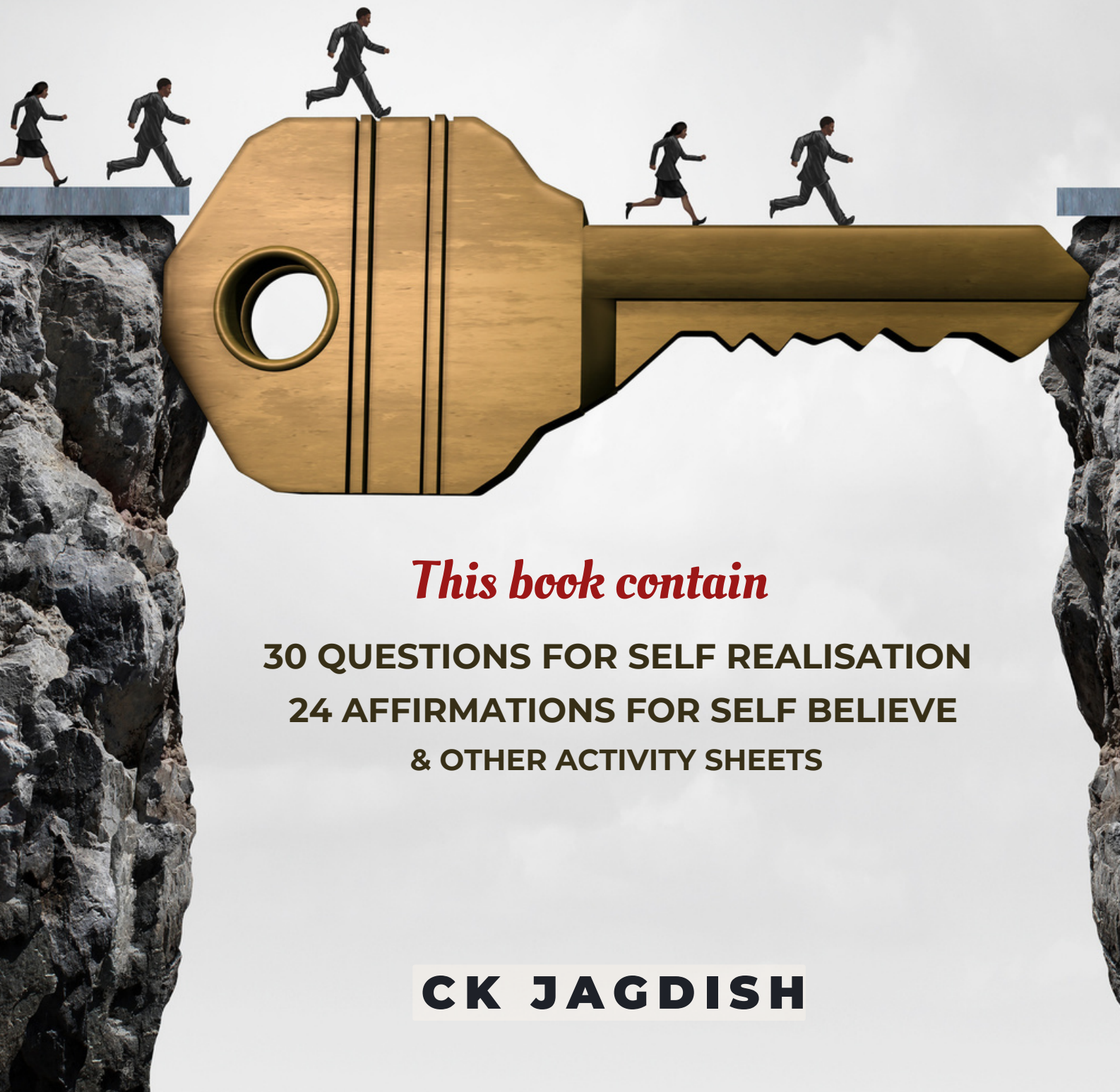


NO ONE CAN STOP YOU ONCE YOU

DISCOVER YOURSELF



This book contain

30 QUESTIONS FOR SELF REALISATION

24 AFFIRMATIONS FOR SELF BELIEVE

& OTHER ACTIVITY SHEETS

CK JAGDISH

Introduction

Must Read this page

You choose this book to read because you are expecting more from yourself. You may be stuck somewhere and looking for a way to grown up. If you are working hard from a long time and you doesnot success then I am sure You must have so many questions in your mind. If I offer you a free consulting session with a very famous life coach or business guru I know you would like to ask him so many questions.

