

UNLOCK THE THOUGHT POWER

DISCOVER THE ART OF TRANSFORMING YOUR
THOUGHTS INTO REALITY WITHOUT FEAR OR
OBSTACLES

SPECIAL BONUS
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DR. ZAKIYA

Unlocking The Thought Power

**Discover the art of Transforming your thoughts into reality
without fear or obstacles.**

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About the Author

Dr Zakiya Subedar

General Practitioner (28+ years)

NLP / Transformational / Thought Coach

Founder of Dr Zakiya's NLP & Business Hub

Winning Participant of Guinness World Record (LSR)

Where Success follows you

Why I am writing this E-book?

For you, it might seem strange that as a doctor, I've spent the past 28 years diagnosing and curing physical ailments in others, yet at one point in time, I found myself mentally fragile. I don't mean to say that I had a mental illness, but despite being a doctor, the circumstances around me had shaped my thoughts so negatively that I could see nothing beyond the darkness in my life. It was on that day that I realized, before being a doctor, I am a human being, just like you, with emotions, facing the very challenges in life that you may have faced or are facing. After this realization, even as a doctor, I began working on myself to transform my thoughts and become a better version of myself, someone who can live life to the fullest. I started by working on my subconscious mind, and today, I can confidently say that what I've achieved in terms of thought transformation, you can achieve too. That's why in this book, I've highlighted key points that will show you how thoughts can impact your life and how to design your thoughts for a better life. The truth is, by improving your thoughts, you can improve your life.

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Chapter 1: The Incredible Power of Thoughts

Imagine your mind as your personal control centre. It's like the captain of your ship, guiding your journey through life. Everything you do, feel, and experience begins with a thought.

A thought is like a small seed. It might not look like much, but it holds incredible potential. Your thoughts can shape your whole world. They're like the magic wand that can turn your dreams into reality.

Let's start at the very beginning. What are thoughts? Well, they're the ideas that pop into your head. These ideas can come from what you see, hear, or feel. They can also come from your own memories and experiences.

Think of your mind like a library filled with books. Each book has a different story. When a thought comes, it's like opening one of these books. It might take you back to a special memory or make you dream about the future.

Now, thoughts don't just appear out of thin air. They have a source. Sometimes, it's something you see or hear. Other times, it's something you remember.

Thoughts are like puzzle pieces. They connect different parts of your life.

Our thoughts can be friendly, like a warm hug on a cold day. Or they can be a little trickier, like a mischievous friend who tries to get you into trouble. It's important to get to know your thoughts and understand where they come from.

Why is all of this important? Because your thoughts are the architects of your life. They decide whether you'll be happy or sad, successful or stuck, healthy or sick. Your thoughts have the power to change everything.

If you keep thinking negative thoughts, like "I can't do this" or "I'll never be happy," it's like building a wall that blocks your path to success and joy. But if you fill your mind with positive thoughts, like "I can do it" and "I'll find

happiness," you're tearing down those walls and opening doors to a brighter future.

Your thoughts are like the steering wheel of a car. They decide which way you'll go. So, if you want to head towards a life full of health, wealth, and amazing relationships, you need to learn how to steer your thoughts in the right direction.

In the chapters ahead, we'll explore how your thoughts affect your health, your ability to earn money, and your relationships with others. You'll discover powerful strategies to harness the magic of your thoughts and create the life you've always dreamed of. It all starts with understanding the incredible power of your thoughts.



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Success Story #1



My name is Samim.

I'm from Surat, and I work as a home tutor. I used to struggle with overthinking, and my thoughts were often negative. I had no real sense of identity, and it felt like people ignored me and made fun of me.

I didn't know anything about NLP (Neuro-Linguistic Programming) until I attended Dr. Zakiya's Mastering Thought Power webinar. It was truly amazing, and I can never forget those 5 days of MTP (Mastering Thought Power) sessions. Zakiya ma'am worked on my thought process, and that's when I realized that my thinking was completely wrong.

During those 5 days of MTP sessions, she taught us some incredible techniques related to our thoughts. As a result, my thinking has become more positive.

