attending the certification program in Florida. It was six days of mind-blowing information that transformed my life. Suddenly, all my internal conflicts made sense. The experience gave me clarity and a push to dream further. It empowered me to believe in becoming a world Changer. ● ● ●

Earlier, I was someone who wanted to have everything in place before moving forward. I had many excuses:

QUESTIONS

How can I start a business if I did not have a capital?

How can I move into personal development if I did not have any corporate experience?

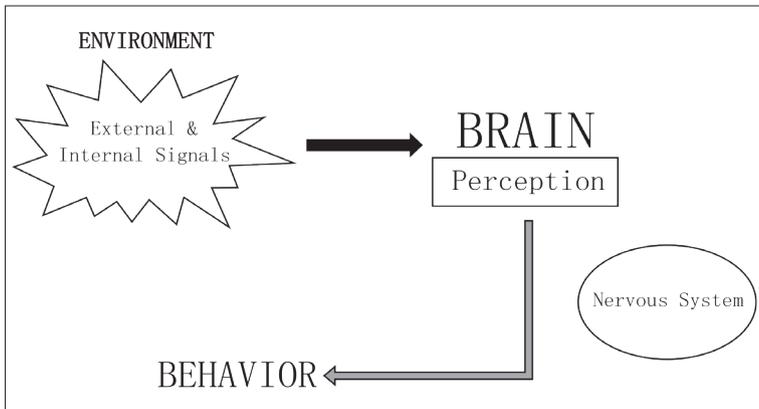
How can I dream when I am completely broke?

How can I make money if I did not have a fixed income?

Every time I had these thoughts, I would lose my self-confidence. I would sit on the side and feel hopeless. I could not understand how, one day, I feel invincible, and the next day, I am powerless and barely have any energy to think. I was blessed during my certification to explore the concept

introduced by Dr. Bruce Lipton, which got me to understand why we experience draining moments in our life.

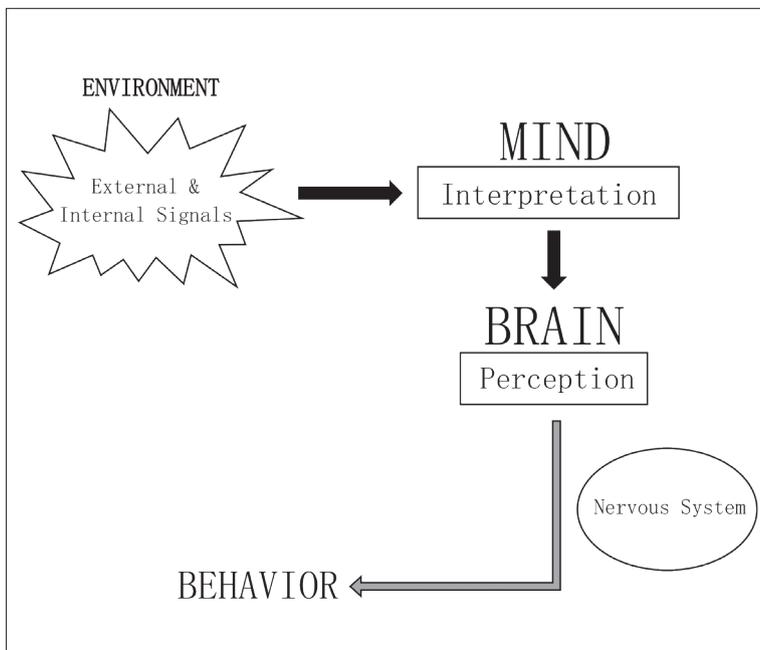
Your mind is the **binocular**, with which you see the world. It controls your body through the brain.



In summer, when you are dealing with hot weather and humidity, the antennas on your skin inform the brain that the weather is unbearable. The brain takes action by sending signals to the body to cool down through the blood and the nervous system. It is how your body generates sweat, a process that applies to all species.

However, for human beings, signals received from the environment follow a different pattern. The mind, which is the leading player, interprets them before they reach the brain. The messages differ from one person to another.

I am not pretending to be a biologist or a scientist. I am just simplifying some of the terms, generally used in science, that I learned from Dr. Lipton, to communicate a concept that helped me understand my life when I was dealing with uncertainty.



Why is that?

The mind has two parts: the conscious mind and the subconscious mind.

The **conscious** mind is your **creative** side, responsible for the dreams and plans. Its main task is to **accept or reject** a thought. It is responsible for your thoughts' **faculty**.

The **subconscious** mind is your **habitual** side. It is about memories and experiences. It mainly consists of **feelings**. It observes and accepts whatever your conscious mind adopts. It works like a **recording** machine, **registering** all what is going on around it.

A few years back, I read an article online where the writer compared the subconscious mind to a **slave**. This slave does

not have the power to **analyze and judge**. Whatever he **hears**, he **follows**. It is why you are always asked not to use **negative words** in your conversations to avoid having a negative influence on people around you.

After reading more about the findings of **Dr. Bruce Lipton**¹², I understood why! The subconscious mind is an **operating** program, which is 95% in charge of our **behavior**, while the conscious mind covers only 5%.

A NEW PHONE: ● ● ● ● ● ● ● ● ● ●

If you buy a new phone, you cannot operate it before installing the required applications. Once the programs are uploaded, the use of the touch screen will make sense.

Your conscious mind is the touch screen that will start working once you install the programs in the subconscious mind. The more you practice, the more you become familiar with the commands. It is how you move to autopilot when you no longer need to think before you act. ● ● ● ● ● ● ● ● ● ●

When a baby boy sees the light, his mind is a blank canvas. As soon as he meets his parents, the **learning process** begins. Naturally, he can see, he can eat, he can breathe. As he grows up, his **personality** takes shape by **imitating** the people who are in regular contact with him through **observation and repetition**. Parents, grandparents, teachers, and siblings are examples of these people.

At birth, if you ask a newborn, “How does it feel?” The answer would most probably be, “Are you crazy? I just got

out!” A baby cannot answer because he did not acquire the **talking program** yet!

In “The Biology of Belief,” Dr. Bruce Lipton mentions that every experience between the ages of 0 and 7 years old will shape your personality. During this stage, everything goes in with no filters: the good, the bad, and the ugly, because the brain is at Theta frequency during which the mind is exceptionally receptive.

If your parents have anger issues, you will be an angry person.

If you live in a smoking environment, you will most probably imitate this behavior at some point in your life.

If the environment is safe and positive, you will be emotionally stable.

If your parents treat you nicely, you will be a happy individual.

If you live with controlling parents, you will be insecure and controlling too.

Between the ages of 7 and 12 years old, the conscious mind started to **operate**. You **intentionally** repeated the programs uploaded earlier. You **established** your habits.

LEARNING The ALPHABET: ● ● ● ●

At an incredibly early age, you barely knew how to eat. At the start, you made sounds. Later, you imitated your parents and learned frequently to use words like “papa” and “mama”. Then you

memorized the alphabet with effort and repetition. Nowadays, you do not even think about it anymore. You just speak, write and read with no efforts at all. You mastered the process through continuous practice. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Learning to walk, fix your shoelaces, brush your teeth, and to use a jump rope are all examples that follow the same **process**.

Learning to drive a car is another example. It takes **time**, **practice** and **awareness** to acquire this skill with all the **coordination** involved, before driving becomes part of your **system**. Soon enough, you can drive, eat, and talk over the phone while driving. You can even **interact** with people without paying **attention** to the road. You move into autopilot mode:

You are on your way to a business lunch in another city when you get a phone call. As your creative mind gets busy interacting with the person on the other end of the line, your habitual mind takes the lead. Once you finish your call, you realize that you are heading back home. WHY? Because This is the location that your habitual mind has stored to use when on Autopilot.

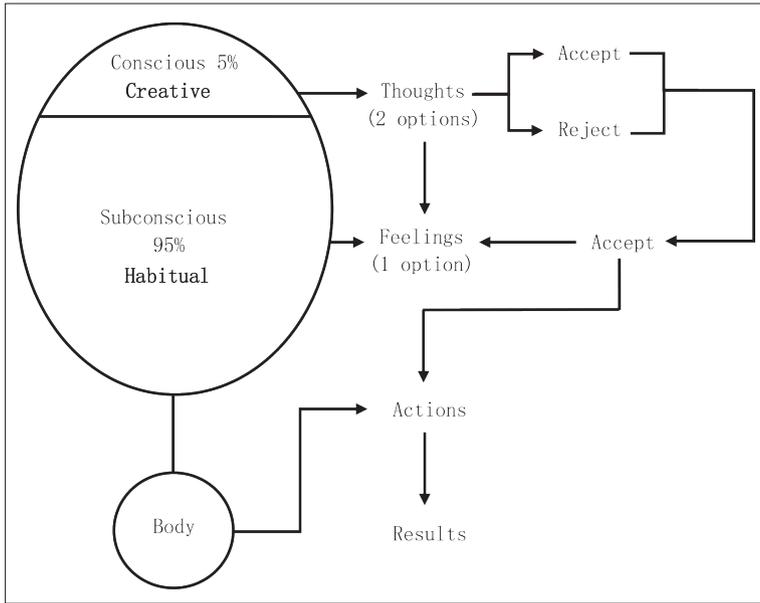
Autopilot is a significant title of this Era. We spend 95% of our day on autopilot. We use 5% when we face **unexpected** challenges that require an urgent need to find **solutions** and act.

HOW DOES YOUR MIND OPERATE?

How does all of that apply to YOU as a person?

How does this affect your life?

Have a look on how your mind operates:



When a **thought** crosses your mind, you always have two choices: to accept it or to reject it.

If you accept it, the subconscious mind will **adopt** it and send an order to the body to **react**. It is a **slave** that follows the instructions of its **master**.

If the thought was: “I hate this day,” because the minute you woke up, you heard lousy news like the loss of someone,

a call from the bank, a breakup, a flat tire, a friend that is completely ignoring you all day, the message you **adopted** was, “I hate this day.” Therefore, your body will **generate** a **feeling** of anger. The subconscious got the message, produced a negative **emotion** that imposed on the body to feel the same. It will be translated into a **headache** or tiredness.

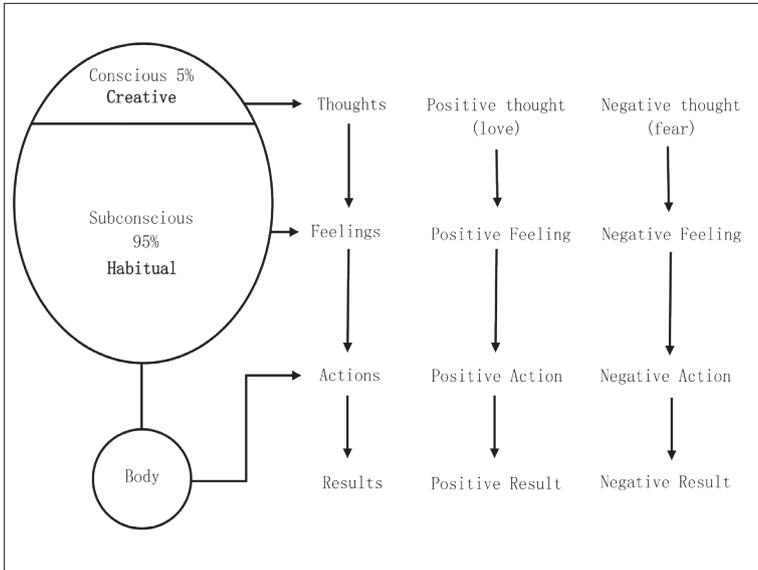
You notice a **drain of energy**. Your angry **attitude** will turn your day upside down. Your **vibes** will reflect the same. You will reach the car and all the negative things will show up.

ATTRACTING NEGATIVITY STORY: ● ● ● ● ● ● ● ●

A lady I was mentoring was working on her awareness a few weeks back. As we were discussing this point, she shared with me what happened to her the same day. She woke up on the wrong side of the bed. She was going through a tough time with her inner peace. Like everyone else, she was complaining about everything, including the behavior of her husband and his crazy driving. She decided to drive herself. As she was about to reach work, she had an accident. It was a minor one. She immediately started laughing. She realized she drifted into negativity and the result was as expected. ● ● ● ● ● ● ● ●

In conclusion, adopting a positive/negative thought by the conscious mind will only lead to a coherent feeling generated by the subconscious mind that will give an order to the brain to act. As a result, the outcome will be positive/negative.

It is a simple way of seeing it.



Are you **wondering** how we can accept or reject a thought?

You are spending **95%** of your day on subconscious **behavior**, with a **speed** of **40 million ideas** per second compared to a speed of **40 ideas** per second for the conscious mind. If any **stimulus** comes your way, although your conscious mind has the **power to choose**, the speed of the subconscious mind will take over the **decision**. It will react based on the previous experiences that deeply sculpted your emotions.

As per researches, most people have a **negatively conditioned** subconscious mind. Even if your conscious mind attempts to think positively, the subconscious will always push the negative thoughts forward.

Whatever the behavioral change plan you wish to **implement** in your life is, you are stuck with a **paradigm** in your subconscious mind operating at **40 million ideas** per second, controlling every single side of your life.

QUESTIONS

How many times do you wake up in the morning, ready for your health journey? How many times do you decide not to be tempted by junk food? Then you realize that the minute you got busy, you snacked on junk food without even noticing your behavior. WHY? Because you were not aware. You are operating on autopilot. The program became a routine, a long time back.

Food is the most common example I use, since a lot of people **struggle** to control it. Apply this to any other behavior like **procrastination, anger management, demotivation, or self-effacing**. It will work the same way.

No matter how many **resolutions** you adopt, no matter how many **promises** you give yourself, you will never be able to work through them as long as you are not aware of what is going on inside. You must be aware of your paradigm. If you do not **commit** to reaching your **inner peace** through a structured discipline, you will never have that **healthy** lifestyle, that **personality** trait you always wanted, or that organized life. Simply, you will never have the **power** to achieve **dreams**.