Am I doing any thing wrong ?

Why am I not getting succeeded ?

Is it not the right time for me ?

Does it take more time?

Should I Continue or give up ? and many more.....

I can relate it very easily because I was also also suffering through this. From starting of lock down to till August 2021 I had also go through this time. So many questions in my mind . But didn't able to find any Answer. I was so depressed that I start consulting with a new Astrologer every month, Start taking advice from friends , relatives and neighbors. Bought several online classes. When ever I met any successful person I started questioning him to find my Answers.

After not getting any proper solution from anyone I started reading book. Here I must add onething that I have a good habit of reading book from last 7 years. To give motivational talk I need more contain every time. So book is the main source for me to collect contains. When I go through few books I have got a point that all the answers I am looking for from my surrounding, actually the universe already have given all the answers in side our brain & mind. We Just need to ask our brain and mind.

Our Mind is a advanced encyclopedia. It's the ultimate source of all the answers. When Thomas Alva Edison was struggling to make electric bulb where did he get the knowledge or idea to make it. At that time there was neither any book available on this topic nor Google was present. He find the solution inside his own brain. When brain can give us Electric bulb to Newton's Law, Computer to Pythagoras theorem, how can you think that brain will not be able to give you your answers. It's as easy as drinking a glass of water for us.

In this book you will get 30 questions that has changed my life. Which give me clarity about my vision, goal and meaning of my life.

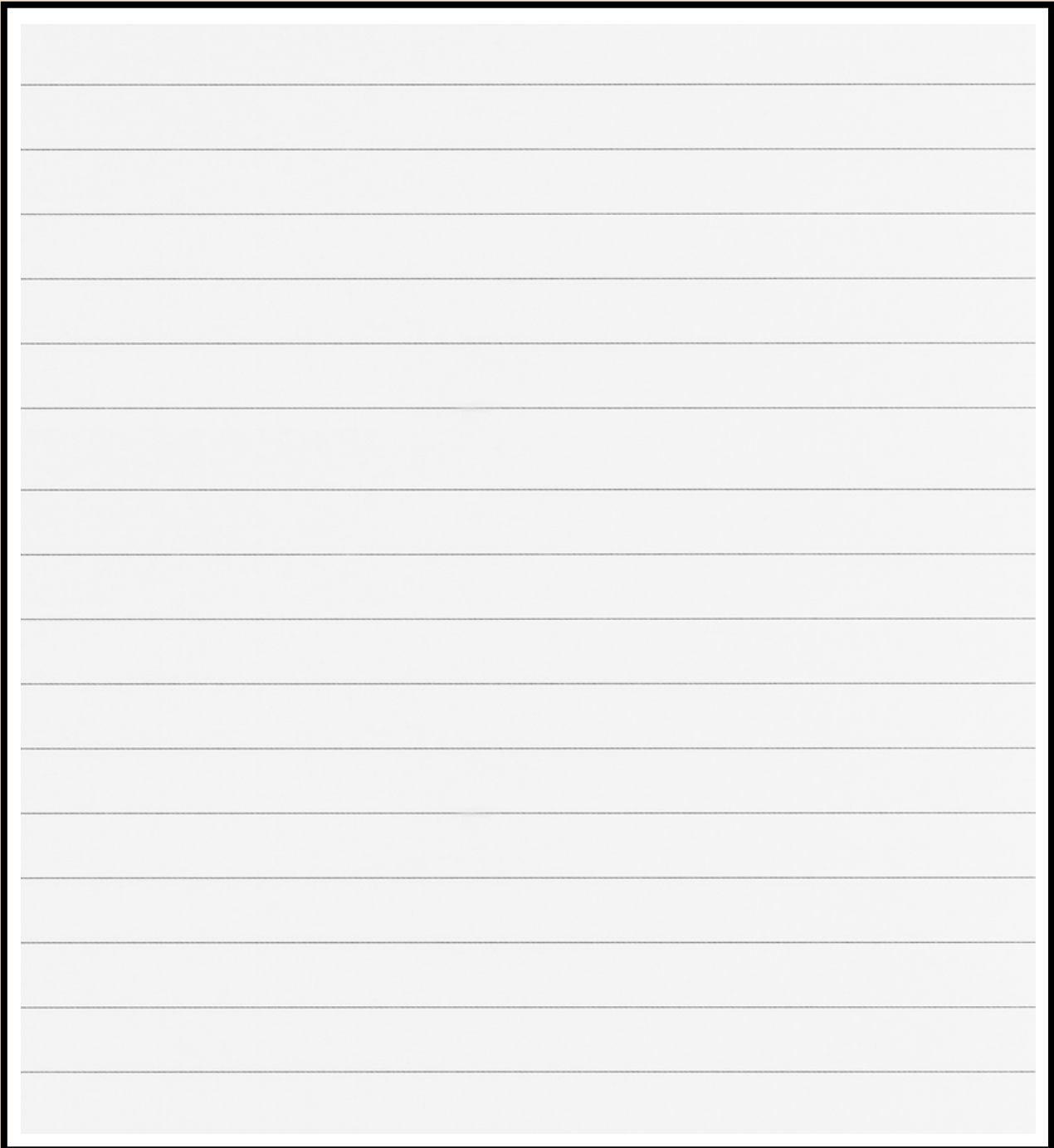
You just need to Invest some time to answer these questions. The best time to answer these questions is in late night or early morning or when you are alone. Practice to answer this questions minimum 5 times to get more clarity.