People now value me, my confidence has improved, and the most significant change is in my thought process. I am so happy, and I want to express my deep gratitude to Dr. Zakiya ji for this.

These NLP techniques will always be with me.

*Thank You.
Samim Munshi,
Home Tutor.*

Chapter 2: How Your Thought Patterns Work

Our minds are like a maze, and our thoughts are the threads that weave the fabric of our lives. To master the power of thought, we must first understand how these thoughts come about and why they stick around.

Every thought you have is like a product of your mind's machinery, shaped by your experiences, beliefs, and emotions. What's important to know is that thoughts don't just pop out of nowhere; they are part of a complex web of influences that shapes the way you see the world and how you behave.

The Birth of a Thought

Think of your mind as a big library. Each book on the shelf represents different parts of your life, your experiences, and who you are. When a thought pops up, it's like pulling a specific book from the shelf and opening it to a particular page. This page could hold a memory from your past, a snippet of how you're feeling, or an idea influenced by your beliefs.

Thoughts can come from things happening around you, like a conversation or a news story. They can also bubble up from inside you, like a dream or a random idea. Sometimes, thoughts seem to appear out of the blue, like a message from your subconscious. Other times, you can choose to think about something, like when you try to solve a problem or ask yourself a question.

Why Thoughts Repeat

Thoughts don't just come and go; they often form patterns. These patterns repeat, and the more they do, the more they become like habits. For example, if

you frequently doubt your abilities, that self-doubt pattern sticks around, affecting your self-esteem and decision-making.

Lots of things influence these thought patterns, like past experiences, things you learned when you were young, what society expects, and cultural ideas. These patterns can get deeply ingrained and automatic, like well-traveled paths in your mind.

It's important to understand these patterns because recognizing them helps you see when you're getting stuck in unhelpful or negative cycles of thought. Once you're aware of these patterns, you can start to change them, steering your thoughts in a more positive direction.

Emotions and Thoughts

Emotions and thoughts go hand in hand; they influence each other all the time. A thought can spark an emotion, and an emotion can trigger a thought. For example, thinking about a past failure might make you feel sad or frustrated.

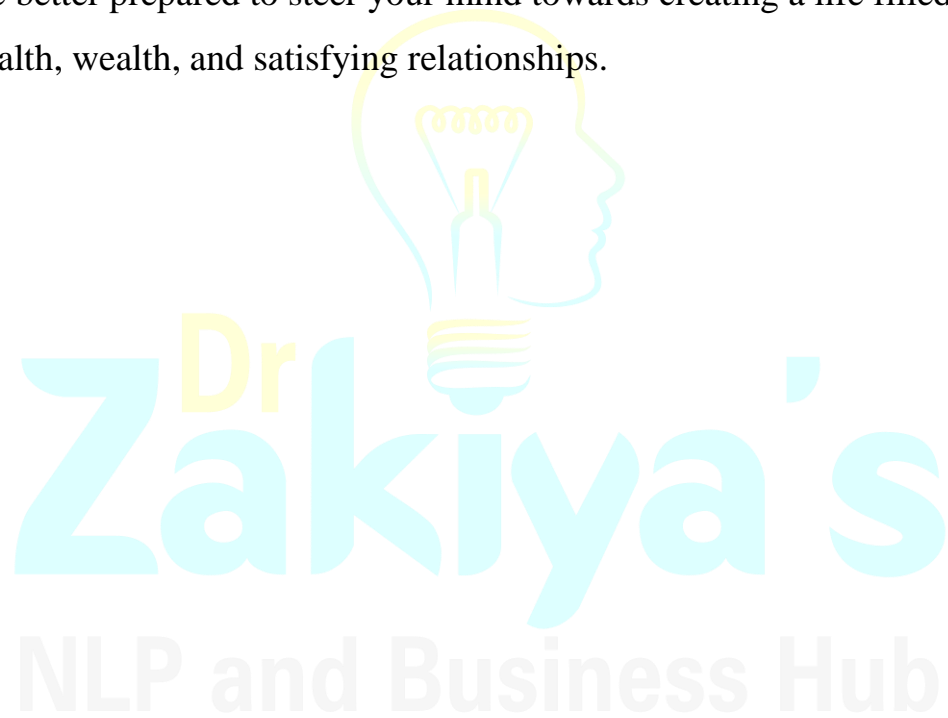
Understanding this connection is crucial. It means that by changing your thought patterns, you can also change how you feel. When you have positive, empowering thoughts, you can create uplifting emotions, and those emotions can affect your actions and what happens to you.

