SELF COACHING BLUEPRINT

A Repeatable Plan to Boost Your Efficiency and Achieve Your Goals

A balanced goal-setting system
Wheel of Life Test
Practical Tables

Milad Ebrahimi

Cataloging-in-Publication Data
Ebrahimi, Milad (b. 1996)
Title: Self-Coaching Blueprint: A Repeatable Plan to Boost Your Efficiency and Achieve Your Goals, a Balanced Goal-Setting System, Wheel of Life Test, Practical Tables
Subjects: Life coaching, Personal coaching, Self-awareness, Self-actualization (Psychology)
Physical Description: 102 pages; 14 × 21 cm
Language: English
Library of Congress Classification: BF637
Dewey Decimal Classification: 158.3
National Bibliography Number: 9970795

Book Details
Title: Self-Coaching Blueprint
Author: Milad Ebrahimi
Publisher: Ahl-e Sokhan
Edition: First Edition, 2025
First Published: January 2025
Print Run: 1000 copies
ISBN: 978-622-4836-62-5
Price: $11.98

Copyright: © 2025 Milad Ebrahimi. All rights reserved.

For inquiries, contact:
Website: MiladEbrahimi.me
Email: info@miladebrahimi.me

This book is dedicated to everyone striving to become the best version of themselves.

Gift Dedication:
To: _____
From: _____
Date: _____

About This Book

This book is the culmination of over seven years of coaching and continuous learning. Every individual faces unique challenges and questions in life, and as coaches, our role is to guide you toward discovering your own answers.

I created this book as a step-by-step guide to help you uncover those answers and achieve your goals with greater speed and efficiency. Approach this book with the intention of applying its teachings to enhance both your personal growth and organizational productivity.

It is designed not only to inspire but to equip you with actionable steps to move closer to your goals and dreams.

I hope this book becomes a valuable companion on your journey, empowering you to take control of your life and create the success you envision.

About The Autor

Milad Ebrahimi is a productivity coach, author, and international trainer with over nine years of experience in helping individuals and organizations achieve growth and success.

As the founder of Milad Ebrahimi Academy, he has conducted over 260 events and developed numerous educational products aimed at enhancing productivity for managers, employees, and entrepreneurs.

Milad's expertise spans areas such as time management, leadership development, and personal growth. He collaborates with clients across various industries, providing tailored coaching that empowers both individuals and organizations to reach their full potential.

With a passion for inspiring others, Milad is dedicated to helping people lead more productive and fulfilling lives through actionable strategies and a commitment to continuous self-improvement.

Contents

Introduction
An Implemented and Proven Program

The Hidden Traps of Success 14
A Key Secret in the Education Industry 15
The Effect of a Coach in a Word! 15
The Role of an Energy Source in Problem-Solving 16
The Necessity of Reading the Introduction 17
The Power of Silence 18
The Power of Writing 18
How to Use This Book 19
The Reason for This Book's Structure 20
Don't expect sudden change! 21
Book Study Pattern 21
3 Flooding Factors in the Beginning of Change 22
40 Key Days for Change 23
Guaranteed result 23
Your existence is a miracle! 24
The tool for change is in your hands! 24

Chapter 1: Balance
Your Compass for Self-Coaching

My Biography 28
Motivation Letter 29
Are You Committed and Passionate? 30

Commitment 30
Why Balance? 30
Turning point of change 31
Maturity of responsibility 32
Is my life spinning smoothly? 32
Is Balance the Key to Success? 33
What is your definition of Balance? 34
Six Markers of a Truly Balanced Person 35
A short story of life 38
The Perspective of a Balanced Person 38
The Secret to Increasing Hope and Motivation 38
My role models Today 39
My Role Models Table 41
The Boat of Life 43

Chapter 2: The Balance Wheel Test
Identifying Current Position

Test Guide 49
Balance wheel test 50
Business (Job) 51
Finance 52
Lifestyle 53
Health 54
Relationships 55
Social 56
Mental 57
Spiritual 58
Balance Wheel Test Result 59
The state of Balance in my life 59

Chapter 3: Goal to Micro-Action

Five Key Steps to Specified Action Plan

Can I Make a Difference in My Life? 60

Goal Setting from My Perspective 65

Step 1: Choosing a Field 65

How Do We Choose Which Fields to Prioritize? 66

Quick Field Selection 66

Specific Field Selection 67

Three Ideal Fields 68

Keyword Selection 68

The Impact of Attitude on Achieving Goals 69

What is a Goal, in a Word 69

Why is Having a Goal Essential? 70

Common Excuses for Not Setting Goals 70

The Difference Between a Goal and a Desire 71

Zero-One View of Goals 72

Hope and Its Role in Achieving Goals 73

Are you ready to set goals? 73

Step 2: Choosing goals 74

The Level of Pain and Pleasure 75

Pain and Pleasure Table 76

Make Your Goals a Bowl 77

How Many Days Should I Set for My Goals? 78

Step 3: Define Micro-Actions 79

Step 4: Determine the Number of Actions 79

Step 5: Determine an Action Symbol 80

Be Consistent with Your Goals! 80

Don’t Cling to Your Goals 81

Be Cautious Not to Fall Off the Bridge 81
Dream, goals, frequency; which one? 82
Goal to Micro-Action Table 83

Chapter 4: Daily Balance Blueprint
A Practical Approach to self coaching daily

The Miracle of Change 87
Daily Balance System 87
The Role of Good Mood in Change 88
What Is the Secret of Daily Balance? 88
How Do I Live by This Secret? 89
Morning Balance 90
Morning Balance Guide 90
Night Balance 93
Nightly Balance Guide 94
My Assessment Template 97
Your Performance Level 98
Last Note: A Repeatable Plan to Success 99
Morning Balance Table 100
Night Balance Table 101

SELF COACHING BLUEPRINT

A Repeatable Plan to Boost Your Efficiency and Achieve Your Goals

Introduction

An Implemented and Proven Program

In this book, we won't introduce anything entirely new, but rather remind you of what you already know, so you can use it to transform your life. Yes, that is the story of this book. It's a practical guide that equips you with the tools and knowledge to take action and transform your life.