if you need any help or any further information join our community

Ch Jagdish!



When it's all said and done, will I have said more than I've done?

A large rectangular area with horizontal lines, intended for writing a response to the question above. The lines are evenly spaced and cover the entire width of the box.

GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- ---
- ---
- ---
- ---

NOTES

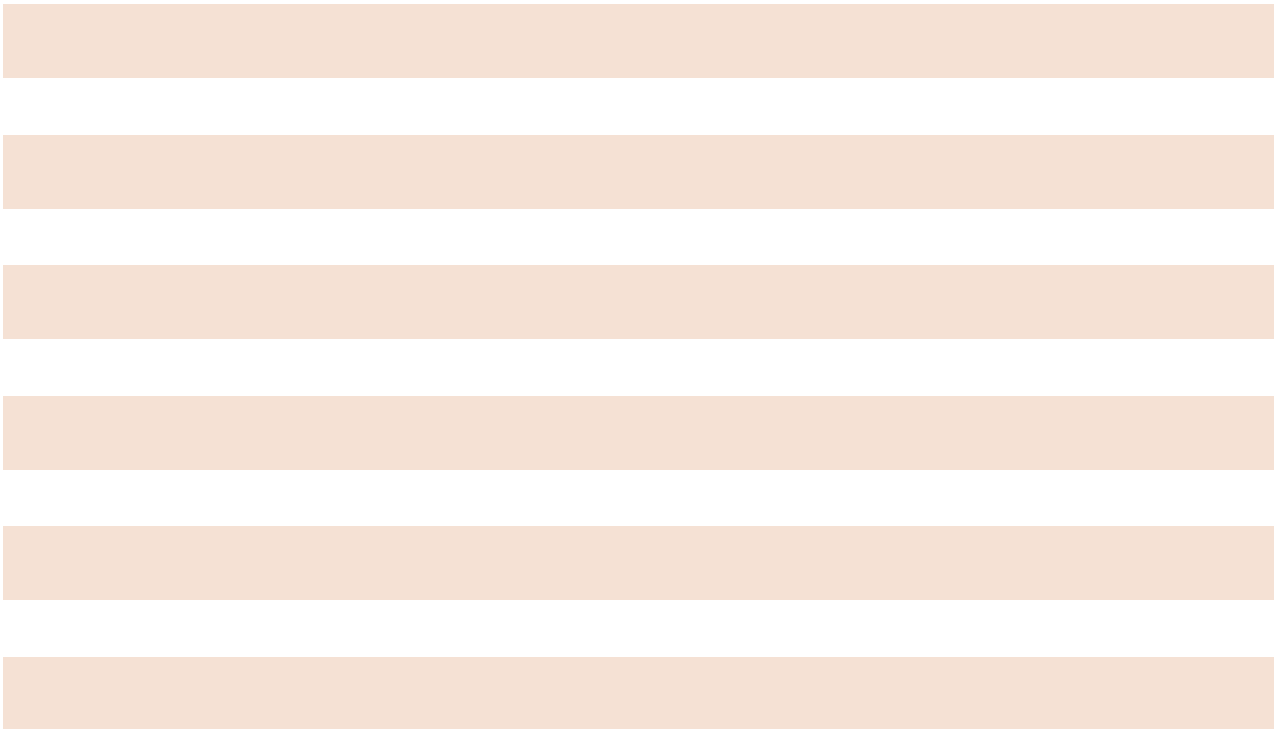
P

POSITIVE EMOTION

Create positive emotions, be your best self and express gratitude.

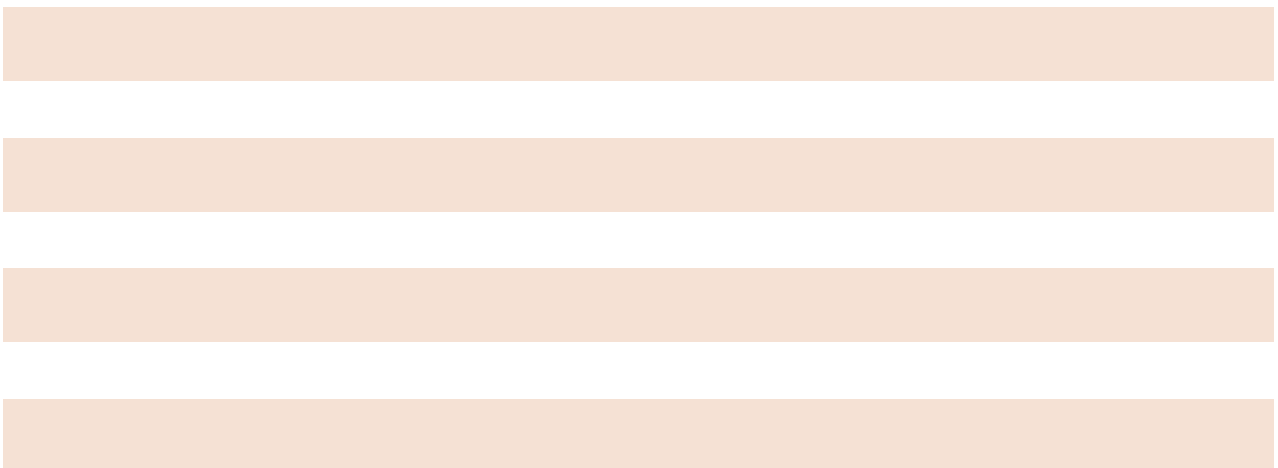
Martin Seligman

Goals:



Seven horizontal light orange bars provided for writing goals.

Reflection:



Four horizontal light orange bars provided for writing reflections.

E

Martin Seligman

ENGAGEMENT

Being mindful, focused and connected in all daily tasks.

Goals:

Reflection:

R

Martin Seligman

RELATIONSHIPS

Make and maintain healthy relationships
and develop resilience.

Goals:

Reflection:



Martin Seligman

MEANING

Identify purpose and live a meaningful life.

Goals:

Reflection:

A

Martin Seligman

ACCOMPLISHMENT

Set goals, be optimistic and celebrate achievements.