Beliefs and Their Role in Thoughts

Your beliefs are like the building blocks of your thought patterns. They are the glasses through which you view the world. Beliefs can be supportive, helping you reach your goals, or limiting, holding you back.

For example, if you believe in your capability and worthiness, your thoughts will naturally reflect this, making you feel confident and motivated. On the other hand, if you believe you're not good enough, your thoughts will always lean in that direction, hindering your progress.

In the upcoming chapters, we'll explore ways to recognize and change thought patterns, including how to break free from limiting beliefs and foster positive emotions. By understanding how thoughts, emotions, and beliefs work together, you'll be better prepared to steer your mind towards creating a life filled with good health, wealth, and satisfying relationships.



Chapter 3: Overcoming Fear - Tackling Mental Roadblocks

As we move forward in our exploration of thoughts, we come face to face with a formidable opponent – fear. Fear is a strong force that can stop us in our tracks, limiting our potential and standing in the way of a life filled with good health, wealth, and fulfilling relationships. In this chapter, we'll delve into the world of fear, understand its role in our thoughts, and find ways to break free from its grip.

Understanding Fear

Fear is a deep-rooted emotion that helped our ancestors survive in a dangerous world. It alerted them to threats. But in today's world, fear often shows up as an irrational and crippling force. It can prevent us from reaching our full potential and hold us back. Fear can take many forms, like the fear of failing, the fear of being rejected, or the fear of change.

Our thoughts can become fertile ground for fear. When we constantly think about negative or scary things happening, we feed the fear that those things might come true. Fear, in turn, makes those negative thoughts stronger, creating a never-ending cycle that keeps us stuck and unhappy.

Fear's Impact on Thoughts

Fear has a big impact on the way we think. It can lead to harmful thoughts like self-doubt, self-criticism, and limiting beliefs. These thoughts become obstacles that get in the way of good health, wealth, and satisfying relationships. For example, if you're afraid of being rejected, you might not even try to make new

friends. Or if you're afraid of failing, you might not take the risks needed to achieve your goals.

On your journey to mastering thought power, it's vital to recognize when fear is influencing your thoughts. Once you can spot fear-based thoughts, you can start breaking down the barriers they create.

Turning Fear into Strength

To overcome fear, you must turn it into a source of strength. This means acknowledging your fears, understanding where they come from, and then deciding to react differently.

1. Acknowledging Fear: The first step in conquering fear is admitting it's there. Fear is a natural part of being human. By recognizing it, you can separate yourself from your fears and realize that they don't define who you are.

2. Understanding Fear's Roots: Dig deep to understand where your fears come from. Often, they're linked to past experiences, ideas you've learned, or assumptions you haven't tested. By understanding the origins of your fears, you can challenge their validity.

3. Choosing Empowerment: Instead of letting fear control your thoughts and actions, choose empowerment. Replace fearful thoughts with positive and constructive ones. You can use tools like affirmations, visualization, and meditation to help with this.

4. Taking Action: The most effective way to beat fear is by taking action despite it. When you act even when you're scared, you prove to yourself that fear doesn't run your life. As you collect small victories, your confidence grows.

Embracing Fear on Your Journey

Fear is a tough adversary, but it's not invincible. In fact, fear is also a teacher. Every time you face your fears and move past them, you learn and grow. On your path to mastering thought power, see fear as a sign that you're on the brink of transformation and growth. Embrace it as a chance for personal development.

By recognizing and conquering fear in your thought patterns, you open up a path to achieving the good health, wealth, and satisfying relationships you dream of. You unlock your potential, allowing you to face life's challenges with courage and strength. In the chapters ahead, we'll continue to explore strategies for changing thought patterns, with a focus on nurturing a mindset that empowers you, instead of holding you back.