It's exhausting to hear empty slogans repeated endlessly. It is tiring to hear success stories that have supposedly happened overnight. The overwhelming number of trainers and instructors has complicated the education process, making it less personalized and more commercialized.

These days, people often say, "Change your mindset, and your life will follow suit." With this false idea, we sit back and wait without taking any action until our wish comes down from heaven.

It's time to step out of dreams and into action! Enough dreaming! It's time to get up and do something with our lives!

Every journey begins with a thought and is steered by feelings. If you want to remain steadfast on the path to success, believe in your thoughts and align your actions with those beliefs to become the best version of yourself.

A belief that doesn't inspire action is nothing more than an empty word.

Knowledge and information are not the main drivers of change; they serve as supportive tools. Your actions are the factors that fundamentally change your life.

When we overload our minds with motivational phrases and try to move with power on the path to achieving our desires, we may suddenly reach a tremendous dead end. And since, like a bubble, our inner space is filled with no parachute, at any moment, this bubble may reach the point of bursting, and we experience a fall of no return.

It leads to failure when we lack the knowledge to define our path and goals, approach life's challenges with narrow thinking, and obsess over success without meaningful action.

The Hidden Traps of Success

Throughout my coaching journey, I've observed recurring patterns in my clients' words—subtle yet impactful— and in this section, I'd like to share some of them with you.

Here are a few hidden expectations that often hinder our success:

- **I feel completely stuck, but there's no one to guide me. What should I do?**
- **Can I really change this or that in my life?**
- **I wish I could be like someone else and enjoy their circumstances.**

Sometimes, these beliefs hold us back:

- **I don't think I can change my life.**
- **I don't even believe in God. If I did, wouldn't He have helped me when I needed Him most?**

Let's pause for a moment and step off the treadmill of our daily routines. Look back: Are we genuinely satisfied with the life we see? Is this the life we've long aspired to create?

Without moments of stillness, it's impossible to hear the quiet voice of inner inspiration.

A Key Secret in the Education Industry

Relying too heavily on teachers and mentors can become an addiction, leaving you unable to solve problems independently when challenges arise. This dependency can grow to the point where you lose your decision-making power, making it difficult to cope without their constant presence and guidance.

That said, this doesn't diminish the importance of having mentors. The presence of at least one mentor in life is invaluable—but not to the extent that we become reliant on them at every turn.

The Effect of a Coach in a Word!

Having a coach by your side can be transformative. They guide you through challenges by asking targeted questions and helping you uncover your inner potential.

A coach is like a mirror, reflecting your true self. By posing thought-provoking questions or placing you in specific situations, they enable you to confront yourself, gain clarity, and solve problems with precision.

Here's the most important thing I can share with you as a coach:

The answers to every problem already exist within you. The key is learning to listen to your inner voice—those quiet inspirations often drowned out by the noise of daily life—and drawing out the solutions you seek.

I strongly recommend having a highly trained coach to accompany you on this journey, and I encourage you to read this book as your daily companion. Together, they will help you uncover your inner strengths and ascend the peaks of success. This is a message from my heart, and I hope you feel its depth.

We all need someone in our lives who, like a true friend, observes our circumstances from an external perspective and points out the signs we may have missed. The more deeply we understand ourselves, the more decisively we can take steps to change our lives.

This book is designed to be your constant companion, much like a coach's assistant, guiding you moment by moment toward self-discovery and empowerment.

This book is not just a read but a companion, designed to support and guide you moment by moment—much like a coach's assistant—on your journey of personal growth and self-discovery.

The Role of an Energy Source in Problem-Solving

Since we always have a God above us (who is actually, from my perspective, within us), we can easily find a way to solve each of our life's problems.

With a divine energy above us—or, as I see it, within us—we can find solutions to all of life's challenges. The signs we encounter and the inspirations we receive serve as guiding lights along our path.

Yet, there are times when we fail to feel this inner divine presence. Sometimes, our dependence on others for problem-solving silences the voice within. This can lead us to the mistaken belief that there is no divine presence or guidance in life.

If you've experienced this sense of disconnection, I have good news for you: rediscovering clarity and peace only requires a small step toward self-awareness and an alignment with an energy source like God. His presence brings an indescribable calm that can transform your perspective.

Humans inherently possess the answers to their problems. The key lies in quieting the noise, listening to inner inspirations, and uncovering the solutions already within us.

The Necessity of Reading the Introduction

Reading the introduction to a book is not just a formality; it's a vital step.

The inspiration for this book struck me about two years before its publication. The idea resonated deeply with me as I was mentoring some of my loved ones at the time and could clearly see the gap this book was meant to fill.

As ideas for this book came to mind, I recorded them immediately. Over time, I refined and optimized these themes to align with the unique conditions of our country and the specific needs of our clients.

One common trait among most successful people is the presence of mentors in their lives—individuals who have achieved remarkable results in a short span of time. Making the most of your time is, without a doubt, one of the wisest decisions you can make.

The Power of Silence

Over the years, through teaching, coaching, delivering speeches, and engaging with people at various conferences and programs, I've discovered something profound:

The power of silence.

This effect emerges when you focus solely on yourself—your thoughts, your life—and work toward your goals without seeking unnecessary validation or praise from others. It's a quiet, yet powerful force that drives meaningful progress.

This book is not merely about motivating you to dream; it is designed to equip you with the tools to reach your goals and turn your dreams into reality.

The Power of Writing

I'll never forget the time I traveled by train from Mashhad[1] to Tehran[2] (Iran) under difficult financial circumstances. On that journey, I felt deeply connected to God, receiving messages of inspiration moment by moment.

Without any hesitation, I wrote down every insight on the envelope containing the train's meal. I didn't let the lack of proper materials stop me—I borrowed a pen from a fellow passenger and simply began writing. It felt as if I was having

1. One of the cities of Iran. Where I was born and grew up
2. Tehran is the capital of Iran. Where I was developing my business

a conversation with God, and He was offering me the best solutions for my life's challenges.

