

A STEP BY STEP GUIDE
BY PARUL HIWANJ

Becoming Your Best Version In 30 days



Hello & Welcome

Congratulations on choosing to finally come home to yourself.

I’m Parul. There’s a moment in the movie ‘Queen’ where Kangana breaks down, saying she followed every rule and still ended up lost. *That was me.* I studied, worked, married, and even became a mother because I was told that’s what life is supposed to look like. And somewhere along the way, I kept losing myself. I forgot what made me feel alive, what lit me up, and who I wanted to become. Finding my way back took time, and courage.

This guide is created to support you on that journey. It’s here to help you reconnect with the version of yourself you were meant to grow into, not the version the world assigned you. We’ll move through 30 days of small, steady steps to gently rebuild that girl you had to abandon along the way — the one who’s still waiting to be claimed.

Parul



Contents

UNDERSTAND YOUR CORE SELF	03
SEE THAT FUTURE YOU VIVIDLY	04
EMBODY HER DAILY	05
SUPPORTING RITUALS	06
RESOURCES - BOOKS AND VIDEOS	07



Understand Your Core Self

Follow These Steps:

Step 1: Open a notebook or your phone's notes app.

- Start outlining the version of yourself you dream of becoming.

Step 2: Visualize her daily life.

- How she starts her mornings, what she eats, how she moves, speaks, and occupies space.
- Who she keeps close, the tone of her conversations, the vibe she brings into any room.
- How she nurtures her hair, skin, and nails. Her style, her confidence, her softness.
- Everything you describe is already a direction you're growing toward.

Step 3: Check in with your younger self.

- Imagine doing this exercise at age ten. Would that little girl see this version as who you are now or who you're becoming?

Step 4: Anchor the truth.

Your younger self knew your core before the world tried to script you. TRUST HER!

DO YOU KNOW THIS THEORY?

THE VERSION OF YOURSELF YOU'RE DEEPLY DRAWN TOWARDS IS THE ACTUALLY YOUR FUTURE SELF ENCOURAGING YOU TO MEET HER



Why this helps:

Change comes from confidence, not from feeling you're lacking something.

- *Acknowledge your journey:* Recognize all the effort you've put in over the years to become who you are today. Honor your younger self for her resilience and forgive her for any naivety.
- *Focus on your aspirations:* Instead of saying "I want to lose weight" or "I want to be confident," anchor yourself to who you are becoming. The brain responds best to clear, specific visions.

Leverage neuroscience:

- Your brain can rewire itself (neuroplasticity). Every time you visualize yourself as "her," you strengthen new neural pathways. Mental rehearsal activates many of the same circuits as actually performing the behavior, which is why athletes practice in their minds before games.
- *Write it down:* Using the self-reference effect, writing your vision makes it easier to remember and prioritize because it's tied directly to you.

See that future you vividly

Follow These Steps:

Step 1: Choose your method

- Create a Pinterest or vision board with images of her lifestyle, outfits, and energy.
- Keep a short written version in your journal and rewrite it every morning.
- Read your “character script” aloud during a routine like brushing your teeth.

Step 2: Make it a habit

- Tie this practice to something you already do daily, so it becomes automatic.

Step 3: Repeat consistently and Visualize vividly

- Feed your brain this image every day. Repetition helps your brain treat her as familiar, not just a fantasy.
- The more detailed and consistent your practice, the faster your brain accepts this version of you as reality.

Dr. Joe Dispenza often says: “You can’t create a new reality while operating from the same emotions of your past.” His work shows that when you pair a clear intention (your thoughts) with an elevated emotion (such as gratitude, love, or joy), you open up new possibilities for your brain and body.

NEW REALITY = INTENSIONS (THOUGHTS) + ELEVATED EMOTIONS

- Thoughts = your map — they define who you want to become.
- Emotions = your energy — they convince your brain and body that it’s real.

Together: they rewire your subconscious, helping you step into a new identity.



Why this helps:

The brain learns through repetition and familiarity. Visualization taps into neuroplasticity:

- *Imagine yourself as your future self daily* : your brain activates the same neural circuits as if you were actually living it.
- *Strengthen the circuits over time* : repeated practice makes it easier to naturally act like her.
- *Self-fulfilling prophecy effect* : psychologists note that what you consistently expect and see in yourself shapes your behavior.
- *Rewire your subconscious* : by feeding your dream self’s image to your brain every day, you train your mind to accept this identity as your default reality.

Embody her daily

Step 1: Live Your Character Daily

- Act as if you already are your future self.
- Eat, move, speak, and make decisions like her.