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Chapter 4: Changing Your Mindset - Creating a Positive Thought Foundation

As we journey through the world of thoughts, let me share a story with you—a story of change, the magic of mindset, and how it shapes a life filled with good health, wealth, and satisfying relationships.

Understanding What Mindset Does

Your mindset, my mindset, everyone's mindset is like the glasses through which we see the world. It's not a fixed thing; it changes as we think. And it has a big effect on what we think, how we feel, and what we do. A positive mindset makes us feel good, makes us strong, and helps us be creative. But a negative mindset makes us doubt ourselves, makes us scared, and makes us think things won't work out.

The story I want to share is about change. It's about how someone who was usually positive and hopeful got trapped in negative thoughts. It shows that our mindset isn't stuck; it can change. This story proves that our mindset can help us succeed and be well.

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A Journey of Changing Your Mindset

Once, I found myself stuck in negative thoughts, full of fear, and feeling like I wasn't good enough. It was a big change from how I used to be, full of positivity and confidence. This change in my mindset was a big moment. My story shows that our thoughts can change, and our mindset isn't fixed.

When I noticed these negative thoughts, I started a journey to change them. I faced my fears and brought back my positive thoughts. By sharing my story, I

hope it can inspire you and others to see that no matter where you are with your mindset, you can change it.

How to Build a Positive Mindset

1. Know Yourself: The first step is to know what you think. Are your thoughts mostly good or bad? Do you think bad things over and over? My journey started with me knowing my thoughts.

2. Use Positive Words: Positive words are like magic spells for your mindset. By saying positive things to yourself every day, you can change your thoughts. For example, if you usually think you're not good enough, start saying, "I'm good at what I do, and I deserve success."

3. Picture Good Things: Imagine the good things you want. When you keep thinking about what you want, it helps your thoughts stay positive. My journey shows that thinking about your goals can help you reach them.

4. Be Thankful: When you say thank you for the good things in your life, it helps your mindset. Even when things are hard, thinking about what's good can stop you from thinking negatively.

5. Stay in the Moment: Mindfulness and meditation help you pay attention to your thoughts and feelings. They help you see your thoughts without judging them, and that makes your mindset balanced and positive.

6. Be Around Positivity: Being with positive people and things helps you keep a positive mindset. When you're going through hard times, get help from people you love, just like I did during my journey.

An Example of Changing Your Mindset

The story I've shared is a strong example of how you can change your mindset. I faced my negative thoughts but came out feeling strong and positive. By sharing my journey, I hope it can help you start your path of changing your mindset.

In the upcoming chapters, we'll keep looking at how to build a positive mindset, which can lead to good health, wealth, and satisfying relationships. My story shows that a positive mindset is possible and is important in building the life you want.



Chapter 5: Visualizing Your Ideal Reality

When I look back at that time in my life, I realize that negative thoughts had taken over. I was a doctor, but I found myself trapped in a whirlwind of destructive thoughts. It's not that life hadn't thrown challenges at me before; I had faced them with a positive outlook and motivated myself to overcome them. But something changed when I was 32 years old, with a two-year-old son and a 12-year-old daughter.

My mind had become a breeding ground for these destructive thoughts, and it was a dark period in my life. I couldn't help but think that, for the rest of my life, I would be a burden to my family. It all started when I learned that my lung function was reduced to just 49% at the age of 36. I thought to myself, "Is this how my life will be from now on?" My mind raced with images of being confined to a bed, spending my days in an ICU, and relying on a never-ending supply of medications. These thoughts had consumed me entirely.

As a result, I lost seven valuable years of my life. My health deteriorated, my relationships with my husband and children strained, and I felt like a burden to those I loved most.

What I didn't realize at the time was that these thoughts were shaping my reality, but not in the way I wanted. I had lost the ability to visualize a positive future for myself. I was stuck in a loop of pessimism, unable to see a way out.

Visualizing your ideal reality is not about painting a rosy picture and ignoring the challenges. It's about having the mental strength to envision a future that is brighter, healthier, and more fulfilling. The power of thought isn't just a catchphrase; it's a profound truth. The thoughts you hold can dictate your actions, your reality, and your future.