Many of us underestimate the power of writing. We often doubt its impact, lack a reason to start, or fail to see the motivation even when we sense the need. As a result, we delay writing until the opportunity slips away.

Some people record their daily reflections in notebooks. Others jot down their thoughts and ideas on napkins, scraps of paper, or even digital devices like laptops and smartphones. The medium doesn't matter. Whether it's lined or unlined paper, high-quality or imperfect, written with pen or pencil, or in any color imaginable—what matters is capturing the moment.

Whenever an idea or inspiration strikes, don't wait. Write it down immediately. By doing so, you'll gain a deeper understanding of your thoughts and unlock the true potential of your inner voice.

How to Use This Book

Take your time with this book and allow its message to unfold gradually.

Stay calm, and whenever inspiration strikes, jot down your thoughts in a way that feels natural to you. This will help align your mind with the book's teachings and guide you deeply toward the direction you wish to pursue.

To enhance your experience and make the most of your reading journey, dedicated spaces have been included within the book for you to write. Use these sections to explore your ideas and reach deeper insights more effectively.

The Reason for This Book's Structure

Nearly nine years before the first edition of this book was published, I authored Engineering of Time[3]. Over the years, I received extensive feedback on that book, which helped shape the structure of this one.

The principle I prioritize most in my teaching is simplicity. If a concept is overly complex, it forces the learner to struggle unnecessarily, making implementation much harder.

Unfortunately, some educators—especially in fields like mathematics—believe that presenting a subject in a more challenging way adds to their perceived value or importance.

This mindset often leads to higher fees for additional lessons or remedial classes. In fact, math teachers in schools tend to earn the highest salaries among their peers, largely because of this perception.

Simplicity, however, remains the cornerstone of effective learning and meaningful results. It is this principle that guided the design and structure of this book.

Simplicity is practical

I chose to present the topics in a way that is straightforward yet practical, making them easier to apply in real-life situations. That's why the book in your hands has a unique and engaging structure.

This book serves as a guide for navigating the journey of life. It's designed to inspire and motivate those who are open to receiving it—a resource for building a thoughtful and intelligent life.

3. The first book I wrote Was about time management tricks.

Don't expect sudden change!

If you're hoping for immediate results from the time you invest in reading and applying the material in this book, remember that change doesn't happen all at once.

Once you've created a plan for yourself, don't dwell on why it didn't work perfectly right away. Avoid falling into the trap of saying, "*See? I knew it wouldn't work!*" That's simply not the case.

The structure of this book is designed to first act as a stimulus—providing motivation to get you started. Then, it helps you take gradual steps toward progress, moving beyond where you are now.

The goal is not perfection but improvement—to help you become a little better and move closer to your aspirations.

Book Study Pattern

In today's world, few people are truly fond of reading. Even among those who do read occasionally, discussions often center around the pros and cons of books. Yet, they sometimes live under the illusion that they know everything and, as the saying goes, have become "a product of their times."

Many people, based on their limited experience with books, mistakenly believe that reading cannot bring about significant change in their lives. Do you remember when I mentioned that change doesn't happen overnight?

At this point, we face two options: either we stop reading books and seek other methods—such as practical courses, insightful resources, or effective mentors—or we commit to consistent reading, complemented by practical training and guidance, to achieve our goals more efficiently.

3 Flooding Factors in the Beginning of Change

When you begin the process of learning, your mind subconsciously introduces three barriers to protect you from change: stay where you are, remain in your comfort zone, and resist movement. These three barriers are: a superficial view, a pessimistic view, and inaction.

1. Superficial view:

Upon learning something new, we often approach it superficially, failing to give it the attention it deserves.

"Okay, the text seems interesting."

2. Negative view:

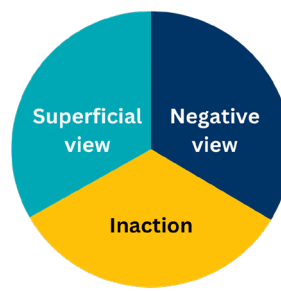
We tend to focus on the negative aspects of what we've learned, doubting its potential to produce results.

"Well, we've learned it. But we've read so many books already—none of them changed our lives."

3. Inaction:

Even when the time comes to apply what we've learned, we hesitate and do nothing.

"Come on, who has the energy to go through all this?"



These are the subconscious commands of the mind, rooted in outdated habits and thought patterns. However, everything can change if we become aware of them and take committed, heartfelt action to transform our lives.

40 Key Days for Change

I have a simple request for you: for the next forty days, give your full attention and commitment to me and the content of this book. Join me wholeheartedly on this journey.

These forty days are pivotal.

They are your opportunity to take a stand for your life and create a positive impact. What you do during this time can directly influence your decisions and shape your future.

Remember, if you approach this period with minimal effort or a superficial and negative mindset, achieving the results you desire will become much harder.

If you truly want to bring about meaningful change in your life and the lives of those around you, stand firm with me for these forty days.

Guaranteed result

Join me step by step on this journey. I assure you, if you follow this path, it is impossible—with the support of God and your dedication—not to move closer to your desires.

It simply isn't possible! This path is filled with opportunities for meaningful results.

If you complete the exercises in this book and do not see the results you seek, we guarantee to refund you three times the book's price.

Our team at ME Academy is here to support and guide you every step of the way. Visit us at: www.miladebrahimi.me.

Your existence is a miracle!

Stop searching for miracles outside yourself—the miracle is you! Your very existence is extraordinary, and within you lies the power to be and achieve anything you desire.

Let me repeat this powerful truth over and over:

Your existence is a miracle.

The answers to life's challenges are already within you. Trust in yourself, and use this incredible gift wisely.

The tool for change is in your hands!

Over my many years of coaching, I have witnessed countless stories of success and failure. I've walked alongside my clients through their highs and lows, learning valuable lessons along the way.

In my own life, I've faced dead ends—moments where finding a way forward felt impossible. Breaking free from those situations often took far longer than I wanted, and it always made me wonder: How can I find a tool to solve my problems more efficiently?