Goals:

Reflection:

H

Martin Seligman

HEALTH

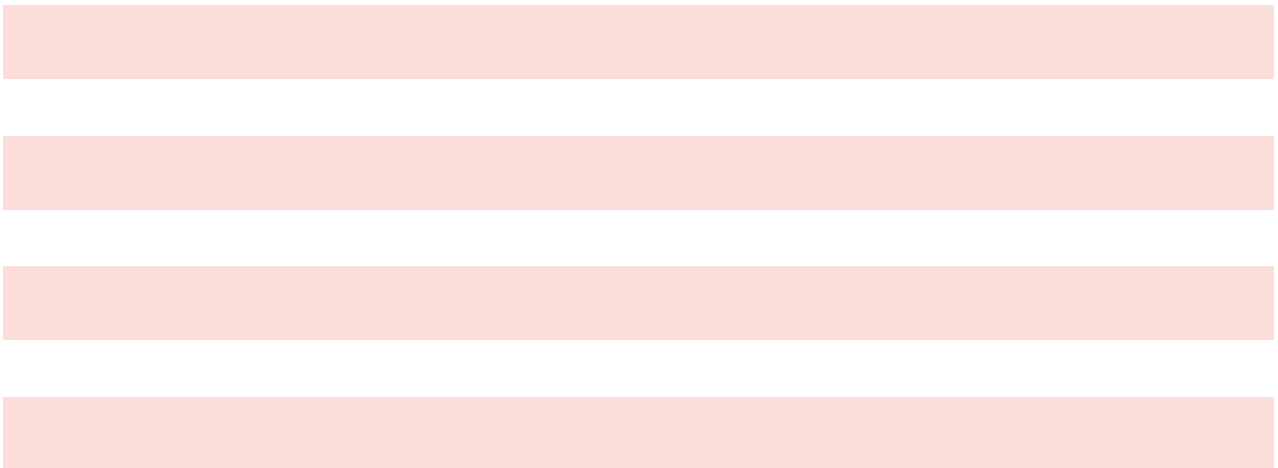
Develop physical and mental habits to help lead a happy and fulfilled life.

Goals:



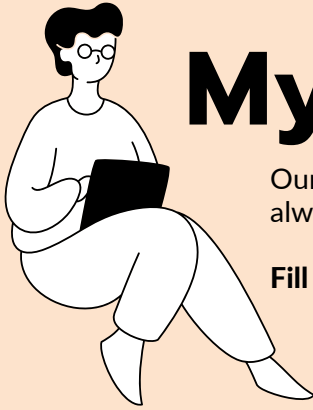
Seven horizontal light pink bars provided for writing goals.

Reflection:



Four horizontal light pink bars provided for writing reflections.

Date:



My Week of Emotions

Our emotions can be divided into four zones: blue, green, yellow, and red. We always try to stay or go back to the green zone and avoid the red zone.

Fill out the calendar below for an overview of the zones you go through in a week.

SUNDAY Today I felt: To stay in the green zone, I tried to: 	MONDAY Today I felt: To stay in the green zone, I tried to: 	TUESDAY Today I felt: To stay in the green zone, I tried to: 	WEDNESDAY Today I felt: To stay in the green zone, I tried to:
THURSDAY Today I felt: To stay in the green zone, I tried to: 	FRIDAY Today I felt: To stay in the green zone, I tried to: 	SATURDAY Today I felt: To stay in the green zone, I tried to: 	

ZONES OF REGULATION

Low energy and motivation to participate

Attentive and feeling positive overall

Uncomfortable and needs to focus

Full of negative emotions and may react harshly

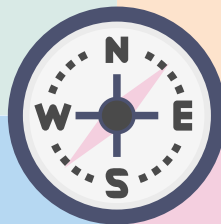
COMPASS PLANNER

WORRISOME

What are the possible worries or issues you might encounter?

NEEDS

What actions or resources would you need for this to work out?