My journey towards healing began when I realized that I needed to break free from this cycle of negativity. I had to visualize a different future, one where I was in control of my health, where I could cherish moments with my family, and where I was a source of strength rather than a burden.

It wasn't easy, and it required a shift in my thought patterns. I started to focus on what I could do to improve my health and my relationships. I visualized myself engaging in activities that I loved, spending quality time with my family, and taking charge of my well-being.

Over time, as I continued to work on my thought process, I noticed that my actions began to align with my thoughts. I started taking steps towards a healthier lifestyle, communicated better with my family, and became more resilient in the face of setbacks. The power of visualization, combined with a positive mindset, helped me transform my reality.

It's incredible how our thoughts can shape our lives. What we visualize and believe often becomes our reality. This doesn't mean that challenges disappear, but our response to them changes. When you visualize your ideal reality, it becomes a guiding light, a beacon of hope that pulls you forward, even in the face of adversity.

In the chapters that follow, we'll explore how you can apply these principles to your own life. You'll discover that with the right mindset, you can navigate through the challenges and hurdles, ultimately transforming your thoughts into the reality you desire. Your thoughts are powerful; they have the potential to lead you to a life filled with health, wealth, and fulfilling relationships.

Success Story #2



The course Mastering of thought power, has transformed my life by changing by thinking patterns.

I am amazed how our thoughts influenced our lives. During these 5 Days sessions I have learned different NLP tools and techniques which boost my moral and self-confidence, improve my focus and clarity of thoughts, relationships, productivity and above all my believe in Allah.

Now I am feeling that I can create my own positive surroundings and it's my right to be happy, healthy, smart, energetic, rich and successful. I am worthy being appreciated and loved. I am enough for me and not ready to give my command in other's hands. I am a Master of my own life and thoughts. I realised the power of gratitude, humbleness and helpfulness.

Yes, I am motivated to learn and explore new NLP tools and techniques (especially from Dr. Zakiya she is an amazing human being and superb coach).

*Thank You.
Aisha Zaki,
Teacher*

Chapter 6: Goal Setting with Precision

My journey toward healing and transformation didn't truly take off until I realized that I needed to set precise goals. It was a turning point, a moment when I decided to take charge of my life and use the power of thought to shape my future.

When I was trapped in a web of negative thoughts, my life felt directionless. I couldn't see a path forward, and that sense of aimlessness only added to my despair. It was as if I was floating through life without a purpose.

That's when I stumbled upon the concept of setting precise goals. It was like a ray of hope breaking through the darkness. I realized that if I could define what I wanted to achieve, I could work toward those goals systematically.

It wasn't about setting unrealistic or unattainable goals. Instead, it was about crafting clear, specific, and achievable objectives that would lead me toward a better future. I had to set targets for my health, my relationships, and my overall well-being.

It was challenging at first. I had to think about what I truly wanted for my health. Did I want to get back to a certain level of lung function, or was it more about leading a symptom-free life? I had to consider what kind of relationship I wanted with my family. Did I want to be more present, understanding, and supportive? These questions forced me to confront my desires and define them in concrete terms.

As I started setting these precise goals, I found myself gaining clarity about the life I wanted to create. It was no longer a vague image in my mind; it was a well-defined plan that I could work toward. The power of thought had shifted from being a source of negativity to a source of motivation.

Setting precise goals was liberating. It gave me a sense of direction and purpose. It became my road map, guiding me toward a brighter future. I could see the steps I needed to take to improve my health, nurture my relationships, and achieve the wealth of well-being.

But goal setting is not just about jotting down your wishes; it's about making a commitment to yourself. It's about holding yourself accountable and taking responsibility for your thoughts and actions.

As you embark on your own journey of thought transformation, consider setting precise goals. Think about what you want in terms of health, wealth, and relationships. Be specific. Visualize what success looks like for you, and then break it down into achievable steps.

Remember that your goals will serve as your guiding stars. They will help you stay on course, even when the path gets tough. You'll find that the power of thought, when combined with precise goal setting, can be a driving force that propels you toward the life you desire.