Through reading hundreds of books and participating in numerous (and sometimes costly) training programs, I've learned to overcome challenges and achieve my goals step by step.

Here's the good news:

The tool you've been searching for is already in your hands.

The fact that you're reading this book proves you're ready to receive these life-changing insights.

Stay with me, keep pushing forward, and don't stop until you see the results you deserve.You are worthy of achieving your goals. You are worthy of living a better life.

Now, let's begin. Are you ready?

Let's go…

***

Chapter One

Balance

Your Compass for Self-Coaching



Chapter One

Balance
Your Compass for Self-Coaching

Congratulations!

The fact that we've journeyed together this far in the book is a testament to your readiness to embrace profound and lasting changes in your life.

From this point forward, every page belongs to you. To reach your desired outcomes, continue writing, reflecting, and progressing—step by step.

My Biography

complete the items provided for you.

Full name: .....

Contact number: .....

Email address: .....

Motivation Letter

If you're ready, let's take the first step together by reviewing your motivation for reading this book. Please take your time to fully complete the sections below.

We call this your **Motivation Letter.**

1. Why do you want to read this book?

2. What inspired you to consider making a change in your life?

3. Why did you choose the "Balance" coaching course[1]?

4. What are your expectations from this book?

5. Finally, what is your plan after completing the book?

Let's keep moving forward. Join me on this journey…

1. A dedicated coaching course that is held every year, both in person and remotely.

Are You Committed and Passionate?

Let us commit to our lives with passion and dedication. A person who is committed to their life and loves their journey is unstoppable.

A person who is devoted to their mission and deeply passionate about it creates their own path.

Are you ready to make a 40-day commitment to your life right now?

If so, let's dive in.

Commitment

I, ..., commit to improving my life, working diligently to enhance my living conditions, and taking full control of my time and life, starting today and continuing for the next 40 days.

Signature

From today: / /

To: / /

Why Balance?

Have you ever noticed people who seem to lack balance in their lives? Do they truly feel happy and content? Have you ever experienced moments of loneliness or sadness and thought to yourself:

Enough! How long will I continue to endure this? I can't seem to break free from this routine and create the balanced life I desire.

If this resonates with you, then come with me…

Turning point of change

Many people become stubborn or frustrated when they face such feelings, but others respond a bit differently. This is exactly the moment of change!

It is the turning point where, by making the right choice, you will begin to see change and transformation. Now is the moment you are ready to rise.

Shake off the past and move forward toward your desires with a stronger, more confident stance.

The most important thing in a person's life is a sense of inner satisfaction, a feeling that can only be described as inner peace. No one can give you this feeling consistently and permanently. It doesn't heal in an instant—it takes time.

The most crucial thing in a person's world is a sense of inner satisfaction—a feeling that comes from within. This feeling cannot be given to you by anyone, and it cannot be sustained by external sources for long. It doesn't heal in an instant—it takes time.

Whether you like it or not, whether you believe it or not, we all need healing in our lives. The faster we heal, the faster we awaken to the life we truly desire.

***

Maturity of responsibility

True maturity is achieved when a person accepts full responsibility for their life. When we embrace this responsibility, two remarkable shifts occur:

1. **A deep appreciation for time**
2. **An insatiable desire for learning**

In the first stage, we develop a strong urge to manage our time effectively and take control of our lives. As a result, we begin to use every moment as an opportunity to learn and grow.

However, human nature and societal norms often tempt us toward irresponsibility, as avoiding responsibility can feel easier and more comfortable.

Reflecting on this idea can be valuable:

Good things come to those who wait, but better things come to those who try.

Is my life spinning smoothly?

Achieving balance in your life is key to living a happier and more fulfilling life. When you are balanced, you feel content with your performance and, simply put, you feel good. As the saying goes:

Your wheels are turning well.

However, the definition of balance varies depending on your personality type.

To help you better understand yourself, I've included a personality test with detailed instructions on my website[2].

2. www.miladebrahimi.me

Taking the test can provide insights and guide you toward better decision-making. For now, read through this section carefully and complete it step by step to make the process easier.

Is Balance the Key to Success?

Balance is crucial in all aspects of life—whether it's sleep, nutrition, exercise, work, or study. Yet, imbalances are often evident in our daily lives.

Consider the example of Albert Einstein[3]. Despite his monumental contributions to science, his personal life and relationships were seen as imbalanced by many. His wife, primarily known as a caregiver, and his son, a vocal critic of his father, highlight these challenges.

Similarly, Steve Jobs[4], renowned for his groundbreaking innovations, experienced significant imbalances in his personal relationships and other areas of life. Even within our own society, many successful individuals are perceived as unbalanced by those around them.

However, balance in life is a choice—it's something you define for yourself. What may seem unbalanced from one perspective could be entirely harmonious from another. For instance, Einstein and Jobs might have considered their lives balanced based on their personal priorities and goals.

The key takeaway is this: Balance is subjective. It's not about conforming to others' standards but about defining what balance means to you and aligning your life accordingly.

---

3. Albert Einstein was a physicist who revolutionized science with the theory of relativity.
4. Steve Jobs was the visionary co-founder of Apple, transforming technology and design.

Take a moment to reflect on your own definition of balance. What does it mean for you, and how can you achieve it in a way that aligns with your values and aspirations?

What is your definition of Balance?

The critical question is:

Who defines balance, and what does it mean to us?

We have the choice to either shape our sense of balance based on other's opinions or to define it for ourselves. The important thing is recognizing that balance is a personal and subjective experience.

Take a moment to reflect:

- **When do you feel balanced in your life?**
- **What circumstances or situations bring you a sense of harmony and fulfillment?**

Start by defining what balance means to you. Once you've articulated that definition, strive to align your life with it. Write it down now. Capture the elements of your life that make you feel like a balanced person.

By clarifying and committing to your unique sense of balance, you take the first step toward living a more harmonious and intentional life.

.....
.....
.....

Here, we have reviewed your definition of balance:

It is not necessary to achieve perfect balance to live a happy and successful life. What truly matters is being on the path toward balance.