The smartest way to achieve **change** is to focus on the **programs** of your subconscious mind. As we have spoken in detail earlier, our paradigm **oversees** our decisions and the only way we can **aspire** to a new beginning is to be aware of these programs and work hard on **resetting** them.

Once the 40 million ideas per second brain part is similar in the content to the 40 ideas per second part, you will be on the right track to **unlocking** a life of miracles.

Take **control** of your mind and elevate your level of awareness to move you to a place where you stop getting **offended** by challenges. They are a means for you to **grow**. That process of growth is **painful** sometimes. You will end up **stretching** your comfort zone. This stretch will put you on a whole new level of frequency in **synchronization** with your wishes.

Before **unlocking** the ingredients of a **miraculous** life, I would like to talk more about the **mind** and its relationship with the **brain**. It is your perception and the way you choose your **thoughts** that can **influence** the results in your daily life, based on **science**.

Your mind **interprets** the stimulus you receive from the outside world. You **choose** a thought. You transfer it to your brain which is in control of all the **action**. You either **adopt** a perception of **love** or another of **fear**.

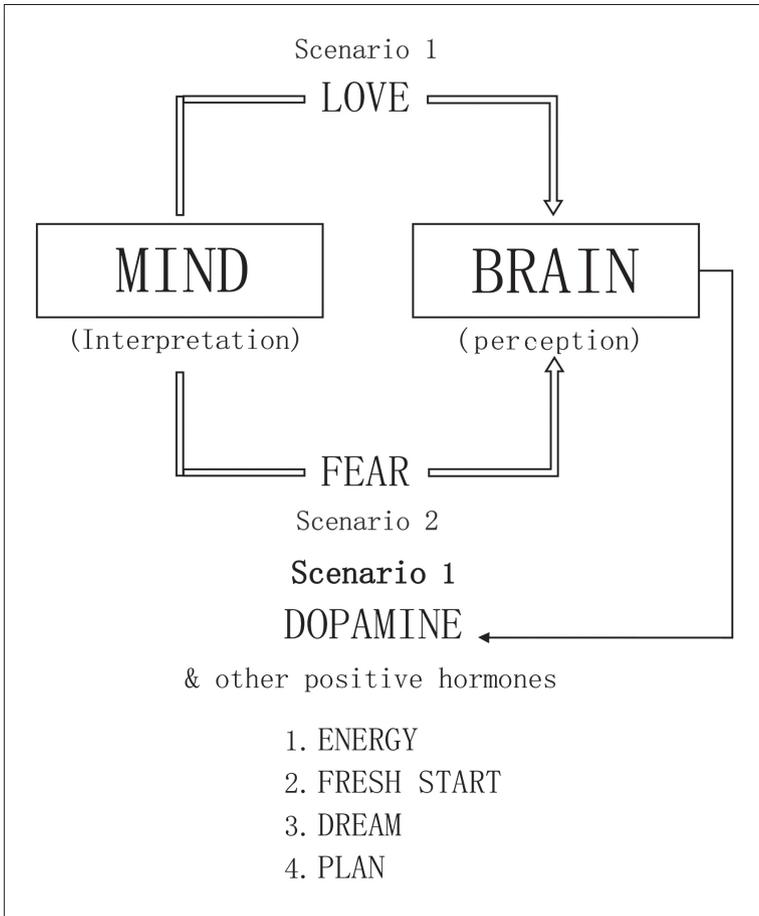
When the mind interprets life from a **love perspective**, good hormones, as well as neurotransmitters like Dopamine, Oxytocin, and Serotonin are released. Your whole **state of being** moves into a **happier** and more relaxed **attitude**. It is why you notice when people fall in love, they look **fresh and glowing**.

When the mind focuses on fear, **Cortisol** is released. Cortisol is a **stress** hormone used in the medical industry in transplant operations. Cortisol **shuts off the immune system** and prevents it from fighting external bodies.

Cortisol is what we produce every time we are stressed. In the old days, they never had the number of **sicknesses** we have today, for two reasons.

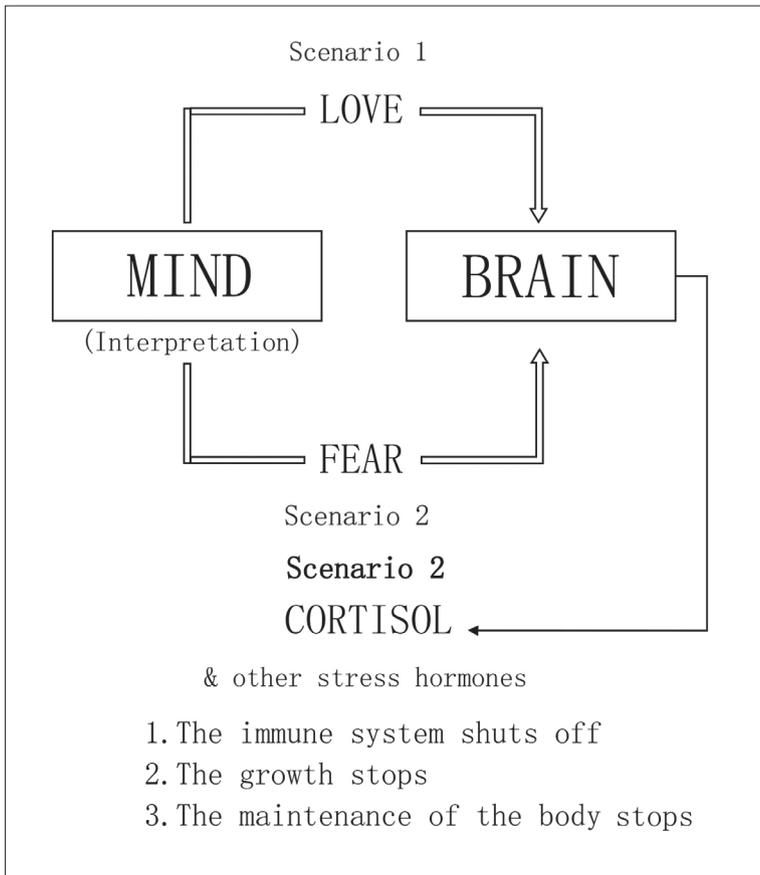
The first reason is that they did not eat **processed food**. No chemicals were polluting their **bloodstreams**. The second

reason is that Cortisol levels increased when they felt the **threat** of an animal that they feared, such as a lion or a snake. They would go into that **freeze** mode where all the blood goes to the hands and legs, so that they could use their **energy** to run. It is **fight or flight**. This situation would not last for long before their Cortisol levels go down again.



Nowadays, there are so many things that get the Cortisol levels to go **skyrocketing**. We are living in **continuous stress**.

We stress about our health. We stress about our debts. We stress about our mortgage. We stress about our relationships, about the future of our kids, and our financial freedom. We simply find too many reasons to be offended.



Our Cortisol levels are always **high**. Our **immune system** is, most of the time, **shut down**. One thing to add is that Cortisol affects our **growth** as cells are dying and new cells are not **growing**. We become **vulnerable** to disease.

Nowadays, I am **intentionally** aware of my thoughts. I intentionally maintain a positive **attitude** to protect myself. The days when I lose track of the **moment** and get stuck in **overthinking and anger**, I get easily defeated by **sickness**.

For those of you who are focused on “**genetically transferred diseases**,” like hypertension, heart problems, and some types of cancer, every time you face **stressful** situations, your immune system shuts off.

Your focus on these **diseases** will get you to grow them through the law of **transmutation**. You will be providing your cells with a **polluted** environment, full of wrong signals coming from the brain. The messages come from your **perception** which is relative to the circumstances you are going through.

The EXPERIMENTS STORY: ● ● ● ●

Dr. Bruce Lipton proved that it is not about genes anymore, it is above our genes; this is the new science of Epigenetics. He was able to show, through extensive experiments, that every cell is affected first and foremost by its environment.

He placed a stem cell in a petri dish for one week. Every cell takes 12 hours to duplicate naturally. When he reached 30000 genetically identical cells, he divided them into three dishes: one had a muscle environment, another had a fat environment and the last one had a bone environment. After some time, each lot of 10000 cells became identical to the environment it was put in. Through this experiment, he was able to prove the reality of our biology. Thirty thousand genetically identical cells are transformed into different types of tissues due to the change in their environment. ● ● ● ● ● ●

I have used simple terms to communicate to you a much more complicated idea in the Biology field. You can always go online and research the findings of Dr. Lipton¹² to understand more about this reality.

You fall **sick** because the **environment** of the cells is receiving bad **signals**. Being continuously exposed to toxic signals will turn the cell to be **physically** ill. You go to the doctor to help you physically heal. But if you stick to a **perception of fear**, then the cell environment will always be polluted. Therefore, the physical matter of the cell will not be healed, even though you are taking **adequate medicines**.

It is very well known in hospitals that doctors make sure that their patients have **positive** moods before any operation because they know that a negative attitude will **jeopardize** the outcome of the process.

Because of this reality, doctors have relied a lot, in recent years, on the **Placebo effect**. In the United States, pharmaceutical companies are not able to release any new medicine as long as the placebo pill defeats its effect.

A PLACEBO STORY: ● ● ● ● ● ● ● ●

What is a placebo effect? It is the belief that a treatment pill can heal you more than the treatment itself. In the United States, doctors have prescribed special pills to patients dealing with health issues. They were simply sugar tablets that looked like real medicines. Patients took them regularly as prescribed. After a week, they came back for a checkup. The belief of the patients in the pill and their trust in the doctor is what has improved their condition. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

The **results** of your life come from the views introduced to you when you were young, precisely like your **belief** in doctors and medicines. I have **experienced** those beliefs myself. We all know that if we are **sick**, no matter what the level is, we should go to the doctor. Once we reach the clinic and we get the prescription, we **feel much better**. In my case, 90% of the time, I buy the drug, but I either take it for 1 or 2 days, or do not take it at all. However, I heal.

In conclusion, it is only with a change in our mindset that we can heal in no time.

The ECSTASY Of BELIEF: ● ● ● ● ● ●

A great example of the power of belief is the belief of a radical Christian group in the USA. It is an old tradition that began in 1909 when George Hendseley introduced the practice into the church of God in Cleveland, Tennessee. Believers gather to celebrate their faith in a ceremony called the “ecstasy of belief”, during which they get bitten by snakes and they drink deadly poisons without being affected at all. Since they were kids, they grew up to believe that God can protect them. They have no doubts about that and this is why they are invincible. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Imagine if one of us would attend those ceremonies, what would happen? We learned not to drink poison because we will die. Be aware of snakes; they are dangerous. Our limiting beliefs do not allow us to defeat the venom of a snake or the effect of the poison.

The placebo works; it is all about the power of belief. A placebo is about the **plus thinking**. It is about believing **positively** in

something. It works equally for the negative thought. When you focus on something negative, you will make it happen. It is called the **nocebo** effect. If you have been exposed to **negative feedback** all your life you cannot reset your **subconscious mind**, except after a shock.

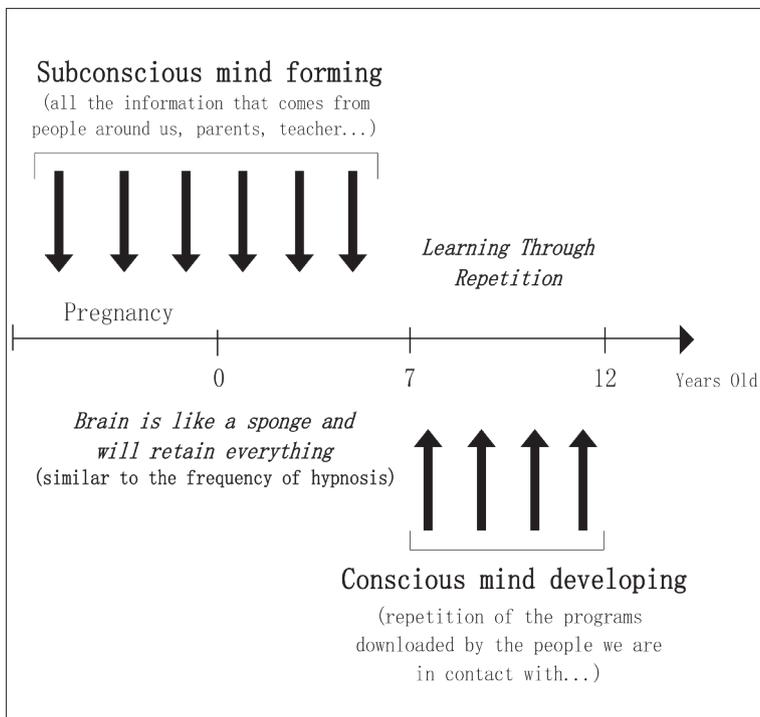
It is exactly like the story of the woman who was only able to reset when she lost her memory due to a car accident. If you do not go ahead and **reset** intentionally, you will be stuck with negative **limiting beliefs**, with low **self-esteem**, and **negative results** for a lifetime.

David Hume, a Scottish philosopher from the 17th century, always talked about the **blank slate** and how we are born with no info at all. He mentioned that whatever an individual **thinks or feels** is something that he **learned** from the people around him.

Bruce Lipton has also talked about this in detail, which has led him to fight with other doctors, trying to **convince** them that human beings are not **victims** of their **genes** but a product of their upbringing.

From 0 to 7 years old, the brain is like a **sponge**. The **frequency** of the brain at this age allows the information to go in without being **analyzed**. Whatever is uploaded will become an **operating system** that will serve later. Unfortunately, **behaviors** adopted in **parenting** cause the most **damages** in adulthood.