In the chapters that follow, we'll delve deeper into how you can act to turn your thoughts into reality. But for now, consider what precise goals you want to set for yourself. Define your vision with clarity, and let it be the foundation upon which you build a future filled with health, wealth, and enriching relationships. Your journey is just beginning, and it's one that has the potential to transform your life.

Success Story #3



My name is Misba. I am from Canada. I am so grateful that I took part in Mastering Thought Power with Dr. Zakiya.

I used to overthink a lot, and I had anxiety and stress issues. I would say that the five days we spent in mastering thought power were incredible. Dr. Zakiya taught me some techniques that I apply in my daily life.

With its help, I can now control my thoughts, and I have restricted my mind to overthinking.

Alhamdulliah, now I see my life in a different way than before. Now I focus on positive things, and I am grateful to God for the things that I have in my life.

Thank you, Dr. Zakiya, for teaching us NLP techniques.

Where Success follows you

Thank you

Misba

Chapter 7: Mastering Your Inner Dialogue

As I continued my journey of thought transformation, I realized that setting precise goals was just the beginning. To truly harness the power of thought and bring about positive change in my life, I needed to focus on mastering my inner dialogue.

Negative thoughts, self-doubt, and destructive self-talk had been my constant companions during the darkest days of my life. I had to confront these inner demons if I wanted to shape a brighter future.

The way we talk to ourselves, the conversations we have within our minds, play a significant role in determining our beliefs, actions, and ultimately, our reality. I had been my own worst critic, and it was time to change that narrative.

Mastering your inner dialogue is about learning to speak to yourself with kindness, encouragement, and support. It's about replacing self-criticism with self-compassion, self-doubt with self-confidence, and self-sabotage with self-empowerment.

I began by observing my self-talk. I paid close attention to the words I used when thinking about my health, my relationships, and my goals. What I discovered was eye-opening. My inner dialogue was filled with negativity, self-criticism, and limiting beliefs.

I realized that if I continued to berate myself with such thoughts, I would never achieve the life I desired. I needed to reframe my inner dialogue and turn it into a source of motivation and strength.

To do this, I started by challenging my negative thoughts. Every time a self-critical or destructive thought surfaced, I questioned its validity. I asked myself if it was based on facts or mere assumptions. More often than not, I found that my negative thoughts were rooted in fear and insecurity, not reality.

I also began to replace these negative thoughts with positive affirmations. Instead of saying, "I can't do this," I started telling myself, "I can overcome this challenge." These positive affirmations became my daily mantras, reminding me of my inner strength and resilience.

Furthermore, I sought support from friends, family, and even professionals to help me reframe my inner dialogue. It was a journey of self-discovery and self-empowerment, and it transformed the way I saw myself and my capabilities.

Mastering your inner dialogue is an ongoing process. It's about creating a supportive and encouraging environment within your mind. When you treat yourself with kindness and belief, you become your own greatest ally.

As you continue on your journey of thought transformation, I encourage you to pay attention to your inner dialogue. Take note of the words you use when you talk to yourself about your health, your wealth, and your relationships. Are they words of encouragement or discouragement? Are they based on facts or assumptions?

Challenge the negative thoughts that hold you back, and replace them with positive affirmations that remind you of your inner strength. Seek support and surround yourself with individuals who lift you up.

Remember, mastering your inner dialogue is a crucial step in harnessing the power of thought to create a reality filled with health, wealth, and enriching relationships. Your thoughts, and the way you speak to yourself, are the building blocks of your future, so make them supportive, empowering, and filled with possibility. Your transformation begins from within, and your inner dialogue is the key to unlocking your full potential.

Chapter 8: Taking Action: Turning Thought into Motion

Once I had set precise goals and mastered my inner dialogue, it was time to bridge the gap between thought and action. The power of thought alone was not enough; I needed to take concrete steps to turn my aspirations into reality.

It's easy to get caught up in the world of ideas and possibilities, but unless you act upon those thoughts, they remain in the realm of imagination. This was a crucial realization on my journey of thought transformation.

Action is the bridge that connects your thoughts to your desired outcomes. It's the catalyst that propels you toward the life you want to create. Without action, even the most inspiring thoughts remain stagnant.