Is there a way to cultivate balance in our daily lives so we can gain better control over ourselves—mentally and physically—while achieving success and feeling happiness?

This world operates as a cycle of recurring events. As individuals, we are constantly moving either closer to our desires or toward the things we wish to avoid. Ultimately, we receive what we are prepared to embrace.

***

Six Markers of a Truly Balanced Person

1. They live by their own rules.

Truly balanced individuals create their own set of rules, independent of the expectations imposed by society or those around them.Do you have your own rules for life? If not, start now. Define the principles that guide your actions and decisions.

Live by your rules!

It doesn't matter what others think about your actions or behavior. Shape your world—and your future—based on your desires, your vision, and your capabilities. Be unapologetically yourself!

2. They are the kings of their own lives.

Balanced individuals approach life with an extraordinary attitude. When you feel fully in control of your life—no matter the circumstances—and can cultivate a sense of satisfaction, you truly become the king/queen of your own life.

You only live once, so live like royalty. Live beautifully. Live for yourself. Remember, whatever you strive for becomes a part of you.

If you stay true to yourself and shape your life according to your desires, you will undoubtedly experience a life filled with greater beauty and fulfillment!

3. Their trust is in God.

Balanced individuals place their trust in God, the source of the heartbeat that sustains them every moment. By trusting in Him, they experience His unparalleled power and presence in their lives.

To trust in God is to release worry about outcomes. It means having faith that what you desire will come to fruition in its time. He is always there, present in every moment of your life.

Feel His presence—not just around you, but within you and beside you in every step you take.

Trust in God's boundless power, and let that trust bring peace and strength to your journey.

4. They live healthily

Balanced individuals prioritize their health and strive to live wholesome, healthy lives.

Make an effort to live healthily!

A healthy life will grant you the experience of true vitality and well-being!

5. They are grateful.

Balanced individuals are deeply grateful for the blessings and circumstances they encounter, moment by moment.

Practice gratitude if you want to experience genuine, long-lasting positive feelings—even if it's just for a short, consistent period.

Undoubtedly, this brief but sweet period of gratitude will bring such peace that it will motivate you to continue on this path, leading to even more enriching experiences.

Walking the path of happiness and maintaining it throughout your life will bring you incredible fulfillment.

6. They are crazy.

Being "crazy" is a conscious choice for balanced individuals. Yes, they've chosen to live authentically and unapologetically. Because of this, many may label them as crazy. But in my view, this kind of "crazy" is far better than living for years behind the mask of being a "good person."

Be crazy! Be yourself, even if others laugh at you. Madness has always been the turning point for transformation and change.

***

A short story of life

Life is a journey of growth and development—rising beyond fears, pushing through disappointments, and embracing what is unpleasant to us. At times, we must leave these behind, whether for our own sake or for the sake of our spouse, children, or family.

In any case, walking this path is necessary to create a life of transcendence. One might even say it is indispensable.

The Perspective of a Balanced Person

The attitude you adopt when starting to change your life is crucial. It's far better to take steps toward improvement while things are going well, rather than waiting for the worst circumstances to force change.

Ultimately, this is a choice—a choice for which only you are responsible. Yes, you heard that right: it's up to you, and only you.

The Secret to Increasing Hope and Motivation

Let's take a moment to reflect on the different experiences in our lives.

When you think about your positive experiences from the past, how do they make you feel?

Successful and balanced individuals make it a habit to revisit their positive past. By reviewing their achievements, they renew their motivation and build hope for themselves time and time again.

Motivate yourself by reflecting on your past successes.

- **What are some accomplishments you are proud of?**
- **Which memories bring you joy and satisfaction?**

Write down a few examples of positive experiences that inspire you right now.

.....
.....
.....
.....

Motivate yourself by reviewing positive experiences from your past. Successful and balanced individuals seize every opportunity to reflect on their achievements and draw strength from their positive memories.

***

My role models Today

Let me ask you something:If you could go back to the past,

- **who would you choose as role models in your life?**

The first names that come to mind are often the most significant.

- **Who are the people you admire?**
- **Whose characteristics do you find inspiring?**
- **Who are the individuals you aspire to be like in the future?**

those you've perhaps thought to yourself:

"I wish I were like him/her…"

Take a moment to reflect on this and write down the names of at least five people who come to.

1.....

2.....

3.....

4.....

5.....

Now, if you had to choose only three people from all the names you've reviewed or written in your mind, who would they be?

1.....

2.....

3.....

In the table provided, write down the names of three individuals who inspire you the most.

Beneath each name, list at least ten qualities you admire about them—traits or characteristics that you find remarkable or endearing.

It's simple. Take a few thoughtful moments to complete this exercise.

Once you've finished, join me as we dive deeper and answer the following questions together.

My Role Models Table

Row	First Person	Second person	Third person
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

- **What traits of your role models stand out to you the most?**
- **Which qualities set them apart from others, and which ones do you envy them for possessing?**

Take a moment to reflect and identify the positive characteristics that your role models share.

Now, go back and mark the traits that overlap among them. In this section, write down three of their most essential shared characteristics.

1.....

2.....

3.....

The characteristics you admire in others are often the same traits you wish to cultivate within yourself. These qualities form the foundation of your value system.

Did you know that these traits, whether consciously or subconsciously, directly influence your daily decision-making?

The three characteristics you identified are deeply connected to your value system. Many of the decisions you make each day are rooted in these values.

Whether intentionally or not, you tend to choose goals that allow you to embody and experience these traits in your own life.

***

The Boat of Life

Our life is like a boat navigating the sea. Each of us charts a unique course in this vast expanse. Some choose the safety of the shore, embracing a risk-free lifestyle, while others venture toward distant islands, striving to thrive amid turbulent waters. The heart beats with desire, pushing us to move forward.

Whenever we stop rowing our boat and cease striving for progress, we surrender ourselves to the sea's unpredictable waves. We neglect ourselves, our purpose, and our God, allowing the current to pull us into the depths.

Whether we realize it or not, we each choose our path.

My goal is to teach you how to row wisely and purposefully, so you can enjoy the journey and reach the shores and islands you desire with as little trouble as possible.