When you are watching a sports game, and the team is **losing**, the coach pushes the team to give better results by threatening them to be fired if they do not perform well. In major leagues, players are getting paid a fortune and the minimum they



should do is exceed the expectations and the requirements of their job.

Parents use this same **method** at home. They expect specific **grades** for the report cards. They expect a particular **behavior** from a child, which seems to be right to them. When things do not match their **expectations**, they **manipulate** their children and **belittle** them. In some cases, parents threaten kids to remove some of their **perks** if they do not **improve** the next time. For most parents, this is their way to **encourage** the kids to achieve better results. Children do not see it that way. They cannot **analyze**. They just get what they hear and the message is clear: **“You are not good enough.”**

“I got hit on my hand because I am bad, not because I broke something.” It is what the child hears after being hit because she broke something. For her, when it broke, it gave an interesting sound... Kids do not know the value of things. They do not understand how this conditional place works. They do not know if an object is expensive or not. Unfortunately, in the first few years, a child is highly exposed to negative vibes because the parents are trying to push the child to get ready for the future. However, the child cannot understand their reality. She will only feel the negativity of their vibes. Remember, this is the final program that she will use for a lifetime.

At the age of seven, the conscious mind starts forming when the subconscious is still **developing**. From 7 to 12 years old, the child is using the **original application** and starts repeating the action over and over again while **imitating** her parents’, siblings’, and teachers’ behavior. She imitates whoever she sees.

By the age of 12, the personality is complete, and the person starts using the paradigm already **uploaded and mastered**.

Most of these programs are **limiting beliefs** that have an impact on the future growth of every individual. It will **predict** the outcome.

A COMMON LIFE STORY: ● ● ● ● ●

Take, for example, a person born in a low-income family, who was raised to have scarcity thinking. In most of the cases, this person, even if he is very smart, will act from a subconscious program limiting him to believe that he was born in a poor family and the odds are very low for him to become rich.

However, a person raised in a wealthy family will succeed most of the time, because his subconscious program is based on an abundance mindset. So even if he is dumb, he will end up acting smart because his system is smart. It is a proof of how the 5% of consciousness of an intelligent person (in the case of poor) cannot do much if the 95% itself is self-destructive. And the 5% of the dumb (rich) cannot ruin it for the rich kid because the 95% system is composed of productive strategies. ● ● ● ● ● ● ● ● ● ●

This is why I conclude that before you can **plan or dream**, you have to be aware of your **program**. You have to make sure that the 95% is in synchronization with the 5%. When you are under **pressure** or you have a quick **decision** to make, remember that your paradigm is in **charge**!

Synchronization is at the core of the law of **vibration**, mostly known as the law of **attraction**.

Each one of us is a **community** of cells. Each cell has 1.4 volts of electricity. This community has around 50 trillion cells, which adds up to 70 trillion volts. The **vibes** coming from these volts are pretty much related to our **minds**. The mind's

perception of life sends **signals** to the brain that **orders** the cells to act accordingly.

A perception of love will **generate** a positive outcome. A perception of fear will **lead** to a negative result. The program in the subconscious part of the mind will **dominate** the vibes of our system, due to its speed. Therefore, it is important to be **aware** of the **quality** of energy we **emit** as it **predicts** the fruit we will reap.

The first challenge is to get the 95% in **synchronization** with our 5%. Our **dreams, plans, and desires** which come from our conscious mind should match our **actions, our daily routine, and our feelings**. When we have a **burning desire**, the whole system vibes will be at the same frequency with what we want, so that **attraction** happens. Yes, in “Think and grow rich” by Napoleon Hill, written in 1937, the writer hands out a **manual** to help people **succeed** in their work. They can be anything they can imagine, using the law of **attraction**, starting from a burning desire.

Before all of these scientists, philosophers and writers talked about this, the **Bible** stated many of the powers we have been **gifted** with, to help us achieve the **impossible**. God has granted us the ability to do miracles. We learned that if we had **faith** as big as a mustard seed, we could move mountains. The power of **vibes**, the power of **hope**, the power of the **placebo**, and the power of the **word** are concepts that existed a long time ago.

Sometime back, I decided to follow the word of God, to believe with no questions asked, to act from love, and to treat others the way I want to be treated. Since then, my life has been an example of how we can turn our realities into a dream.

Keep in mind that you have **inbuilt** storage of energy precisely like a bank account. The **checkbook** always allows you to spend this energy where you wish to **invest** it. If you spend your energy on **overthinking and worrying**, you will have no energy to be spent on **dreams and desires**.

Raise your **awareness** so that every time you issue a payment, you make sure you spend it where your **growth** is, rather than spending it where you get **drained**.

HOW CAN YOU RESET YOUR PROGRAMS?

As we have profoundly discussed earlier, at a very young age, we were **exposed** to programs that became part of our system. Nonetheless, we always have the **choice** to replace them, especially when we **recognize** that they no longer work for us.

Look at your life. Observe it. See how you **react** regularly. Be aware of your **behaviors**, especially those you do **automatically** without thinking. Take an **in-depth look** into your daily **routine**, the way you think, the way you do things. It is your **paradigm**. Everything that makes you feel **uncomfortable** is the program that needs to be **changed**. It could be a lack of **discipline**, your **diet**, your **smoking** habit, your **addiction**, your **anger** issues, your **procrastination**, or simply the way you see yourself. Sometimes the way you spend your money **bothers** you. You might be frequently **offended** by others or by anything around you.

You keep on thinking, how can I change? You feel **trapped**. You wake up every morning with a will to do what it takes to **change**. You have the **plans, the steps, the proper routine** to achieve this change. In a blink of an eye, without noticing, you **break** your own **rules** and go back to those **old habits**. You only see that after you have completed the action.

Some people go back to school, thinking if they learn more, they will be able to change their **paradigms**. Trust me, you are not short on **Knowledge**. Most of us have all the information we **need** to change. However, we are short on **behavioral patterns**. It is why I insist that if you want to change your **results** today, you must **know** the rules, you must **apply** the rules, you must be **consistent** with the rules until you break that pattern and replace it with a new paradigm that will lead the next **chapter** of the story of your life.

THE DIFFERENT METHODS TO ACHIEVE A RESET

METHOD #1:

HYPNOSIS

From 0 to 7 years old, your brain frequency was at **Theta**. This frequency allows the brain to download the systems directly into the subconscious mind without any **resistance**. The good news is that we, as adults, encounter this same **frequency** twice a day.

Your brain reaches a theta frequency in the **morning** just when you are about to wake up and at **night** as you drift off to sleep.

In deep **meditation**, Theta **brainwaves** also occur.

When you go to bed in the evening, while you are falling asleep, you move slightly into Theta. If you are attempting to reset any program, it is good to listen daily to a guided meditation or sleep hypnosis. Generally, in a relatively short time, you will see changes manifesting in your life. The same results can be achieved early in the morning as you are about to wake up.

During this state of mind, the **flow** of ideas is so free and occurs without **ensorship**. Our brain is in the perfect state to **learn and unlearn**. Using hypnosis, during the Theta stage, is an essential way to reset the programs without **effort** or **guilt** trips.

There are plenty of **hypnosis** videos online that I usually use while falling asleep. At the very beginning of my **transformation**, I attended gong **meditation** back in Dubai. This deep meditation, on one February night in 2017, has changed my life.

Personally, one of my favorite accounts is Michael Sealey. He provides fantastic content ranging from releasing negativity, to gaining self-confidence and abundance. I always recommend two of his videos when someone is lost: “Release of negativity” and “Meeting your future you.”

If you are not used to this type of meditation, you have to be **patient**. The **monkey chatter** inside your mind will try to **interrupt** you. As you practice listening to the audios, and guided meditations, you will explore the results sooner than **expected**. You might fall asleep, but do not worry about that, as your mind will keep on **registering** any information you wish to receive. **Flow** with your **feelings** and with the **ideas** that cross your mind.

Hypnosis exercised repeatedly will move you to a different level in your **behavioral change process**.

It is **essential** to choose a place where you feel comfortable. Your body, should be at **ease**. Inform the people around you that you are in the room **meditating** to take advantage of the time you have in hand.

Some people record their voices using **affirmations** to break some of their limiting beliefs. They listen to these **recordings** repeatedly until they experience a breakthrough.

METHOD #2:

REPETITION

Repetition is the other way used to **download** the information into your **systems**. The results have been reflected in your **habits**, in your **personality traits**, in your **routine**. You saw others **act** in a certain way. They **taught** you how to do it. They **guided** you through it. You **repeated** the action over a while. You **persisted**. You did it without even thinking until it became your **comfort zone**. If you can recall the time it took you to learn anything, I bet it would be more than 21 days. It was not something **imposed** on you. It was a **habit** that you were happy to learn. You were doing it with **passion**, which has given you the **patience** not to **nag or complain**. I am sure that today, there are so many things you wish to change relative to the person you have **become**.

Before thinking of those specific changes in **detail**, stop for a moment and try to **understand** why you want to change. Your cause should be much more **meaningful** and **powerful** than the change itself. I used to be very **unorganized** with the way I ate. I realized that, other than **gaining weight**, I was becoming **unhealthy**, which has affected my **mood** and, therefore, the **clarity** of my mind.

All my life, I tried to **improve** the quality of my food because I wanted to **look** better. This reason was not good enough for me to start eating healthy. When I moved into a different level of **awareness**, I started thinking about my **kids** and their **health**. I wanted to be a good role model for them.

The other reason I wanted to **upgrade** my health was because of my love for **writing** and making a **difference** for the people around me. I noticed that every time I was not eating right, it was **affecting** the way I was thinking. I stopped getting

inspired to share my **knowledge**. Every time I did not write, I was **skipping** a chance to **help** someone change their life. I was also moving away from **achieving** my dream of changing the world by **touching** one heart at a time.

I also got determined to improve my lifestyle because of my **belief** that life is a gift. Our bodies are part of this **gift** that we need to maintain in the best way possible as a sign of **gratitude**. **Health is wealth**. Trust me, it is not something **easy** to achieve, but it is **worth** it. Change takes time, especially growth. It falls under the **laws of Nature**. A plant needs **nurture** and care for a long time before you can see the **sprout**.

By attempting to **unlearn**, you will be in a constant **fight** with your subconscious mind. These embedded paradigms are your **comfort zone**. Any change in that comfort zone will lead to a feeling of **chaos**, which will be at the center of your **transformation**. However, a lot of people **give up** at the very first signs of **turmoil** as they feel better when things are **steady and predictable**. Stability is a common goal for so many people.

The METAL PLATE STORY: ● ● ● ●

As I was attending the IMC in Florida, in August 2019, I watched a fascinating experiment that explained the chaos feelings we get when we are going through behavioral changes.

The presenters installed a metal plate on top of a speaker with an extremely high frequency of sound. They put salt on the plate and played a music beat on high volume. The salt particles got organized in a pattern after a short time. A few minutes later, they decided to change the rhythm. As the

music changed, the first pattern disappeared. The particles were all at the center, in chaos. When the new beat became steady, the particles started rearranging themselves based on the new rhythm. Soon enough, a different pattern took shape. ● ● ●

It is what happens in your **life**, every time you decide to **change** the beat. When your comfort zone is **stretching**, it feels **chaotic** and uncomfortable. It takes some time before you get used to the new **rhythm** to create a new pattern. With every change you **accomplish**, you will move to a different level that will open new **opportunities** for you. The same happens when **governments** and **systems** are changing. A feeling of **chaos** fills the place. It takes **patience** and **awareness** to wait while observing the new pattern forming.

A PROGRAM SHIFT STORY: ● ● ● ●

Can you recall the last time you switched from one phone to another? Can you remember how it felt, especially if you were switching from one system to another, Apple to Android, for instance? At the very beginning, it feels so hard. It feels as if you just lost control. You have been used to one system for so long that change became a struggle. But after using the new mobile for some time, the new program will be uploaded to your system. Repetition has made you so comfortable. Going back to the old system feels very awkward.

If you switch your watch from one hand to another, you will take time to adjust. The same goes for the furniture at home, especially the items you use the most. Once you change their location, it takes effort before you can get used to the new changes. ● ● ●

THE DIFFERENT STAGES OF A RESET

In conclusion, the **behavior** of your parents, your guardians, your siblings, and your teachers, **affected** your **personalities**. They all have played a **significant** role in your life from the day you opened your eyes.

In the old days, no one **acknowledged** this conditioning. It was always believed that we are the **product** of our genes thinking we have **inherited** the character **traits** from our ancestors. It was not a **pleasant** feeling to know that we could not change for the rest of our life. We finally realized that we are not **victims**. We can break those **limiting beliefs** and achieve the change we want by exposing ourselves to new **environments**, by unlearning whatever does not give us peace. It can free us and take us from where we are to where we wish to be.

Change starts from your mind. **You are what you think**. Choosing ideas from a love perspective can boost your **system** and make you glow so the best **opportunities** can discover your light. Based on the laws of nature, specifically the law of **vibration**, you can attract those opportunities when your burning desires match your **intentions** and your beliefs. Unfortunately, when you choose a perspective of fear, you **pollute** your system with wrong **signals** that will move you to be in **synchronization** with the negative outcomes. You believe in medications and doctors more than yourself. Medications will only treat the physical side of the cell. It is only by changing your **mindset** and eliminating thoughts of **anger and fear** that you can heal.

This might have led you to the following questions:

Why are we still **relying** on medicines if what I was sharing is true? Why are these being **promoted**? Since it is evident that

human beings create most of their **sicknesses** which can be prevented by good **mental health**, why are there not enough **campaigns** to educate people on this **reality**?