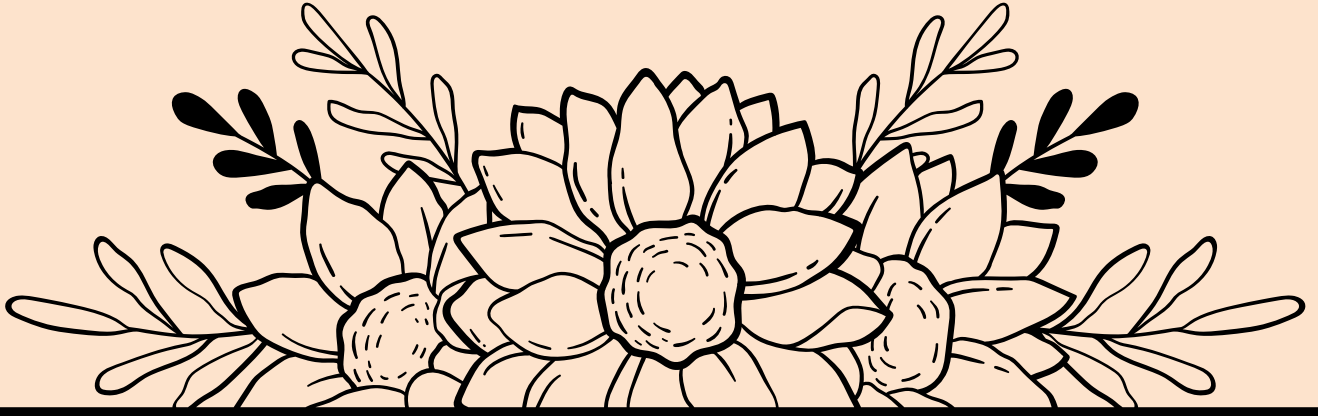


STANCE

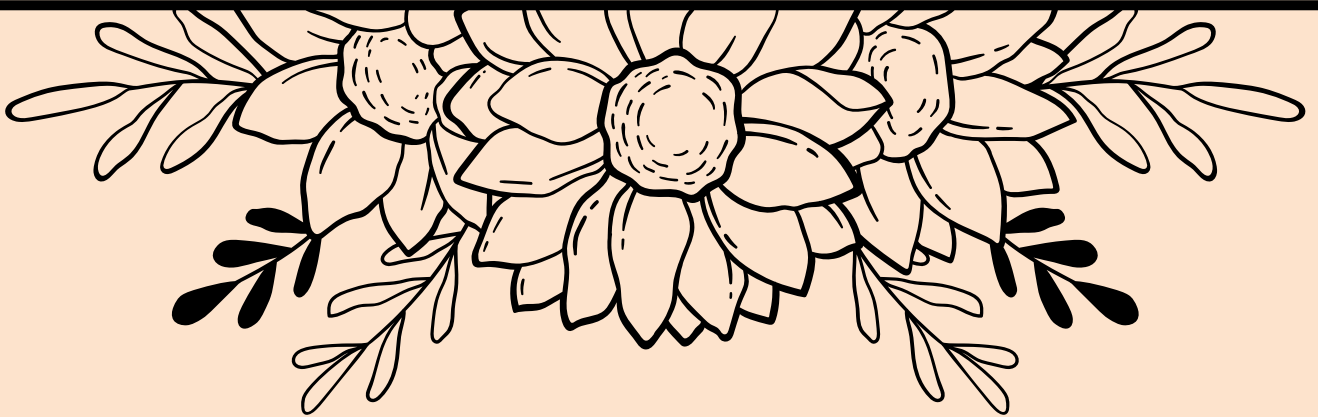
What is your stance on this?
What might be a differing opinion?

EXCITING

What excites you about this?
What are the positives?