Speaking of the sea, the boat, and rowing, let's consider two important points:

For me, the ship symbolizes patience and gratitude. In the vastness of the sea, there is no clear path—just as in life, the way to our desires can be uncertain.

You are the captain of your ship, the sailor equipped with a map[5] and compass[6]. As the captain, you must constantly adjust your course to stay on the right path and avoid straying into dangerous waters.

You can only succeed as a sailor with the power of trust and faith! If you're ready, set sail. It's time to transform our small boat into a mighty ship—one that can withstand the waves, accelerate our progress, and enhance the quality of our lives.

---

5. The roles you are designing.
6. The compass and the tools that you will get to know in the last chapter

Remember, the sea doesn't always favor the sailor, but the sailor's God always provides a way. You are Noah, the captain of your ship—do not fear the storm.

You can be such a sailor only with the power of trust and faith!

If you are ready, go! Now, it is time to develop our boat into a ship. This will increase our resistance to life's waves, speed in achieving our goals, and quality of life.

Remember, circumstances do not always lie with the sailor, but the God of the sailor will solve everything.

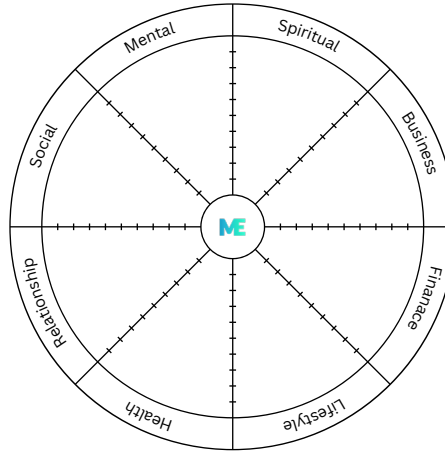
Because you are Noah, the sailor, do not be sad about the storm.

***

Chapter Two

The Balance Wheel Test

Identifying Current Position



Chapter Two

The Balance Wheel Test
Identifying Your Current Position

Welcome to the second chapter of the book. Here, we will explore the balance wheel of your life.

- **Where are you on the balance wheel right now?**

Each of us makes unique decisions and holds distinct personal and professional roles.

But if we were to evaluate our current position, how would we go about it? Can we assess where we stand today and use that understanding to plan for a better future? Can continuous evaluation help us design a more effective roadmap for the life we desire?

Let's dive into the test.

What is this test all about?

Read on to find out...

Test Guide

One common method used by business consultants and coaches is assessment through scoring. For example, if you were to evaluate your business or emotional relationships, what score would you give yourself on a scale of 1 to 10?

In the balance test below, you'll find eight main fields, each divided into ten sections. Each section includes a column labeled keyword[1].

Here's what you need to do:

Complete the tables provided.

Write a score between 1 and 10 for each row based on your current situation. Be honest with yourself.

Take your time with the test—it's an essential step before moving forward with the book.

Don't skip this test or rush through it.[2] Reflect deeply and allow yourself to connect with the process.

If you wish, play some relaxation music while completing the test. You can download calming audio files from the website[3]

If you encounter any ambiguity while working on this test or its exercises, don't stress. Trust your inner voice. Your inner self holds the answers to your concerns—listen to it and let it guide you.

***

1. In the following, you will learn about keywords and how to use them.
2. Your continued reading of the book up to this point symbolizes your readiness.
3. www.miladebrahimi.me.

Balance wheel test

This test has no wrong answers and no negative scores.

The only requirement is honesty with yourself. Even if your answers are uncomfortable or painful, remember that self-deception will only hinder your progress.

Keep in mind that no one else will see your answers.

For each statement in the following tables, rate yourself on a scale of 1 to 10.

The higher the score, the more you agree with the statement.

Are you ready?

Let's begin!

Business (Job)

Row	Title	Keyword	Score
1	How satisfied are you with your current business or job role?	Job Satisfaction	.....
2	Are you progressing in your career?	Career Growth	.....
3	How aligned is your work with your passions?	Work Alignment	.....
4	How well do you manage your time at work?	Time Management	.....
5	Are you receiving enough support and resources at work?	Work Resources	.....
6	How productive do you feel on an average workday?	Work Productivity	.....
7	Do you feel recognized and valued at your workplace?	Work Recognition	.....
8	How well do you balance your work and personal life?	Work-Life Balance	.....
9	Are you satisfied with the skills you're using in your business or job?	Skill Utilization	.....
10	Do you enjoy the environment and culture of your workplace?	Work Environment	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Finance

Row	Title	Keyword	Score
1	How secure do you feel financially?	Financial Security	.....
2	Are you able to save money regularly?	Saving Habits	.....
3	Is your income sufficient for your needs?	Income Sufficiency	.....
4	How well do you manage your expenses?	Expense Management	.....
5	Are you free of debt or have a plan to manage it?	Debt Management	.....
6	Do you have clear financial goals?	Financial Goals	.....
7	Are you satisfied with your current investments?	Investment Satisfaction	.....
8	How well do you understand your financial situation?	Financial Awareness	.....
9	Do you have an emergency fund in place?	Emergency Fund	.....
10	Are you financially prepared for retirement?	Retirement Planning	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Lifestyle

Row	Title	Keyword	Score
1	Are you happy with your daily routine?	Daily Routine	.....
2	How often do you make time for hobbies?	Hobby Engagement	.....
3	Do you take time for personal relaxation and fun?	Leisure Time	.....
4	Are you exploring and learning new things regularly?	Personal Growth	.....
5	How satisfied are you with your diet and nutrition?	Healthy Diet	.....
6	Do you have a consistent sleep schedule?	Sleep Consistency	.....
7	How often do you travel or take breaks?	Travel Frequency	.....
8	Are you actively maintaining a healthy work-life balance?	Life Balance	.....
9	How clean and organized is your living space?	Home Organization	.....
10	Are you satisfied with the quality of your clothing and possessions?	Material Quality	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Health