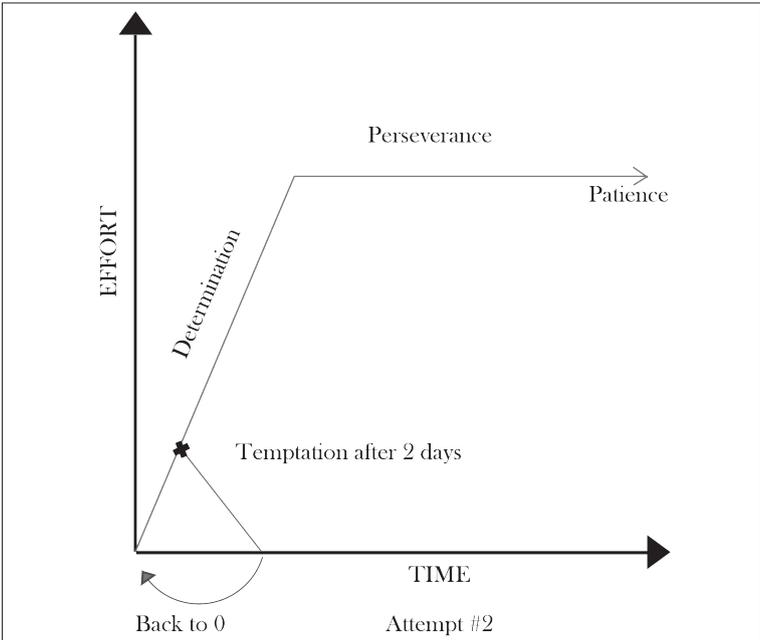
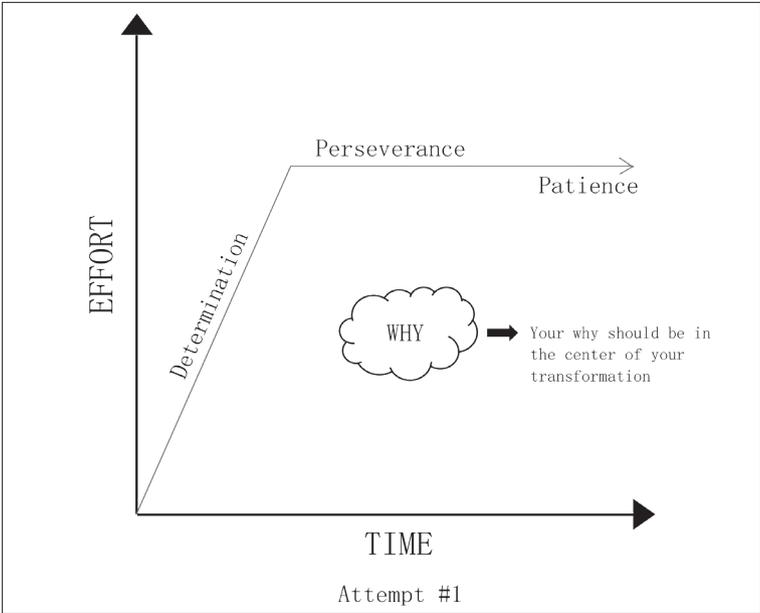
The only answer I can find is that some industries have **invested** a lot of money in this field that such a **prevailing** truth will topple their empires down.

Science has **revealed** this more than 50 years back and until today, we live in a constant **war** because the world is focused on **financial** gains more than anything. **Significance** is not a priority.

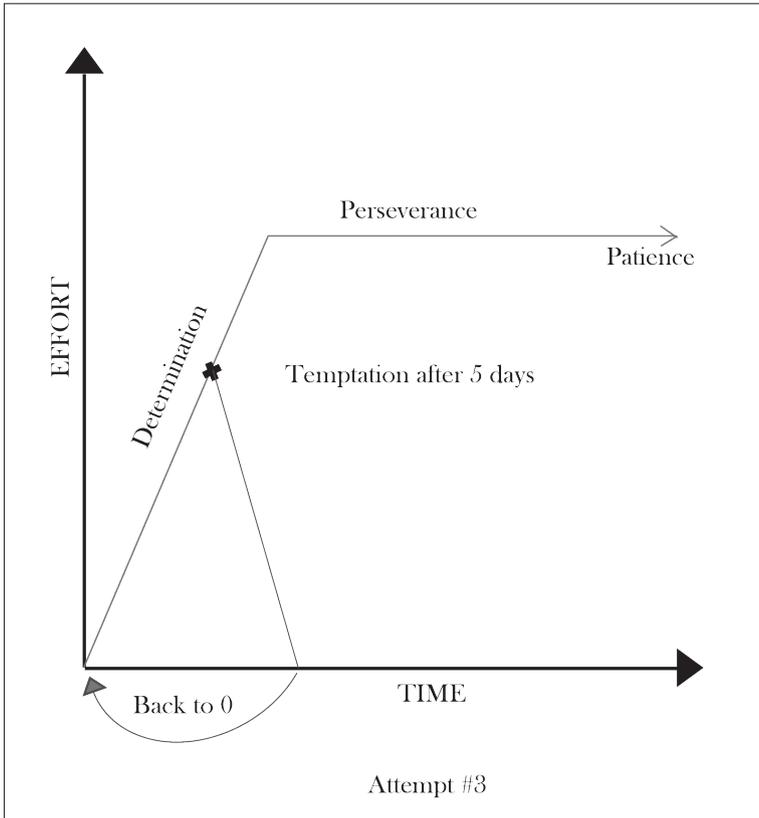
Meanwhile, **believe** in yourself and your **healing powers**. You have built-in protection. Take time to **reflect** on your reality, on where you are now, and on where you want to be. You will have a clear **idea** of the shifts you need to implement in your life today to move to the **next level** by tomorrow.

Sometimes, we are so **carried away** by our **struggles** that we cannot think. This is when **awareness** comes into play. **Knowledge** begins with self-discovery and peace. Our level of consciousness will allow us to work at our **full potential**. It will also let us stop between stimulus and response to take control of the gap by choosing the right action.

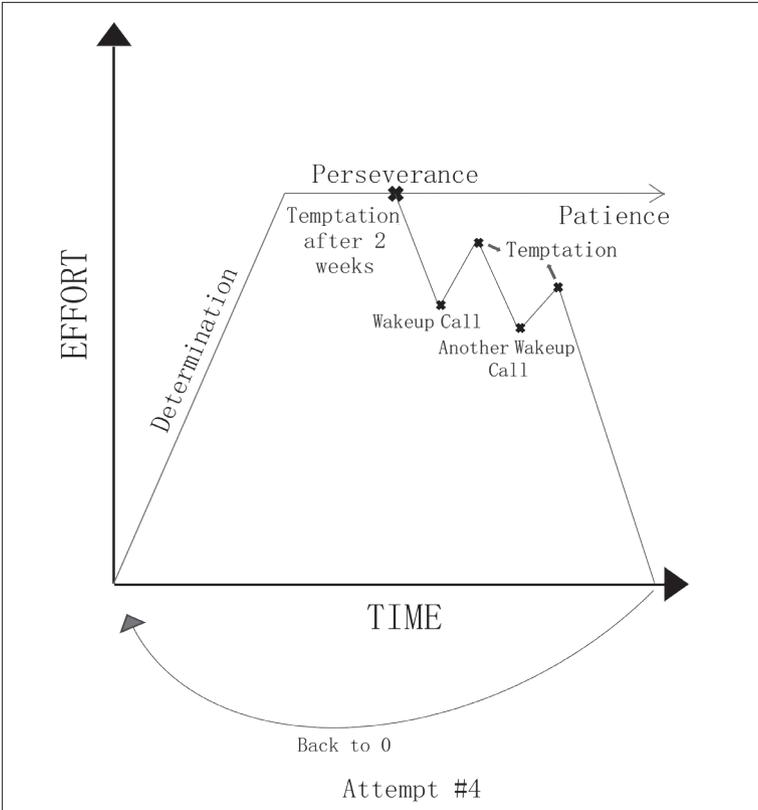
Change is **essential**, but to achieve it, you need to be **motivated**. As per my experience, your “**WHY**” is what matters. It is at the center of your **determination**. Once you are determined, you will **maximize** your efforts to reach your results in a short time. As you are developing the **new habit**, you are most likely to be tempted to break it. If your “**WHY**” is not **strong enough**, you will fall for any **temptation** and break your **commitments** after a few weeks. In that case, instead of getting back on track, you tend to **give up**. You cannot stop judging yourself because you **failed**. Efforts are lost and a



Along the way, your subconscious mind will be **struggling**. It will be fighting. It has the most significant **advantage** with its speed. It will keep on talking to you, **pushing** you to give up because it is too hard for you to handle. The closer you are to change, the more **temptations** will come your way. **Believe** in yourself and rely on your **faith**. Stay determined to reach your goals no matter how hard the situation might be.



Repetition is critical, as it introduces the new system to the subconscious mind daily even when it might be **resisting** it. A new paradigm is forming due to new wiring in the brain.



**The POWER Of
CONDITIONING STORY:** ● ● ● ● ● ●

I was walking on the sand a few weeks back in Dubai. It had been a while since I had committed to a daily exercise routine. I focused on monitoring the time relative to the distance I can walk. On that day, while I was walking, my body started to push me to run. I was attempting to increase the distance within the same time frame. I aimed to reach the end of the sandy strip. As I was approaching the end, I was exhausted. Suddenly, my mind came up

with another challenge, to run back to the other side of the strip, which was a 4km run. With this change of mindset, I was able to complete the 4 km run with the least effort possible. ● ● ● ● ● ● ● ● ● ●

The bigger the “WHY,” the more **significant** the dream, the more **meaning** you get out of your life.

As you move from the **negative** side towards the **positive** side, you will **experience** strange situations. Usually, you are so focused on the negative that when a **good** thing happens, you **doubt** it and you keep **sinking** in the negative.

As the new habits form, you will feel the **chaos**. Your new attitude is giving way to positivity into your life. At the very start, as you are **doubting**, good things start to happen. They make you **smile**. You start thinking about them. The more you **focus** on them, the more they **grow** stronger until they become part of your daily **routine**. The feeling you are living gives you **peace**, even if you might think it is not **sustainable**. Fortunately, its sustainability is within you. It takes time, but it works. You have **planted** the seed and as days pass, the **roots** start to grow. You cannot touch the **results**.

Therefore, doubt starts surfacing again until you see the **sprout**. Many people will give up just because they are not able to see the **outcome** immediately. Some things cannot be **touched**, but can be **felt**. When you are too busy to prove it, you might skip that feeling of peace. It is exactly like a farmer who decides to dig the soil to check if the seed is growing! It is a whole **process** of **letting go** of **reality** and **resigning** to your desires and dreams while relying on your **faith**.

The minute you let go is the minute when the **sprout** starts to **materialize** in front of your eyes. You have already visualized

it at the very start and you **saw the apple through the seed**. The origin of everything simply starts with an **image** in our minds.

Michelangelo saw David with his mind when he picked up that filthy piece of marble. You can never have those **images** if you did not already have the **tools to achieve** them. The knowledge is there, but it remains **untapped** because you are too busy to **listen**. It is only with a **burning desire** that you can unlock those untapped **resources** within you.

As you are **taking care** of the sprout, sometimes, you take it for **granted** and you skip **watering** days. You lose **focus** and your attention moves in so many **directions**. Situations will be disguised as **urgencies** to push you away from the **dream** you are seeking. It is your subconscious mind that is doing the **impossible** to get you to feel uncomfortable as you are **stretching** your comfort zone. Your habits **control** you. They will not let go of you except if you **persist**. The test will become tougher.

The feeling that used to be your **daily bread** one day started to become the **intruder** as you grow more in your **positive thinking**. You will resist until you reach the **terror barrier**. It is a one-off **challenge** that will make you or break you. The more **disciplined, determined, and committed** you are, the more you resist temptations and the quicker you overcome the terror barrier.

Many people **give up**. They start moving **backward**, wasting all the effort done earlier. The other option is to commit for a few more days and **break free forever**. A lot of times, within the past three years, I have given up. I have learned a lot and I am proud to have come all this way. The sooner the change is, the quicker the results appear.

EXERCISES TO CATALYZE AND SUSTAIN THE RESET

In the previous section, we have mentioned **hypnosis and repetition** as two ways to reset your paradigms. The 4 tools in this chapter are a direct **application** of the previous **methods**. They will keep you motivated to achieve that change. It will bring a dash of **hope** by taking baby steps towards your **transformation**.

EXERCISE #1:

POSITIVE SELF-TALK

Using positive self-talk is one of the ways that will help you **reprogram** your subconscious mind; through repetition, positive ideas will **replace** the **controversial** ones. The only thing that is **holding you back** is your negative thinking.

Thoughts that you choose are adopted based on your existing paradigm. **Clearing negativity** by resetting this part is your way to unlock your untapped potential.

Everything in life starts with a **thought**, which is an **image** in your mind. Therefore, it is imperative to **surround** yourself with positive **influence**. Expose yourself to positive words that will provide proper food for your **visualization**.

As mentioned earlier, whatever thought you **adopt** will generate a **feeling**. Sooner than you think, your **brain** will act accordingly. Therefore, use self-talk to **bombard** your mind with **positivity**. Your brain keeps on working correctly.

In this way, the **essence** of your subconscious mind will be positive. You will only filter positive thoughts into your **system**.

It works just like **gravity**. Your conscious mind will **reassess** your **limiting beliefs** when you are exercising positive talk regularly, while new **theories** take place. Your **desires** will match with your views. This process will put you in the right zone for **abundance**. As per research, using positive, focused affirmations for 30 consecutive days will lead to a **breakthrough**. Note that the spoken word stirs **emotions** in us and has a tremendous effect.