AFFIRMATIONS





AMAZING



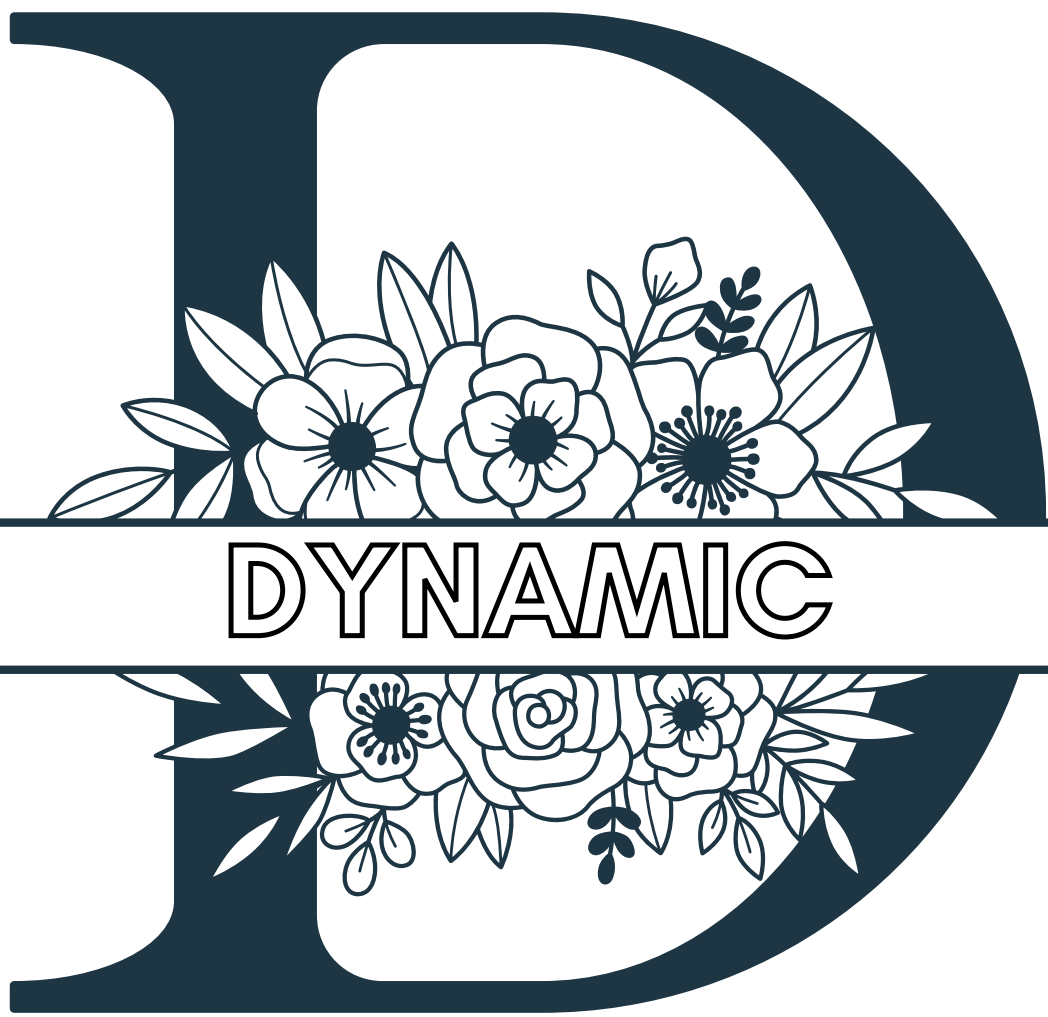
List reasons why you are amazing:



Reflect on why you are blessed:



Write about how you are creative:



Reflect on how you are dynamic:

I



ENERGETIC



I

Write about what energizes you:

A large, empty rectangular box with a thin border, intended for the user to write their response to the prompt above.



FUN



List things you find enjoyable:



Write about a time you were generous:



List things that make you happy:



Share how you have been insightful:



JOYFUL



List memories that make you feel joy:



KIND



Reflect on times you have been kind:

I



LOVING



Who do you love and why?



Reflect on times you have been strong:



Write about nice things you have done:



OPTIMISTIC

What are you optimistic about?



PROUD



Write about something you're proud of:



What makes you stand out from the crowd?



List reasons why you are special:



TRUSTWORTHY



Reflect on why others trust you:



Share what makes you unique:



VALUED



Think about what others value about you:



Reflect on why you are worthy of love:

0



What makes you excited?



YOUTHFUL



What makes you feel young at heart?

Your paragraph text



ZEN



List things that make you feel calm:

Join our community



<https://youtube.com/@ckjagdish9785>



<http://shorturl.at/ctvRT23>



<http://shorturl.at/delmC23>



<http://shorturl.at/vyz23>