Row	Title	Keyword	Score
1	How often do you exercise or stay physically active?	Physical Activity	.....
2	Are you maintaining a healthy weight?	Healthy Weight	.....
3	How often do you get medical checkups?	Health Checkups	.....
4	Are you free of chronic pain or illness?	Chronic Health	.....
5	Do you feel energetic throughout the day?	Energy Levels	.....
6	How well do you hydrate daily?	Hydration Levels	.....
7	Are you free of unhealthy habits like smoking or excessive drinking?	Healthy Habits	.....
8	Do you get at least 7-8 hours of sleep daily?	Quality Sleep	.....
9	How strong and flexible do you feel physically?	Strength and Flexibility	.....
10	Are you satisfied with your overall physical health?	Health Satisfaction	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Relationships

Row	Title	Keyword	Score
1	How close are you to your family members?	Family Closeness	.....
2	Do you feel supported emotionally by your family?	Emotional Support	.....
3	How often do you spend quality time with family?	Family Time	.....
4	Are your family relationships free of significant conflicts?	Conflict Resolution	.....
5	How satisfied are you with your romantic relationship?	Romantic Satisfaction	.....
6	Do you openly communicate with your loved ones?	Open Communication	.....
7	Are you actively building trust within your relationships?	Trust Building	.....
8	Do you feel appreciated by your family?	Appreciation	.....
9	How well do you manage responsibilities within your family?	Responsibility Sharing	.....
10	Are you content with the overall dynamics of your family?	Family Dynamics	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Social

Row	Title	Keyword	Score
1	Do you have close friends you can rely on?	Close Friendships	.....
2	How often do you spend time with friends?	Social Interaction	.....
3	Do you feel accepted by your social circle?	Social Acceptance	.....
4	Are you comfortable making new friends?	Social Comfort	.....
5	Do you actively participate in community activities?	Community Engagement	.....
6	How well do you handle social conflicts?	Conflict Management	.....
7	Are your social activities fulfilling and enjoyable?	Social Fulfillment	.....
8	Do you feel supported by your social network?	Social Support	.....
9	How satisfied are you with your communication skills?	Communication Skills	.....
10	Do you feel respected in your social interactions?	Social Respect	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Mental

Row	Title	Keyword	Score
1	How often do you feel calm and relaxed?	Mental Calm	.....
2	Do you manage stress effectively?	Stress Management	.....
3	Are you free of overwhelming anxiety or worry?	Anxiety Levels	.....
4	Do you feel mentally focused and sharp?	Mental Focus	.....
5	Are you content with the pace of your thoughts?	Thought Control	.....
6	How often do you take time for self-reflection?	Self-Reflection	.....
7	Do you feel optimistic most of the time?	Positivity	.....
8	Are you satisfied with your problem-solving abilities?	Problem Solving	.....
9	Do you avoid negative self-talk?	Positive Self-Talk	.....
10	Are you able to focus on the present moment?	Mindfulness	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Spiritual

Row	Title	Keyword	Score
1	Do you feel connected to a higher purpose?	Higher Purpose	.....
2	How often do you practice gratitude?	Gratitude	.....
3	Are you aligned with your values?	Value Alignment	.....
4	Do you take time for spiritual practices or rituals?	Spiritual Practice	.....
5	Are you content with your moral decisions?	Moral Contentment	.....
6	How often do you engage in acts of kindness?	Acts of Kindness	.....
7	Do you feel at peace with life's uncertainties?	Inner Peace	.....
8	Are you actively seeking spiritual growth?	Spiritual Growth	.....
9	How well do you forgive yourself and others?	Forgiveness	.....
10	Are you living a life that feels meaningful to you?	Life Meaning	.....
		Total:	.....
(Average: Simply Divide the Total by 10)		Average:	.....

Balance Wheel Test Result:

Use the guide below to determine your current state of balance.

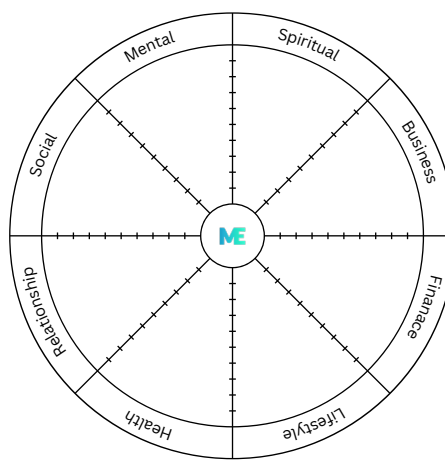
Write down the average final scores for each category from the tables on the previous pages. To calculate the average, simply divide the total score by 10.

Business:	.....	Relationships:	.....
Financial:	.....	Social:	.....
Lifestyle:	.....	Mental:	.....
Health:	.....	Spiritual:	.....

Transfer the final scores to the chart provided.

Start at the center of the wheel and connect the points for each category. This will create a visual representation of your balance wheel. If there are significant deviations or flat spots, you'll better understand why your life may not be turning as smoothly as you'd like. (Today Date: / /)

The state of Balance in my life



Can I Make a Difference in My Life?

This is a question I frequently encounter in my consulting and coaching sessions. Many people wonder if meaningful change is even possible, especially when they feel constrained by factors like age, gender, economic circumstances, or the political environment they live in.

It's easy to believe that your current situation defines your future. But let me assure you—change is always possible, regardless of external conditions.

There are countless examples of individuals who have faced overwhelming obstacles yet managed to transform their lives.

And the good news is, you can do it too.

If you ever find yourself doubting your ability to change, take a moment to reflect on the stories of those who have succeeded, even when they felt stuck or limited by their circumstances.