A SUBCONSCIOUS BEHAVIOR STORY: ● ● ● ● ● ● ● ● ●

I was going on a drive with Emily, a friend of mine. I guided her towards a new road that I use regularly. Emily did not have a good feeling about this road. She shared how scary it felt for her. She has been advised by people in her circle not to take it due to the high number of robberies that happened on it in the past. As we were moving, she started focusing on a car in front of us. She quickly built a scenario about how the person in front was keeping an eye on us and was intending to rob us. My conscious mind was very aware that what I was hearing was a reflection of my friend's fears. However, my subconscious mind was obeying whatever she has mentioned. My whole body was reacting as if the scenario was real, while my conscious mind was sure it was not. In about 5 minutes, as the situation was escalating, she decided to make a U-turn in the middle of the road because she was not able to handle her fear anymore. To my shock, the car in front of us decided to do the same. As we turned, she felt better, although the same person was behind us. As per my analysis, the person was driving

precociously because he lost his way when my friend assumed, he was planning a robbery. My body kept on shaking for the next 10 minutes reacting to the conversation that was going on. ● ● ● ● ● ● ●

I am sharing this story so that you can understand the importance of the **word**. Even if your conscious mind is **rejecting the thought**, your subconscious mind, 1 million times faster than the conscious mind, will end up **adopting** whatever it hears.

Make sure, when you use self-talk, that your **words** are **personal, positive, believable, straightforward**, and in the present tense. It is like a goal you wish to achieve. The statements you are using should not have negative words and should use “I” as a subject.

When you say “**I want to lose weight**,” it means you have weight to lose. It will not work for your benefit. Therefore, you should mention the result; **I am thin and fit**. “**I want to make money**” means I do not have money. Replace it with “**I am rich**.”

Wishing should also take into consideration logical goals such as “I am running around the neighborhood” instead of “I am running the marathon”. Make your statements **short and straight** to the point without too many details.

A woman intending to fall pregnant should say, “I am pregnant,” instead of “In 9 months, I will have a baby boy”.

Self-Talk is a **practical** way to raise your **spirit** and move you to a level where you are **empowered** continuously. However, it is very crucial to be aware of the success formula of any of these applications. While exercising self-talk, you are using

Napoleon Hill's **autosuggestion** technique, which emphasizes on **mixing these thoughts with emotions** to get things to fall in place.

Even if you repeat the Emile Coué formula, “Day after day, in every way, I am getting better and better,” one million times, nothing will **change** if your words do not mix with the **desire to improve**. You must act as if you are already in the **possession** of what you are desiring.

EXERCISE #2:

VISUALIZATION

I am sure you are reading this book today because, in a way or another, you are **seeking a positive outcome** to move your life from a level you are **barely satisfied** with, to a whole new level of **positivity**.

Your dreams, your desires, your aspirations should have a **shape**, a **deadline**, a **feel**. I gathered a few tips to help you understand the power of **visualization** and understand how to make the best out of it.

To visualize something accurately, you must use your **six senses**:

Sight, sound, taste, smell, touch, and that internal feeling I call “gut”.

Sight: The first thing you need to think about is trying to see things as clear as you can. If you are not used to this, it might look hard. The more you practice, the easier it gets. Let's say you want a new home. Visualize the spaces, the rooms, the furniture, the frames. Go as deep as you can into the details to the point that you visualize yourself opening the door.

Sound: With this sense, you should focus on the type of noise you wish to hear. It could be the sound of birds in the backyard or some soft music playing in the background. Your visualization should have some type of sound so you can live it in reality.

Smell: What would be the smell of the house? It could be the scent of the flowers growing in the backyard. It could be the scent of some candles burning in the corner. Indulging your senses is an integral part of the process.

Taste: A house might not have a taste, but you can still visualize yourself cooking and eating a healthy meal with some of your friends. Think about the meal in detail. Is it salty? Sweet? Sour? How does it look? What are the ingredients? It could be a drink or even a dessert. It is essential to live the experience as if it is happening today.

Touch: It could be the detail of the wallpaper, the quality of the upholstery, or even the feel of the blanket that you think of touching. You could visualize the cladding, the grass. Think about anything that would help you add details to your visualization.

The sixth sense: Your gut feeling gives you signs. Imagine how it would feel if you were to get the house of your dreams with all the details you visualized already. Are you happy? Are you excited? Are you smiling? Are you proud of your accomplishments?

Engage these six senses in your visualization to move it as close as possible to reality.

Another way to learn how to visualize is to choose one space in your house. Observe it with all your senses. Then move back to your room to sit on your bed. Go through your

experience while visualizing how your feelings interacted with every detail of that space. Remember how you felt, what the smell was, remember the touch, the taste, the look, and the sound. It will help you understand how senses work in your visualization.

EXERCISE #3:

VISION BOARD

Vision boards are another tool to help you visualize your dreams. They are also an excellent tool to use while practicing your positive self-talk every day.

Vision boards have no rules. You can choose to create one that includes all aspects of your life with all the different goals and you can also create one vision board for each purpose.

Step 1: Choose the type of board you want to use.

Step 2: Prepare the tools you will need. They are relative to the type of board you are using. They could be markers, scissors, glue, tape, magnets, or pins.

Step 3: Gather photos that visualize the type of goals you are planning to achieve. You can search for them online or in magazines. Make sure the images represent what you want.

Step 4: Use quotes and words of motivation. You can use the same words you are using in your self-talk to make it easier for you. You can also include figures of money you want to make or that weight goal you wish to reach. You should add any word that can help you stay on track.

Step 5: Put everything together (words, photos, etc.) and arrange them in a way you feel comfortable with.

Step 6: Make sure you hang it in a place where you see it every day or even a few times a day. It is essential to expose it to your eyes, to interact with it, to create that emotional connection with it. You can even take a photo of it and keep it as a wallpaper on your phone. You might decide to go digital. Whatever you choose to do, you must know that vision boards are an excellent way to remind yourself of your goals daily. It will boost your determination and help you stay committed to the discipline you have set in place.

EXERCISE #4:

JOURNALING

This is one of the tools that I use, sometimes daily.

Get a copybook dedicated to this task. Sit in a quiet place where you can focus.

Set your timer for 10 minutes and start writing random thoughts. Whatever comes to your mind should be written on the paper, even if it was something like “I feel like chocolate now.” This will allow you to declutter your mind in a way that leaves space for creativity.

Day after day, you will use this to seek help. Sometimes you can use it to express your desires to get your mind to act upon them.

If you feel the need to extend the time, do not worry, just do it. It is a liberating activity.

You will reach a time when Journaling will help you set your daily goals. I have chosen to do that for the past 6 months. I use it when I am under pressure and in need to take urgent decisions. It has made a big difference in my life.

CONCLUSION

I have shared with you four commonly used ways to keep yourself focused on what you would want to achieve.

I can share additional ways that I have used and proved to make a difference for me when I most needed it:

- *Listen to motivational speakers*
- *Educate yourself on different subjects*
- *Read self-help books*
- *Expose yourself to quotes that resonate with you*

After all, we must all acknowledge that life is a temporary journey.

It is that boat trip that must go on.

It is like the wake that disappears with time.

It is like the water coming down the river that leaves no trace behind. It is always moving. It takes the shortest way possible and forever remains fresh. The minute it gets stuck in a pond, it becomes stagnant and bacteria start to duplicate.

Chapter 5

RESET YOUR LIFE

Our **adventure** began at the very first few pages of this book.

I am sure you related to so many **stories** that reminded you somehow of what you have been going through most of your life. By now your **awareness** has reached a new level that you cannot **ignore** anymore. It is like learning how to drive a car. Once you master driving, you can never **unlearn** it.

Through the next few pages, we will go on a new type of **journey** where I **shed light** on the different corners of your inner self. That **internal space** looks like a small apartment, **barely lit**.

As we go ahead, the light of your new state of awareness will expose a door you have **intentionally** ignored for a long time. You felt **safe** living in just one room. Up until today, you were not ready to take the **risk** and open it. The whole space does not look **welcoming**, anyway. It is a **reflection** of your inner state of mind especially when you are **struggling** and stuck with negativity.

You get **stuck** in one room when you decide to **reduce** your life to focus on a failed **career path**, a failed **relationship**, a **huge debt**, or a troubled **unhealthy family life**. Sometimes, you run to the outside world, trying to find a tool to help you feel better and see the light.

SOLUTION from WITHIN STORY: ● ● ● ● ● ● ● ● ● ●

Wayne Dyer once told this story about a man who lost his keys inside his own house. They fell on the floor when the electricity went off. As he was searching for them, he looked outside and saw the light coming from the street. Finding the keys inside

seemed impossible. He was so much attracted to the external lamp lights that he decided to move out to search for his keys. As he was looking around, a neighbor joined him and asked him if he needed help. The man informed him that he had lost his keys. The neighbor felt compassionate and decided to help him in his search. As they were in the middle of their quest, the neighbor looked at the man and asked him, "Where did you lose your keys?" The man simply answered, "Inside my house!" The neighbor had a shock on his face. It is simple. You lose your keys inside; you look for them inside. ● ●

How many of us keep on looking for things **outside**, when we know, we have lost them **deep inside**, initially?

If there is no **light** inside, you either wait for the source of light to come back or you decide to be **creative** in finding a **temporary solution**. It will allow you to see in the middle of the **darkness** while you understand the origin of the problem. Sometimes, if you are aware enough, you notice that the problem is **internal** and you attempt to find a **sustainable** solution. If the problem is from the outside, you will have to wait for it to be fixed. Meanwhile, **let it be**.

Again, when you are stuck, you always have two choices: either **complain and stress**, or **enjoy** the time off to **relax, recharge, and start fresh**.

We can unlock an infinite number of doors, the minute we **believe**, the minute we trust the powers already given to us at birth. However, believing in the **power of light** after so many years of **darkness** takes time. All I am trying to do is change your **perspective** so you can see a **sparkle** coming through that locked door that you finally attempted to open.

The day I decided to open that door, it was a **spiritual** experience I will never forget. It was the day when I gave access to **God** to work in my life and **help me light** one space after another. **He provided the tools:** a match and a candle. It was up to me to take **action** and **bring life** to my internal spaces, one at a time.

It all started by opening that first **door** which led to a corridor quite dark and dull, giving **access** to rooms, representing the four areas of my life. Before I **attempted** to open any of the doors, I had to work on my **internal peace**. I needed to provide a **sustainable** source of light for that center before taking any other **action**. Earlier, I was so busy attending to **urgencies** that I missed exploring any of these areas to its full **potential**.

Internal peace is achieved with a certain level of **maturity** that requires you to **get over yourself**. It requires you to exercise **self-love** to the highest levels to **decrease** the presence of your **ego**. It is when you stop getting offended. You appreciate who you are and do not seek **validation or recognition** from anyone except yourself.

To keep that center **enlightened**, you must be **grateful** for having a house in the first place. You must understand that you are enough for today and you do not need anything to feel better. Each day comes with its **blessings**.

You can only appreciate these blessings when you are **mindful**. It is an intentional act where you **ground** yourself every single second in the **present moment**, knowing that tomorrow might never come.

Once you are ready, the next **mission** will be to dig deep inside each room, asking yourself the right questions to provide hope. With time, as you feel more comfortable, you can work on a **permanent** source of light.

MENTAL HEALTH

This corridor represents Mental Health.

It is at the center of your life.

QUESTIONS

As you are about to move inside, you see a few questions on the door:

- *Are you satisfied with your health overall?*
- *Is there anything you wish to improve?*
- *If you reach the desired outcomes, could that bring you closer to your happiness?*
- *What are the steps you are taking today, that can get you closer to the way you want to be?*
- *Do you feel good?*
- *Is there anything you can do to feel better?*
- *Are you exposing yourself to the right positive environments?*
- *Are you listening to talks or recordings that will contribute to your mental growth?*
- *Do you invest time in silence to listen to your other self?*
- *Do you seek help when needed? Do you know that overthinking keeps your demons alive?*
- *Are you practicing gratitude and mindfulness to keep your mind recharged daily?*
- *Are you intentional about how you see life?*

A **healthy lifestyle** starts with a **healthy mind**. A healthy mind is a mind trained to **adopt** a perception of love.

Have you ever heard of Pavlov and his experiment? I find this technique a perfect tool to work around a negatively **conditioned** paradigm. The **triggers** that once moved you to an **angry** state of mind become your daily **reminders** to be happy.

PAVLOV EXPERIMENT STORY: ● ● ●

The Pavlov Theory is a learning procedure that involves pairing a stimulus with a conditioned response. In his experiment with his dogs, Pavlov tried to prove many points that serve our goal. As a start, Pavlov noticed that once the dogs saw and smelled the food, their salivation increased. In a different instance, he rang a bell. It did not generate any reaction to the dogs. During conditioning, Pavlov used the food plate and the signal to inform the dogs that the food is ready. He kept on conditioning the dogs until the bell image was associated with the food plate. After the period of conditioning, Pavlov rang the bell without preparing the food. This time, the dogs ran to search for the food and saliva had already increased in their mouth.

Pavlov has proved that the conditioning experiment conducted on dogs can help humans get over some of their challenges, by conditioning their minds. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

I will use a part of Pavlov's experiment to help you **condition** your situation once exposed to **stress**. Consider a **stimulus**

that generates a **reaction** that is out of **proportion** and that you wish to change. Let us take the example of a **controlling person** (partner, parent, sibling, or colleague) who is a source of **negativity** to you. You practically lose temper every time she attempts to control any of your behaviors. Be aware of that **feeling** whenever it **arises**.

At the same time, I want you to **visualize** one situation in your life when you were **satisfied and happy**. An occasion that made you fly. It could be the day you received a **promotion** at work when you got **recognized and rewarded**. It could even be the day you had your first child. Remember that **feeling** you had! It could be your dream come true.

Imagine that your life looks like a **big screen** where you can see yourself **angry**, facing the person that drains you out of **energy**. In the upper right corner, keep that image in mind that puts you on fire. Every time you react to the **manipulation** of that person, take the picture on the upper right and zoom in so that it covers your current **reactive state of anger**. It is like a touch screen where you use your conscious behavior to place the desired image in zoom-in mode. After developing this **habit**, every time you get upset, you **intentionally** recall those moments in your life to **change your mood** using a perception of love. It is one way to achieve a paradigm shift.