Taking action is not about making grand gestures; it's about starting with small, consistent steps. It's about breaking down your goals into manageable tasks and committing to doing them. Action is the language of transformation.

In my case, I began by focusing on my health. My thoughts and goals were centred around improving my lung function and living a healthier life. But this transformation required action. I committed to regular exercise, a balanced diet, and following my treatment plan diligently.

Taking these actions was not always easy. I faced challenges and setbacks, but my positive mindset and inner dialogue gave me the resilience to keep going. Every small step forward reinforced my belief that my thoughts could indeed become my reality.

When it came to my relationships, I had to take action to repair and strengthen them. My past negative thoughts had strained my connections with my husband and children. To mend these relationships, I engaged in open communication, listened more attentively, and made quality time a priority. These actions helped rebuild trust and understanding.

Action also played a critical role in my professional life. I took steps to enhance my career, and my wealth followed suit. Whether it was seeking new opportunities, investing wisely, or starting side projects, each action I took brought me closer to financial security and independence.

As I look back, I realize that the power of thought was instrumental in guiding me toward the right actions. It provided the motivation and clarity I needed to know which steps to take. My goals, inner dialogue, and actions were all aligned in a way that turned my thoughts into motion.

In your own journey of thought transformation, remember that taking action is a vital part of the process. Don't let your thoughts remain idle in your mind; bring them to life through your actions.

Start by breaking down your goals into smaller, achievable steps. Commit to making progress, no matter how modest it may seem. Consistency is key. As you take action, you'll find that your thoughts gain momentum, and your reality begins to shift in alignment with your desires.

The journey of thought transformation is about more than just thinking positively; it's about turning those thoughts into a force that drives you toward your goals. In the chapters that follow, we'll explore how action, when guided by your thoughts, can help you overcome challenges and obstacles on your path to a life filled with health, wealth, and enriching relationships. Your transformation is not only possible but well within your reach as you continue to put your thoughts into motion.

Success Story #4



I am Uzma Shakeel, I am an entrepreneur

I have found Mastering Thought Power program to be highly effective and powerful program. Before program I was facing very common issue of being able to remove persistent thought from mind, which caused discomfort and hindered ability to focus on work. However, after learning the techniques taught in the program,

I can now easily deal with these thoughts and regain comfort. The most beneficial aspects of the program is that techniques can be used easily in daily routine. Whenever I feel uneasiness, I can utilize these techniques to change mood and refocus on work. Consequently, thoughts no longer disturbed me in daily routine or waste my time and energy in unproductive thinking.

I am inspired by Dr. Zakiya teaching style and practicality of the techniques provided in the program.

*Thanks a Lot,
Uzma Shakeel.*

Where Success follows you

Chapter 9: Obstacle Overcoming: Strategies for Resilience

My journey of thought transformation was not a smooth, linear path. It was filled with obstacles, challenges, and moments of self-doubt. But these hurdles turned out to be some of the most valuable teachers on my path to change.

When I first began my journey, I didn't anticipate the roadblocks that would surface. The negative thoughts that had once consumed me still lurked in the shadows, waiting for an opportunity to resurface. But I was determined not to let them hold me back.

Obstacles can take many forms. For me, they often manifested as health setbacks. There were times when my lung function would decline, or I would face complications that required hospitalization. These moments were tests of my newfound positive mindset and the resilience I had built through my thought transformation journey.

One significant obstacle I encountered was mending the relationships that had strained during my darkest days. Trust had been eroded, and it took time and effort to rebuild it. My family needed to see consistent action on my part to believe in the positive changes I was making.

One of the most significant hurdles I had to overcome was my own self-doubt. Negative thoughts still had the potential to creep in and undermine my progress. When I would face a setback or a challenging moment, I had to remind myself of the progress I had made and the goals I had set.

Resilience became my greatest ally during these times. I had learned to bounce back from adversity, to stay committed to my goals even when the path was rocky. The power of thought, combined with resilience, allowed me to keep moving forward in the face of challenges.

Your journey of thought transformation may also bring obstacles and challenges. They are not to be feared but embraced as opportunities for growth. They can test your commitment to the positive changes you're making in your life.