Step 2: Stay Present and Positive

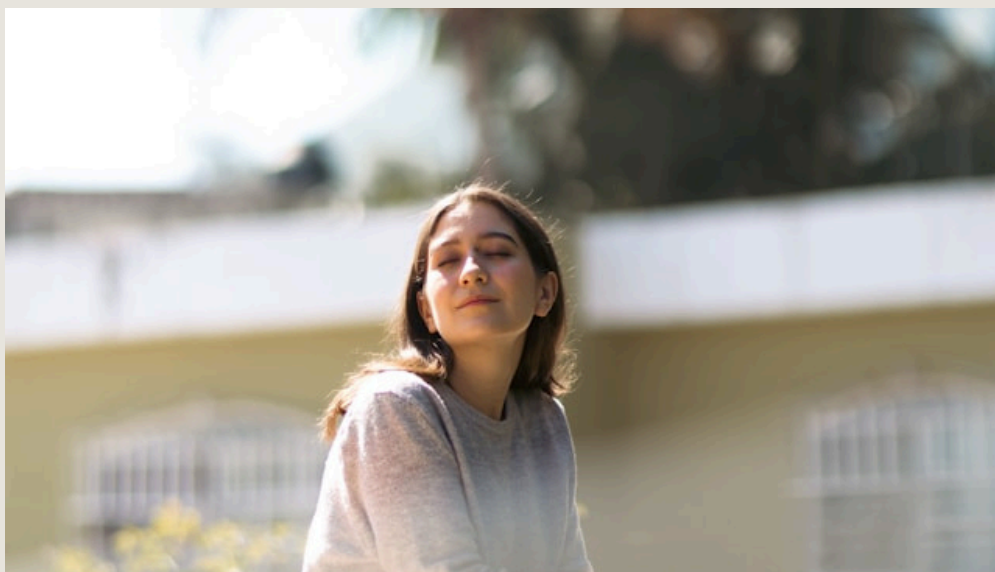
- Practice happiness, gratitude, and mindfulness while living this version of yourself.
- Avoid doubting the process or overthinking the timeline.

Step 3: Trust the Repetition

- Every action rewires your brain and body, even if results aren't immediately visible.
- Gratitude and presence signal to your nervous system: "I'm already her."

Step 4: Incorporate Tiny Daily Choices

- Apply this way of being in small, everyday actions.
- Like watering a seed, consistent effort strengthens the roots until transformation becomes visible.



Supporting Rituals

Do you you can, what you feel like, what you can have fun with. We track progress in thoughts not checkbox.

- Morning Gratitude – write down 3 things you're thankful for to start the day positively.
- Meditate Daily (5–10 mins) – calms the mind and trains focus.
- Move Your Body – walk, do Pilates, or work out to boost mood and brain health.
- Protein-Rich Breakfast – keeps blood sugar and energy stable.
- Omega-3s & Greens – nourish your brain with healthy fats and nutrients.
- Limit Scrolling – set a daily social media timer to protect your attention.
- Curate Your Inputs – choose books, podcasts, and content that help you grow.
- Sleep Routine – aim for 7–8 hours and avoid screens at least 1 hour before bed.



- Hydrate – drink 2–3 liters of water to maintain energy and focus.
- Practice Presence – notice when you're on autopilot and slow down.
- Breathwork – 2–3 minutes of deep breathing to instantly reduce stress.
- Use Affirmations – repeat “I am becoming her” while truly feeling it.
- Tidy Your Space – a clear environment helps create a clear mind.
- Say “No” More Often – protect your energy and strengthen your confidence.

Resources – Books and videos

Books:

1. You Are the Placebo – Dr. Joe Dispenza
2. The Four Agreements – Don Miguel Ruiz
3. Think and Grow Rich – Napoleon Hill
4. The Untethered Soul – Michael A. Singer
5. The Miracle Morning – Hal Elrod
6. Awaken the Giant Within – Tony Robbins
7. Mindset: The New Psychology of Success – Carol S. Dweck
8. The 7 Habits of Highly Effective People – Stephen R. Covey
9. Daring Greatly – Brené Brown
10. The Happiness Advantage – Shawn Achor
11. Tiny Habits -BJ Fogg



Videos:

- Marisa Peer – “Transform Your Mindset” (YouTube interviews & talks)
- Tony Robbins – “The Power of Beliefs & Focus” (various seminars)
- Gabrielle Bernstein – “The Universe Has Your Back” (podcast & YouTube talks)
- Joe Dispenza – “Tuning In to New Potentials” (meditation & interview clips)
- Lisa Nichols – “Rewriting Your Story” (Motivating Women series)
- Jay Shetty – “How to Change Your Mindset” (YouTube & podcast clips)
- Robin Sharma – “The 5 AM Club Insights” (interviews & keynote talks)
- Michael Beckwith – “Creating Your Ideal Life” (YouTube interviews)
- Mel Robbins – “The 5 Second Rule for Action & Change” (TEDx & YouTube talks)



Personal note

I'm not an expert, but I've used this process on myself, year after year, to grow into new versions of me and navigate life's changes. When I first started, I didn't even know the science behind it—I was simply following my curiosity and love for personal growth.

Through painful life transformations, divorce, learning that my son is on the autism spectrum, mom guilt, animal rescue, and losing some of them, the emotional chaos often felt unmanageable. I had to develop a survival strategy, and in doing so, I became a version of myself I truly respect.

I've gathered everything I've learned from blogs, books, podcasts, YouTube, and yes, even used AI to help organize it all. My hope is that this guide makes it easier for you to discover what took me years to figure out.