By applying this concept to your **mind**, you can condition it in a way that **empowers positive images** in the brain every time you are about to act from a negative perspective.

Real-life examples to where you can apply this technique:

- *You see a doughnut the day you decide to be on a diet: recall that moment when your body was the way you wanted it to be and insist on ignoring the temptation.*

- *Your friend decides to smoke on the first day you are giving up smoking: recall a time of your life when you were healthy and empower yourself to live that moment in the middle of your temptation.*
- *Your partner keeps on criticizing you to the point that you want to fire back at her: remember that moment of Zen you intentionally lived and try to create it in your mind to stop being tempted to stress.*
- *That boss who decided to disrespect you daily in front of your colleagues: recall that job you always dreamed of and how you would feel about it if you were to be there today.*

No matter what the **trigger** is, you have the choice to make it work for your **advantage**. Doing this over and over again will help you **become in peace** with what frequently **agitates** you. Always **maintain** a sense of **calmness**, be **compassionate** with the world around you, and accept the pain, to be in **synchronization** with the right opportunities.

PHYSICAL HEALTH

With **Mental Health**, you have the right tool for a sustainable source of light at the very center of your **existence**, the corridor that leads to all the other rooms. As you move inside, the first door to **attract** your attention is the one with the title **Physical Health**.

Being **mentally healthy** and in peace will give you the **motivation** to start **exploring** those other titles already **glowing** at the door of each room.

QUESTIONS

Few questions will help you **dig deep inside** as you open that specific door:

- *Are you happy with your physical health, for instance?*
- *Are you moving enough during the day to stay energetic as you grow older?*
- *Have you established a daily routine to maintain a good health?*
- *Is there anything you wish to improve?*
- *If you reach the desired outcomes, could that bring you closer to your happiness?*
- *What are the steps you are taking today that can get you closer to the way you want to be?*

Most of the people deal at one stage with **darkness** in that specific aspect of their life. **Eating disorders** are the primary

cause of poor physical health. However, eating disorders are not a problem. They are the **solution** to a deeper conflict. You **emotionally** eat when you lose control of something or someone. At a very early stage, we did not learn to face our **issues** and our **pains**.

The WOOD LOG STORY: ● ● ● ● ● ●

Imagine yourself swimming in the fast-moving waters of a wide river. Suddenly, the speed of the water increases, and you feel you are losing control. You cannot resist the tumbling waters. As you are struggling to go with the flow, you hit a wood log that seems to be your solution for the ride. It gives you a temporary feeling of security and safety because you can catch your breath. The people on the sides of the river are asking you to let go of the wood log as the waterfall is a few hundred meters away. They were guiding you to swim against the current to reach the shore as this will be your only way to rest for good.

Now and then, you feel the log slipping. You make that extra effort to stay attached to it. You were so busy in your survival mode that you did not pay attention to the constant alerts sent by the people around you. The log became a part of your life, although it was not a steady ride. Suddenly, you see the waterfall at a distance. You recall all the alerts people were raising. Knowing you were close to the end, you let go of the log and you swim with all the power you have until you reach the shore. The mindset of urgency allowed you to overcome your comfort zone and think outside the box to reach a safe side. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

The log is the **emotional eating**; we rely on it to **run away** from our issues. As we grow older, our **health** gets affected. The only time we let go of that habit is when our health is **deteriorating** due to our bad eating routines. The same goes for **smoking and alcoholism**. I always mention eating as it was a huge challenge in my life.

Why can't we make the right decisions except after our life is at risk?

Why can't we stick to disciplines that would work in the long run rather than adopt habits that give us temporary pleasure?

Why can't we understand that with every cause comes an effect?

Why can't we take responsibility for our physical health way before we get sick?

When you raise your **awareness**, when you work on your **emotional stability and independence**, you stop being reactive in life and you move into **proactivity**. You start giving **intentional attention** to every room because you know that **maintaining a balance** in life is the only **way towards happiness**.

As you move out of this room satisfied with your accomplishment, you know deep inside that a life of **discipline with determination, perseverance, and patience** will lead you to make way towards your **dreams**. Unless you commit to yourself, your goals cannot **commit** to you.

WORK, CAREER, AND FINANCES

As you **move** further in the corridor, you get **curious** to explore the next title. This room is all about **your work, your career, your finances, your belongings**, everything related to your material world, anything that **money** can help you buy or experience.

QUESTIONS

Here are a few questions to **warm** you up to know where you are. It is one way to access those **feelings** you are entirely unaware of:

- *Are you satisfied with your current situation?*
- *Are you happy with your career? Why?*
- *Is there anything you like to change?*
- *What do you need to improve?*
- *Do you need help in this area? How can you get it?*
- *Is there anything that you should accomplish to feel complete?*
- *What is something you are always in urgent need of buying?*
- *If you had a chance to own a magic wand that would allow you to choose where you want to be, where would you choose?*

- *Is money a significant player in your decisions?*
- *Are you earning enough?*
- *Why do you need money?*
- *Will these things make you happier?*
- *How does money affect your life in general when it comes to where you live, what you wear, what you have, the activities you do?*
- *Once you have what is missing, will you live a better life?*

Understanding where you **stand** is halfway towards finding a **solution**. Being **mindful** of where you want to be is the other part of the solution. You will light the candle when you are **grateful**, when you reach peace within this room, the way it is right now, while looking ahead towards your **goals**.

A lot of you out there consider work as a **burden** in their life. You wake up every morning, with no **energy** to pick yourself up and move. Most of the time, you wish you can **quit your job and stay home**. You complain about the **environment** at work. It could be the **culture** that is keeping you low. It could be that person who seems to **offend** you all the time. You **lose track of the moment, overthinking**, trying to understand the behavior of every single person around you. It is just too much for anyone to focus in such an environment.

You might own a business at the moment: the economic situation is terrible. You cannot see any

opportunity coming your way. You are simply worried because you feel the pain of your employees and at the same time, you are facing your anxieties. You do not know what to do. You are stuck; if you fire your people, you feel guilty. The other option is to keep on sinking and get broke.

You are the CEO of a big brand: all the responsibility is on your back. You are working 24/7 to find solutions. You spend your time so focused on work, at the office, and home. You see your life passing without being able to enjoy it. You are satisfied with the amount of money you are making, but still, you do not seem to be happy.

When you **commit** to your job and business, you are committing to 70% of your waking time for this purpose. Is it fair to **spend a lifetime** not enjoying what you are doing? Why is that? Is it because the **choices** you have made at the very **beginning** were due to the **availability** of the job when you needed it the most? What are you doing today to make it **better**?

This book has a **mission**. It is to equip you with the **tools** to dig deeper to find your **purpose and direction**. As long as you wake up every morning with no specific **destination**, no work will make sense in your life. Stop looking for **success** only. Find **significance**. Search for what fulfills you to start seeing the value in the **experience** you are having. Sometimes, your mission will be in **contradiction** with where you are right now. You cannot **resign** just because you discovered that.

In this case, be **grateful** for where you are, as this will provide **sustainability** for you while growing the **desire** for your purpose. The more time you put to your **dream and passion**, the closer you will get to it. In this case, there is only one thing

that would cancel the desire. It is the **daily negative attitude** towards your job. Once you reach **peace** with that part, without any **effort**, the new **opportunity** essential to your dream will come your way.

For leaders, **fall in love** with your business and your company. Make sure to **empower** team spirit. It will help you **elevate** the vibes of the group as a whole. Opportunities are **abundant** out there. It is just your **attitude of fear**, your **unwillingness** to believe in the invisible that is keeping you at the bottom. **Believe** In your product. If you don't believe in it, **change** it. Search for what keeps you **alive**. Do not waste your time **convincing** yourself that you can live with it. Positive vibes come from **passion**. As long as you do not have this passion inside out, you can never reach **success**. If you do not search for **significance** in this success, if you do not tend to **give back**, you will never have a sense of **fulfillment**. Work on your company's **culture**. Get your team to believe in it. Trust me, in no time you will **attract** every opportunity in **synchronization** with your **purpose** and your **desires**.

Do not reduce your life to this room. It is already 70% of your day. **Switch off** at some point and give time **intentionally** to other areas so that you can **achieve balance** and make the best out of the time left in you.

The main **goal** is to connect with where you are now and decide where you want to be. A lot of times, those **feelings** surface because of some **baggage** inside. There are a few steps to take to move yourself to the next stage. The **duration** depends on the type of **conditioning**. If you cannot do it alone and you feel lost and stuck, I would suggest that you reach out for a **mentor** that can guide you to see the way clearer.

When you **continuously** work on yourself, when you are intentional about your **growth**, exploring new rooms and new

levels becomes a daily **habit**. You reach a place where it is not about **finding** yourself anymore; it is more about **upgrading** yourself.

As life goes by, you get exposed to **opportunities** to **transform** that **white page** you have received at birth into a page covered with a **gold lining**. The more gold you have, the more **stable and steady** the story sounds.

Being at **peace** with your work, with your **financial** status is the first step towards **unlocking abundance** in your life. **Gratitude** is always crucial. Move from **blaming and complaining**, to **desiring and dreaming**. It is when you notice the **light** at the end of the **tunnel**. The more you **grow internally**, the closer you will move to that source of light, until you reach a level where you discover the **new rules of the game**.

As you move out of this room, you finally get to **breathe in deeply** for the first time. You provided the light for the candle due to that new **lens** you decided to see this area through.

RELATIONSHIPS

As you go down the hall, proud of what you have **achieved** so far, your **attention** gets diverted towards a new title. This title **triggers** you to face all your **deceptions** and **disappointments**, knowing that the hall behind you is fully **lit and safe**. There is nothing to **worry** about. You can shut the door once again and move to another space until you are ready.

As you start **exploring** this room, you realize a lot of details that seem to be part of the room. Things seem to be **familiar**, looking more like a **pattern**. You start recalling those moments of your life where you gave up on that space.

QUESTIONS

You were in a **hurry** to open this specific door and skipped reading some of the questions that can help you find the right direction:

- *Where do I stand in my relationship status?*
- *Am I happy the way things are? Why?*
- *Is there anything I can do to improve that side?*
- *Am I a jealous person? Do I get offended easily?*
- *Do I try to control my partner?*
- *Do I regret any relationship in my life?*
- *Do I know that whatever happened to me made me who I am today?*

- *Do I love myself?*
- *Do I put myself first?*
- *Am I at the center of my life?*
- *Am I compassionate with myself?*
- *Do I cling to people and situations?*
- *Do I see a value in the person I am?*
- *What is something I fear in a relationship?*
- *Have I been dealing with the same thing over and over again?*

You are not the only one. We all have dealt with these **issues** at some point in our lives. We have all **blamed** ourselves when things went **wrong**.

Always remember that **challenges** are a great way to grow.

Although all areas of your life require a high level of **self-love**, I believe this aspect needs it the most.

Understanding who you are!

Appreciating what you have been through!

Knowing the value you add to the table!

Forgiving yourself for your past falls!

Becoming compassionate with yourself!

Placing yourself at the center of every decision!

Settling for what you deserve and not what is available!

Valuating the diamond you are!

Removing comparison from your life as you are unique!

Not judging the way you look!

Not getting attached as everything is temporary!

These are all simple acts of self-love that will get you to see life from a new perspective.

When you love yourself, you stop **postponing** your **happiness** until you find your **perfect match**. Removing **fear, anger, and resentment** and moving into a **love state** of mind will empower you to live the moment. You stop going into relationships with an attitude of **protection**. You let go of the need to prevent yourself from getting hurt. You look forward to spending time with every person you meet; you intentionally enjoy this **relationship** as long as it lasts.

Before you attempt to **pursue** a new relationship and before you decide to work on a **new** one, raise your **awareness**. It will allow you to observe yourself and your **attitude**. Applying all the knowledge you have in this book will enable you to take any relationship to the next level. In some situations, you will know that it is time to let go of some of the **toxic relationships** in your life. You have to prepare that space to receive the people that are on the **same wavelength**.

When you become **compassionate** with yourself, you learn to **forgive** others for their mistakes. This new **emotional**

independence level will allow you to **control** yourself when observing a person **attacking** you because you know you have been in their shoes earlier.

You give a **space** to cool down before you provide a **chance** for the other person to share their opinion. At the same time, you explain how they should **respect** you in a very **thoughtful** way and set clear **boundaries** to prevent similar **misunderstandings** in the future. Transformations take time. Therefore, we must be patient with the people around us **intending** to go through this process.

However, in case we feel there is no **intention** to grow and things are not moving **forward**, it becomes your choice to **sacrifice and stay** for one reason or another or simply explain with all **kindness** why you cannot **keep up** with this relationship.

You have been **raised** in a specific environment and has the full right to live your life on **your terms**. Adjustments will occur along the way, based on a **personal intention** to change. Sometimes, you find yourself in relationships where a partner cannot see life the way you see it, which leads to **clashes**. It is always better to let go of these **draining** ones as they do not **add value** in any way. Some other times, you are too **perfectionist** that you tend to control your partner. You act like one of their parents. **Freedom** is a right, and **control** is the most **damaging** aspect of a relationship, along with **disrespect**.

To live in **peace** within this space, you must live the moment **intentionally**. You must know that to have a **refreshing** relationship you must let go of the **mind** part and focus on your **heart**. Relationships are more about **love and care**.

As you are about to leave, you feel proud to see the candlelight on and you commit to **upgrade** yourself to the next level.

FAMILY

As you walk out of the relationship space, the next title shows up under **Family**. A **balanced life** is about spending time in every space while **appreciating** the status of all the other parts. Family is the start and the end. It is a cycle that **starts** with parents and **ends** with kids in case we decide to move into this direction. Family is where the **heart** is. It is a space where we **remove all masks** because we know it is a safe place. Since I started my adventure, I adopted this quote as my parenting strategy:

“ I wanted to raise children that do not have to recover from their childhood. ”

Our parenting style plays a **significant** role in **predicting** the future of our children. One Jesuit priest once said, “Give us a child till he is seven and we’ll have him for life”, highlighting the **impact** of the early days **conditioning**.