When you encounter obstacles, remember that your thoughts have the potential to guide you through them. Your goals and inner dialogue will provide you with the mental strength to stay on course, even when the journey is difficult.

In my case, every obstacle became a lesson. They taught me to remain focused on my goals, to engage in open communication with my loved ones, and to remain resilient even in the face of setbacks.

As you navigate your own journey, expect to encounter obstacles. It's a natural part of the process. Embrace them as opportunities to strengthen your resolve and deepen your commitment to a life filled with health, wealth, and enriching relationships.

Through your resilience and the power of thought, you'll find that you can overcome even the most significant challenges. The story of your transformation is one that is shaped by your ability to navigate these obstacles and emerge stronger on the other side. Your thoughts and actions will guide you as you work through these challenges, and with resilience as your ally, you'll discover that you can overcome anything that stands in your way.

Success Story #5

I had the privilege of taking Dr. Zakiya's "Mastering Thought Power" classes from India, and I must say it was a fantastic program! I learned invaluable NLP strategies that have truly transformed how I program my thought process. Dr. Zakiya's teaching style is incredibly practical and easy to grasp. She made complex concepts feel like a breeze, and her practical approach made the learning experience enjoyable.

One highlight was attending her gratitude session, which was so inspiring and motivating. Dr. Zakiya's expertise and her ability to convey these techniques in a simple, effective manner is commendable. I am truly grateful for the knowledge and skills I've gained through her program.

If you're looking to improve your thought power and enhance your mindset, I highly recommend Dr. Zakiya's courses.

Thank you, Dr. Zakiya, for your incredible guidance!

Thank You

Sadia

Teacher.

Where Success follows you

Chapter 10: Achieving Your Dreams: The Urgency of Taking Action

My journey of thought transformation brought me to a place where I had once only dreamed of being. I had overcome negative thoughts, set clear goals, mastered my inner dialogue, and navigated the challenges along the way. I was on the cusp of achieving my dreams, and it was a moment I'll never forget.

As I reflect on my journey, I can't help but think about how far I've come. From a place of darkness and despair, I had managed to create a life filled with health, wealth, and enriching relationships. It was a testament to the power of thought and the potential within each of us.

But here's the key message I want to leave you with: There is an urgency to take action now. The time to transform your thoughts into reality is not in some distant future—it is today. Your dreams are not meant to be idle wishes; they are meant to be brought to life through your actions.

I know that you may have doubts and fears. You may have your own set of obstacles and challenges. But remember, the power of thought, when harnessed and combined with action, can help you conquer even the most formidable barriers.

My story is a testament to this truth. I didn't let my fears or past setbacks hold me back. I didn't allow negative thoughts to overtake my life. Instead, I committed to taking small, consistent actions that brought me closer to my dreams.

Now, I urge you to do the same. Take the lessons and insights from this journey and apply them to your own life. Set clear, precise goals for your health, wealth, and relationships. Master your inner dialogue and choose to speak to yourself with kindness and encouragement.

When obstacles arise, view them as opportunities for growth. Let resilience be your guide through the challenging moments. And most importantly, take action now. Don't wait for the "perfect" moment, for it may never come. The time is now, and the urgency is real.

Your dreams are worth pursuing, and they are within your reach. You have the power to turn your thoughts into reality. With every action you take, you'll be one step closer to the life you desire.

The transformation is not only possible; it's waiting for you to claim it. As I conclude this e-book, I want you to know that the journey of thought transformation is a lifelong process. It's not about reaching a destination but continually evolving and growing.

So, take action today. Set your goals, silence your doubts, and press forward with determination. Your life is a canvas, and your thoughts are the paintbrushes. Paint a masterpiece that reflects health, wealth, and enriching relationships.

Thank you for joining me on this journey, and I wish you all the success and fulfilment as you embark on your path to a life shaped by the power of thought. Your journey starts now.

"Ready to take the next step in your transformation journey? As a special bonus, I'm offering a limited number of one-to-one calls to personally guide you on your path to a healthier, wealthier, and more fulfilling life. Don't miss this opportunity – book your exclusive session now and let's design the life you truly desire!"

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