A father who did not have time for his daughter when she was young, will set the **standards** for the man she will accept in her life. The same applies to a relationship between a mother and her son. **Parenting** is a big responsibility. It is not about control; it is about **preparing and protecting**. Every time you decide to **micromanage** your kids and set high **expectations** for them, you set the tone for a difficult **conditional** life.

“ Give a man a fish; you will feed him for a day. Teach him how to fish; you will feed him for a lifetime. ”

It is the golden rule for parents. The more you **shadow** your child, the more you will **rob** him of the **opportunity** to learn.

Have the **courage** to let go of this **control** when they are still children to give them a chance to gain great **lessons** when they are still under your **wings**.

A MOTHER BIRD STORY: ● ● ● ● ● ●

A mother bird watches her children as they are trying to fly. They attempt to do so and fail many times before they can succeed. Imagine if she decides not to let them try because she is afraid. The day will come when they will try to fly from a considerable height and will end up hurting themselves badly. ● ● ● ●

In this generation, although you know the **need** for your children to **fly**, you keep on **postponing** the action because you are afraid that they get hurt. Instead of getting them to feel **distressed** bit by bit as it is part of life, mothers try to protect their kids **harshly**. Having controlling parents is one thing that will develop a **dangerous curiosity** in the child. The minute the parent is not paying **attention**, the child will test his **boundaries** and the result will be **disastrous**.

A DIRECT APPLICATION ● ● ● ● ● ●

Having a teenage girl is not an easy task. However, I have managed to make this experience an enjoyable one by creating a sort of friendship with them. We trust each other so much. Last year, my eldest daughter, Sharleez, had a party. It was at her friend's house; a friend who I never met before. Other parents were calling to ask if I trusted to send her there, asking me in detail about the family of the boy hosting the party. My answer shocked one of the mothers. I said "I trust my girl to send her anywhere. I have raised her in a way that makes her able to protect herself

from harm”. As a matter of fact, the same night when the girls came back home, Sharleez shared with me how some of the boys got alcohol and cigarettes (they were only 15). She was proud of herself because she guided some of her friends out of temptation. ●●●

The list of questions at this door seems to be intriguing:

KIDS SECTION

- ***Do you feel comfortable around your family?***
- ***If you have the chance to change something about your family, what would that be?***
- ***If you had the chance to choose your family, would you choose the same one?***
- ***Are you attached to your parents? Do you think you can live without them?***
- ***When you make a decision, do you put yourself or your family first?***
- ***Do you have the freedom to express yourself within your family?***
- ***Do you have a controlling parent?***
- ***Are you given the freedom to choose?***
- ***Are you close to your family?***
- ***Do you get along with all your family members? Why and why not?***
- ***Do you dedicate time to your family?***
- ***When you were growing old, did you have time to play with your parents?***

PARENTS SECTION

- *Do you get along with your kids?*
- *Are you a controlling parent?*
- *Do your kids respect you? Do you know why?*
- *Do you bombard them with questions to push them to say things they do not want to share?*
- *Do you give them the freedom to express themselves, even if you do not agree with what they are saying?*
- *Do you give them the freedom to choose?*
- *Do you fear losing them?*
- *Do you feel uncomfortable when you cannot control them?*
- *Do you criticize them often?*
- *Do you punish them when they do something wrong?*
- *Do you reward them when they do something right?*
- *Do you notice good behavior?*
- *Do you have time to listen to each one of them?*
- *Do you believe in quality time?*
- *Do you take the time to explain to them what went wrong?*
- *Do you keep on reminding them of their past mistakes?*
- *Do you trust your children? Do they trust you?*
- *Do you put your phone on the side when you are talking to your kids?*
- *Do they put their phone on the side when they are talking to you?*
- *Do you give your kids a priority?*

Some of the questions might apply to you and some might not. But I am pretty sure they gave you a **chance** to reflect on what is going **right** and what is going **wrong**. The way you grew up has the most significant impact on your **perspective of life**.

The good news is that you are not a **victim**. You always have the **choice to change**. At the same time, you cannot **judge** your parents. They did their best and acted from their **standards of love**. Operating from a self-love perception will allow you to stop at every situation to assess if **you were treating others the way you like someone else to treat you**. You simply take your decisions with **kindness** towards yourself and others.

Gratitude is the other key to the success of a happy family, which leads to **unconditional love**. Learning to love every family member for who they are will **empower** them for a lifetime. As a family, know the extent of your **boundaries, respect** them, love each one unconditionally. Always act from a team interest as time passes quicker than expected. As you grow old, you will start your **adventure**. The best feeling in the world is to look back with **pride** and say, I was part of a happy family.

As a parent, I always admired how my parents raised us to love each other the way we do. Although we do not agree on everything, the love we have for each other gives an **excellent example** for our kids to follow. Becoming a parent at 25 years of age was a **fantastic** experience. I always use **guidance** instead of control as my **parenting strategy**.

I have always **encouraged** my kids to share their concerns as well as their adventures. I have raised them to see in me a **friend** rather than a **policeman**. I always repeat to them that I am not here to **punish** them if they did something wrong. I am here to **teach** them how to do it better the next time. **Dedicating time** for my kids as they grew up was the **most precious investment** I have ever made.

Parenting is a **relationship**. It is a **partnership** like anything else, where everyone has the right to **give an opinion freely** without being **judged**. Parents are role models. Every time you look at your children and notice an **odd behavior**, look back at yourself and check the type of paradigms you have **uploaded** as a parent long time back. Remember to **apologize** when you are wrong because you are in charge of setting the standards. They are continually **looking up** to you.

Teach them how to **respect themselves**, teach them how to **exercise self-love**, teach them how to **respect** other people's **opinions** even if they do not agree with them. We all go through **challenges** and each one responds relatively to the way they grew up. **Teaching** them the basics of a **happy life** will prepare them to face real life as they grow older. Getting offended by the reactions of others will only lead them to a **miserable reactive life**. Attempting to change people will only make the **problem** worse.

As a parent, be compassionate with your kids. Do not act like a policeman trying to **enforce the law**. Stop pushing them to be better and do better. The best way to **motivate** children is to help them set **growth goals**, **reward** them for every milestone, and teach them how to be **accountable** when they **fail to respect their commitments**. Take the time to appreciate what they are **accomplishing** at every stage. Allow them to act as they are and not as you wish them to be.

Unfortunately, we have **inherited** many of our parents' **habits** that no longer work in an era where kids have **access** to the world through one **small screen** and a set of buttons. The future is not **guaranteed**. We have today to **make a difference** for them. Unconditional love, whether they do what you want them to do or not, is **primordial** for filling their **emotional tank**. It prepares them to face life's **challenges**. One familiar behavior is the reaction of many parents when

reading a report card: ***“It is a good accomplishment. I know your potential and I am sure you can do better,”*** in an attempt to push a child for improved future results. To **encourage** is to teach your child first to be proud of any **achievement** he has made as long as he did his best. Even when their best is not up to your **expectations**, you must **acknowledge** the effort they have made. It is crucial to plant **the seed of self-worth** at a very early age. **Self-confidence** is an essential tool for a person. It protects him against all sorts of **manipulation** later in life.

Most parents want to feel proud of their kids in front of everyone. When they use the expression “I am proud of you,” the **intention** is good, but it sounds as if the child needs to make an **effort** for the parents to be proud. The seed planted in the child’s mind is that **hard work** keeps his parents pleased.

Some time back, I replaced this expression by either saying to my girls, “I am proud to be a parent of someone as ambitious as you” or by telling them “how proud they should be of themselves to have done such an accomplishment.”

This way, you will be **teaching** them a **life lesson**. They will understand that whatever they **accomplish** is for their **satisfaction**. They do not need the **validation** of anyone around them to feel better. They will also be **motivated** to achieve more. Every stage comes with its **weaknesses**. For every step, they will have a new set of goals.

A WAKE-UP CALL: ● ● ● ● ● ● ● ● ●

On the 15th of March 2020, while I was typing this section of the book, I had a wake-up call!

We were away for the weekend. Around noon, we were ready to have lunch when my 13-year-old

daughter at that time shared that she did not feel well. As usual, I did not take it seriously, thinking it was an attention-seeking episode.

The situation was escalating by the second. At first, Lindzy couldn't get her plate! She couldn't even stand up! She was barely able to hold herself up. I saw her melting in front of me on the table. I felt hopeless! We were in a faraway village where it would take ages for someone to reach us. The nearest hospital was 30 minutes away.

My heartbeat was racing the time. My daughter's face became pale and her body temperature dropped. I was begging her to stay awake and breathe. I was begging her to ask God for help while I was asking him to guide me. I was powerless and I faced it; sometimes, it just gets out of our control. I thought I lost her.

I suddenly had this intuition to give her sugar and water. I moved her to the floor and put her legs up while she was utterly unconscious. I was in shock, seeing her give up. I had no clue how to save her. In a few minutes, she started talking and shared that the sugar water has helped. It was somehow traumatizing. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

It was indeed a wake-up call to let go of that side of controlling parenting I still had! I learned from that experience to live the moment. I do live it, but sometimes I lose track trying to control things, thinking it is for my daughters' best interest. I promised myself to be mindful of my parenting. I decided to grab every opportunity to create memories with them rather than being too focused on the work we all need to achieve, thinking it will benefit the future.

Chapter 6

REFLECTIVE ASSESSMENT

QUESTIONS

This section will allow you to assess your progress by answering questions while reflecting on your answers from the second chapter.

- 1. Were you able to use the book as a guide to improve the quality of the area of your life that needed the most attention?*
- 2. What is happening at the moment in this area?*
- 3. Does your current daily routine reflect this change?*
- 4. Did you gain control over this area?*
- 5. Do you have any new actions to take?*
- 6. Where do you see yourself in that area one year from now?*
- 7. Is your ultimate goal regarding this issue still the same?*
- 8. Did you take the immediate steps on time to help you reach your goal?*
- 9. Did you overcome the obstacles that have stopped you from taking action in the past?*
- 10. Did you find the right resources to solve this problem?*

- 11. Where did you find them and what was the most challenging part for you in this process?***
- 12. What are 5 things you did to solve it?***
- 13. What would you do if you had to start all over on a white paper?***
- 14. Will you still offer the same options you mentioned earlier for someone seeking a solution?***
- 15. What are the advantages and disadvantages of each?***
- 16. Which option worked best for you?***
- 17. How important was this on a scale from 1 to 10?***
- 18. What prevented it from being a 10?***
- 19. Was there any personal resistance to take these steps?***
- 20. How do you feel now?***

Chapter 7

THE GOAL TRACKER

At the start of this reading journey, I promised to move you from where you are to where you wish to be, to catalyze a sustainable transformation.

We started with **SELF-ANALYSIS**, where you had to dig deep inside to understand where you practically are and what you are going through at this specific stage of your life. It is very important to go back to that section and repeat any exercise you find adequate for you to discover who you are.

I have also talked to you about **THE MEANING OF LIFE**, about how a life with a destination makes much more sense than waking up in the morning without any sort of motivation. However, it is very important to understand that the destination works like the north of a compass and should never be the source of happiness. Through my experience, I realized that a happy life starts from within. Understanding life with all its challenges moves you to a different level of Awareness.

Step 3 was all about **THE POWER OF YOUR MIND**. It is a full science and if you live by it, it can unlock huge potential from within. The result would be predicting your future on every single level.

The **NURTURE AND NATURE** chapter has introduced you to the biology side of your behavior. It has equipped you with so many tools to move to a whole new level when it comes to your subconscious behavior. You know by now why you cannot achieve change when you most need it. Being familiar with this knowledge, being open to **RESET EACH AREA OF YOUR LIFE AT A TIME**, are the doors to live the life of your dreams.

In the following pages, I will share with you how to set your goals. **THE GOAL TRACKER** is a tool that will keep you grounded daily, weekly, monthly, and yearly.

EXERCISE¹³

This exercise is not theoretical. You will eventually leave and it will come sooner than you expect. This is just a reality!

1. **Schedule a four-hour appointment with yourself.** This may seem like a long time, but it allows you to disengage from the daily demands of life and immerse yourself in the exercise.
2. **Find a quiet place that is entirely private.** You will need a beautiful place where you won't get distracted to connect to what's essential. Music can also enhance the setting. Feel free to express your emotions. It is not unusual to cry or even weep.
3. **Make a list of those in your life who matter the most.** Include whoever you deal with regularly. The list could include: God, your partner, your children, your parents, your co-workers, your friends, and even your readers and followers.
4. **Now visualize this:**

You are lying unconscious on a hospital bed, in a room sufficiently large to seat all your friends, your family, your business associates-anyone and everyone to whom you are important and who is important to you.

Now, listen.

5. Write down what each person says. Imagine that the people who mattered the most to you were sharing stories about you. You can hear them but not talk.

- *What did they most appreciate about you?*
- *What did your life mean to them?*
- *What impact did it have?*
- *What have they lost with your absence?*

Write these words down as though you were that person. A paragraph for each should be sufficient.

6. Determine what would have to change in your life to create this outcome. You can still change the outcome. You can take the steps necessary to begin shaping the result of your life now. Do you need to make a phone call, rekindle a relationship or be more intentional with those you love? Whatever is required, wouldn't it be worth the effort?

Use this as the motivation to create a written plan. A “life plan” may sound daunting, but it is not. I believe you will find it to be one of the most inspiring experiences of your life. A life plan will motivate you to live your life intentionally, with purpose.

Here you are with clear goals reflecting the priorities and values in your life.

As a next step, I want you to ask yourself the following questions:

If you have the chance to know that you have one week left in you, what would be one thing that will matter?

What are the steps that you should take today to make it happen?

What if you finish that first week and you realize that you were given another week to live, what would be that other thing that matters?

What will you do this second week to make a difference on a personal level?

If you keep on asking yourself this question, you can set a plan in place that will genuinely serve your goals. As you have noticed, by doing so, you are moving to the **ASPIRATION LEVEL** of awareness. You already know that you have something special, but only by believing in that, you can hop on the **SELF-RELIANCE LEVEL**.

If a **DISCIPLINE** is not set in place, you will be stuck in a state of mind where you know what you should do but you feel paralyzed. For me, this stage was one of the most challenging stages. It is all about finding balance in your day to stay focused without being influenced by the many distractions life has to offer. I was stuck at this level for long, but I finally discovered the secret recipe: **A MORNING ROUTINE**.

As I have shared earlier, I knew that Determination, Persistence, and Patience were the keys. I understood that the **WHY** is important to stick to a discipline, but still, something was missing. How do I set this discipline? What should I do with my day when I don't seem to have enough time to do all that I have to do?

Below are the 4 tips to establish a healthy morning routine that will set the tempo for the rest of your day. If you manage to consider these tips, you will never have to look back and regret the time you have wasted without investing in your dreams.

“WIN YOUR MORNING WIN YOUR DAY” TIPS:

Have a consistent morning routine

TIP #1: Do not start your day without a strategy and a plan. You cannot conduct a battle without knowing what your targets are. Set a routine every night to explore what are the most important tasks that you should be conducting, to go one step closer to your dream **DAILY**. The strength is in your schedule. **YOU MUST HAVE A PROPER SCHEDULE.**

TIP #2: Do not get your phone to stand in the way of your dreams. Phone & Sleep are the worst combination based on research. Have boundaries. It is a tool that should be at your service. If you do not want your day to be hijacked by your phone, **GET RID OF IT IN YOUR BEDROOM.** Give yourself the time to breathe when you open your eyes in the morning at least for 5 minutes before you check your device.

TIP #3: Be intentional to have a good night sleep. 8 hours of sleep a day will boost your creativity. Your energy levels will skyrocket over time. You will be more patient and less reactive as your body is getting the rest it needs. **BE INTENTIONAL ABOUT YOUR SLEEP.**

TIP #4: Do not snooze your alarm. Set a definite schedule and stick to it. Make sure you have a proper time to reconnect with your goals in the morning, exercise, eat healthily, and provide your mind with some motivational material that will set the tone for the day. **PLAN YOUR DAY BASED ON YOUR VALUES AND PRIORITIES.** The different areas of life need your attention. Mental health-focused activities such as meditation, gratitude lists, and journals are essential for a successful outcome of the day.

Once you set the routine, you move into the **EXPERIENCE LEVEL** of awareness. It is the level where you start stretching your comfort zone, where you start conducting that unlearning of habits process and replacing them with new habits that will serve your goals. Sticking to your “**WHY**”, believing in who you are will give you enough courage to go against all odds and reinvent your life respecting your terms.

THE TRACKER

Think of your goals in terms of the core areas of your life - **MENTAL and PHYSICAL HEALTH, WORK and FINANCES, RELATIONSHIPS, and FAMILY.** Take a moment to imagine your life one year from now. How will your life look in a year time? What does accomplishing your goals mean to you? What is the price you are willing to pay to achieve your goals?

Yes, there is always a price to pay. You might have to wake up very early to have enough time to work hard on some tasks. You might have to cut your costs and go out of your way to save some funds. You might have to cut some people out of your life and replace them with more relaxed ones. You might have to give up some hobbies for the sake of gaining more time for a short period.

QUESTIONS

For every area, ask yourself the following questions:

- ***What is the goal? (choose 2 goals minimum)***
- ***Why is this goal important to you?***
- ***What steps are you willing to take to achieve this goal?***
- ***By what date will you achieve this goal?***

DON'T JUST SET YOUR GOALS; GO GET THEM!

Use daily schedules to set a discipline that serves your goals.

Visit the schedules weekly to assess if there are any tweaks you must do.

At the beginning of each month, conduct a checkup by highlighting:

- What worked;
- What didn't work;
- Lessons learned.

Quarterly, you are expected to go back to your goals and assess the progress to track the results in the following format:

EXERCISE

Area: MENTAL HEALTH

Goal 1: _____

5% 25% 50% 75% 100%

Goal 2: _____

5% 25% 50% 75% 100%

Area: PHYSICAL HEALTH

Goal 1: _____

5% 25% 50% 75% 100%

Goal 2: _____

5% 25% 50% 75% 100%

Area: WORK, CAREER, and FINANCES

Goal 1: _____

5% 25% 50% 75% 100%

Goal 2: _____

5% 25% 50% 75% 100%

Area: RELATIONSHIPS

Goal 1: _____

5% 25% 50% 75% 100%

Goal 2: _____

5% 25% 50% 75% 100%

Area: FAMILY

Goal 1: _____

5% 25% 50% 75% 100%

Goal 2: _____

5% 25% 50% 75% 100%

Tracking and measuring are essential. The Quarterly progress helps you to pause for a moment to track and review your results during the year, not just the end. You should aim to get 25% closer to your goals every quarter. If you are not hitting the target, evaluate your daily and monthly action. Adjust them as needed. You are not asked to change the goal; you just need to adjust the plan.

Once you reach the end of the year, congratulate yourself because you have made it through another year of intentional daily, weekly, monthly, and quarterly ACTION. It does not matter if you have reached your goals or not. The most important part is that you have been intentional about your daily activities; you have developed the practice and habits of a dreamer.

QUESTIONS

Again, go back to each area of your life and assess each goal by asking the following questions:

- ***What was the goal?***
- ***Did you accomplish it?***
- ***If your answer is yes, what are the key things that led to your success?***
- ***If your answer is no, what did you learn from going after this goal?***

If there is a goal you did not get this year, think about what you learned from your attempt at going after the goal. Then, decide if you want to bring the goal into the following year and keep working on it.

Final Word

**EVERYTHING IS
POSSIBLE**

At the end of this book, I would like to invite you to give priority to yourself on all levels. I have been in your shoes a few years back. It felt like the end of the world. There were times when I wished to disappear as I couldn't handle life anymore. Other times, I wanted that someone disappears to make my life easier.

As I look back, I feel proud of what I've achieved. The journey was not comfortable. I did not have access to someone who could guide me. It took blood, sweat, and tears to complete my transformation. Although I have read so many self-help books, I couldn't act upon them. I knew what I had to do, but I couldn't apply it. There was a significant force pushing me not to.

Now, I can confess that the main reason of my burnout was attempting to play all the roles simultaneously, while trying to be relatively perfect in every single one of them. At the same time, I was thriving on validation. I gave priority to the opinions of others around me to appreciate myself.

It is urgent to work on your awareness level, today and foremost. It is the ability to observe yourself from outside the box, even when you are on autopilot. It is the ability to see your reactions, even though you cannot control them yet.

Commit to an intentional life.

Have a clear understanding of who you are today and work on being in peace with that person who, up until today, is the total sum of the environment conditioning around him.

Be aware of your strength and team up with people that can cover the gap created by your weaknesses. It is better to invest your time growing your strength rather than draining your energy to learn something you are not interested in anyway.

The ANIMALS' SCHOOL: ● ● ● ● ● ●

Once upon a time, a group of animals gathered in a school and decided to follow the human lead in establishing a school that will help them improve their weaknesses. The school was specialized in sports and handled climbing, running, swimming, and flying as core subjects. All the animals attended all the classes.

The duck was a pro in swimming. He took A grades in every competition. He barely passed flying and had an inferior performance in running. He was not satisfied with the outcome, so he dropped swimming and put all his efforts into running. As he was practicing intensively, his web feet got severely worn. It is what caused him to become average in swimming, to become average in all.

The rabbit was at the top of the class in running. He was a proud athlete and wanted to be an all-rounder. As he started to practice his swimming daily, at the expense of running, his muscles got torn and he ended up dropping in his running class ranking.

The squirrel was excellent in climbing and was struggling in his flying class. Because of the school strategy of developing everyone in everything, he had make-up sessions in flying. As he was practicing flying from the ground, he developed chronic muscle spasms and ended up dropping in his climbing class average.

No one could compete with the eagle competency in flying, but his ego pushed him to fight for climbing; so he damaged his wings badly, trying to grab the tree as he was going up, which got him to struggle when flying. ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Like these animals, each one of us has a natural gift called a strength. We naturally excel in certain things that consist of our own set of capabilities. Nowadays, we are expected and sometimes forced to follow a module where we cannot fit. Therefore, you must build on your strength rather than waste your energy, trying to learn something you are not born to acquire.

As you move through the days, acknowledge the different roles you have to play and enjoy the moment while attending to the requirements of these tasks. When you reach work, be grateful for that opportunity. Be mindful and do not allow your mind to take you on anger trips, where it keeps the chatter going on about a challenge you are facing in a different area of your life. Trust God, trust where you are, and make the best out of it.

Go back home and practice mindfulness around your tribe. Be present. Forget about the news. Forget about the situation at work. Act with your tribe like you expect everyone to act with you. Do not be dragged to have double standards. Their effect is more significant than you think, as you will be setting the rules as a role model and it will turn back on you.

Do not go with the flow. Instead, be aware of the moment; settle for what you want and not for what is available. Teach your tribe to appreciate every single second of their day to maximize their fulfillment.

Always find time for your health to grow mentally and physically. You will have to live with your body for the life left in you. Make sure to find ways to be in peace with it.

Dedicate time to your relationships. Let it be an unconditional time. Make it a quality time and do not drift into telling others what you wished them to be or how you expected them to

act. It is about appreciating their presence and their support. True love is about making sure your partner is happy on every single level, because you know he equally has your back.

Love is when two people partner to live ultimate freedom within their commitment. It is possible. You can attract this type of persons when you love yourself enough to know you deserve it. You attract it when you reach peace from within without relying on anything from the outside to make you happier.

This life is temporary. It is a journey that was offered to you by God, by the divine power. At one stage of my life, I was trying to control everything, while I was exercising self-love, gratitude, and mindfulness. I had a plan and I was sure it was a good one. I was insisting on it until I reached a dead end. I was trying to control things that did not fall under my influence, like time, circumstances, and people.

When things fell out of my control, I intentionally relied on God to guide me.

Life is about the ups and downs. I have learned to rely on my faith when circumstances seem to be working against me. This way of thinking helped me reach ultimate peace and led me to a position of power where nothing was able to stop me. Negativity disappeared from my life and was replaced by convenience and inconvenience.

This perception has eliminated fear. Adopting an understanding of love has been a blessing in my life. It allowed me to choose the kind thoughts. I was entirely in control of my decisions and was somehow able to predict the future at every crossing based on my discipline and commitments.

Nowadays, I live life gracefully. It is not common for me anymore to get offended by anything.

The higher I move in my levels of awareness and peace, the more negativity shows up in the form of temptations. I have reached the bottleneck and an inconvenient power is trying to push me down towards my old comfort zone. It feels like this power knows I might be a bit vulnerable and finds it a good time to trigger my subconscious mind to surrender to it.

At this stage, I have reached peace overall. Nothing manages to offend me. I dream, I desire, and I believe in the power of now. I am living a life of miracles. I am genuinely proud of the actions I am taking to grow. It is an organic growth. I am a big believer in the laws of nature and applying them has contributed to my inner peace.

The laws of nature have empowered me to believe in the invisible, in the apple through the seed, in the painting through the mental image, and in the dream through visualization.

I learned that leading a life without a destination is meaningless. A dream is a direction. You must not postpone your happiness until you reach it, but you must not hop on the journey without a specific destination. The end will determine your plan. A burning desire will always provide you with the inspiration needed to unlock all mysteries and overcome every hurdle along the way, in no time.

Believe blindly in the goodness of God, and the magic of life. Commit to yourself first. Switch your energy to generate positive vibes so you can be in synchronization with your desires. You must reach internal peace to achieve success and significance.

Finally, do not waste a second of your day trying to figure out your life, feeling completely broke. Reach out to someone you trust in your circle who might have an excellent background to help. Otherwise, invest in someone you feel in peace with

so that they can help you provide the matchbox to light your candles and hop on the journey towards transformation. You have all the powers within you; it is just that we live in a world where nobody trained us to think. We learned to be followers of our teachers and parents who themselves were also followers.

I invite you to help me change the inconvenient outcome we are dealing with daily, by transforming yourself into a thinker and by influencing people around you to be thinkers. We must contribute in raising new generations, who believe and are ready to rule the world with kindness.

If you wish to join that wave, I will be waiting for you to contact me on my social platforms and I will be there to answer any question you have and guide you with simple steps that will allow you to have a full understanding of this material.

With you, I genuinely believe that we can change the world by touching one heart at a time.

Thank you so much for reading this book. I would appreciate it if you can help me spread the word by helping others around you unconditionally. I believe in teamwork, I believe in community work and I think that step by step, we can make this world a better place.

I genuinely wish you a fantastic journey full of abundance, clarity, and blessings.

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For the past decade, I have listened to an unlimited number of talks. I have also read so many articles, researches, and books. While reading, you will explore a variety of influences, especially from The John Maxwell Team who taught me a variety of concepts. This book is a compilation of all the knowledge that worked for me.

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ABOUT THE BOOK:

*Through this book, I want to give
"..... Love to every broken heart,
Light to every hopeless soul,
Peace to every sleepless mind,
Power to every person in need!
I was in your shoes....."*

ABOUT THE AUTHOR:

*I Am Dima Istambouli, a
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*My mission is to Help individuals
and Organizations move from
where they are to where they
dream to be by unlocking their
untapped potential.*



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**“My purpose is to change the world
by touching one heart at a time...”**