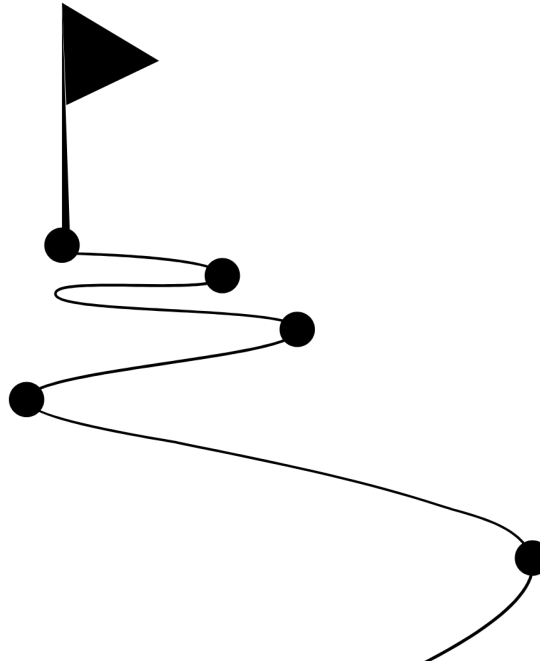
Remember, it's not about waiting for the perfect moment or ideal conditions—it's about taking small, actionable steps toward the life you want to create.

***

Chapter Three

Goal to Micro-Action

Five Key Steps to Specified Action Plan



Chapter Three

Goal to Micro-Action
Five Key Steps to Specified Action Plan

Now that you've completed the balance test, it's time to write down your new goals and desires—the most important decisions of your life.

What significant decisions do you need to make from this point forward?

One of the primary objectives of this book is to expand your vision of the future, enabling you to focus more intently on what lies ahead.

Always remain optimistic about the future and its possibilities, as this will help you design the path forward with greater clarity and intention. Don't allow yourself to be bogged down by the past or the opinions of others. Remember, God didn't create you without purpose—so live with intention and purpose.

First, I ask you to assess where you are right now. Once you have that clarity, we'll identify the path you want to take. This is the essence of the journey.

Goal Setting from My Perspective

Many trainers have written books about goal setting, and there are countless courses offering different—and sometimes contradictory—teachings on the subject.

As a self-actualization coach, I believe that when you set a destination for yourself, your entire being and the universe will align to help you move faster toward your goal. When you establish a goal, the Earth and time work in harmony to support your journey.

This alignment happens when you don't merely keep your goal in mind but give it enough value to commit to it by writing it down.

Set your goals while actively designing the path ahead in your life! You can leave behind your past failures and embrace the beautiful life you're capable of creating for yourself.

What's fascinating is that once you've identified your patterns and understood your value system, you can consciously design your goals based on those values. We are here to support you every step of the way. Now, the choice is yours.

In which areas of your life do you want to make a change?

Step 1: Choosing a Field

Do you want to improve your financial situation or strengthen your emotional relationships? Would you like to enhance your physical health? Are you determined to connect more deeply with the Source of Being and God?

Choose the one that matters most to you, because your choices will ultimately shape your life.

How Do We Choose Which Fields to Prioritize?

In this section, I've suggested two methods for selecting a field: **Quick** or **Specific.**

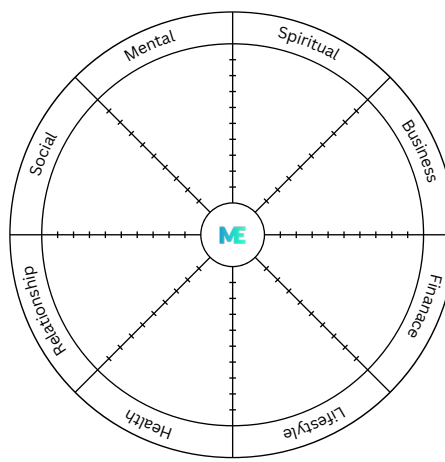
If you prefer to make a quick decision and already have a clear answer in mind, feel free to skip the detailed field selection on the following page.

However, if you're seeking a more thoughtful and detailed approach to selecting the field you want to improve, I recommend studying both methods. This will help you choose the area of your life where you can make the most meaningful improvements with greater understanding.

Remember, you are about to decide how to transform your life over the next forty days. The choice you make now will shape the direction of the coming days, so take your time and choose wisely.

Quick Field Selection

Take a moment to carefully review the eight fields. In the image below, you can select among the three fields that stand out to you.



- **What is the most essential thing you want to improve in your current life?**
- **What is occupying all your thoughts and memories, even keeping you awake at night?**

Are you ready to decide which area of your life you want to change?

My Chosen Fields:

1.....

2.....

3.....

***

Specific Field Selection

To help you get started, I offer you three patterns to determine the area of change for yourself:

Pattern 1: Balance

Which field has the lowest score, and do you feel the most motivated to improve it?

Pattern 2: Intention

In the next 40 days, which area would you like to dedicate your time and effort to?

Pattern 3: Aggression

Among all the fields, which one is most crucial for you to improve right now?

Three Ideal Fields

From all the fields you have tested, select an average of three fields you want to focus on over the next 40 days.

To live smartly and take control of your life, start by identifying the field that aligns with each of your goals.

For instance, if you decide to set three new goals for yourself, what criteria will you use to choose these goals?

Write down those criteria in this section:

1. Pattern ..... My chosen field: .....
2. Pattern ..... My chosen field: .....
3. Pattern ..... My chosen field: .....

Keyword Selection

As you may recall, each table contained ten rows, and each row included a column labeled "Keywords[1]."

Now, it's time to decide which keywords you want to focus on and improve.

1. Pattern: ..... My chosen field: ..... Keyword name: .....
2. Pattern: ..... My chosen field: ..... Keyword name: .....
3. Pattern: ..... My chosen field: ..... Keyword name: .....

As you select your keywords, you are also entering the goal-setting stage. A specific goal can be broken down into smaller, actionable steps.

Great job! You've successfully identified the fields and keywords (with their brief definitions).

Now, it's time to define clear and transparent goals.

1. You can go back and review pages 51-58, where the keyword appears in the tables.

Question: What if the goal I want to choose doesn't fit into the specified fields?

If your goals don't align with the specified fields, you can create a default auxiliary field and set your goals within it.

The main purpose of this test is to build a structure that simplifies the process of personal assessment and goal-setting for improvement.

Let's not overcomplicate things. You can also categorize the auxiliary goal under one of the lifestyle sections.

Now, let's get started and make progress!

The Impact of Attitude on Achieving Goals

A person with the right attitude can achieve success in any situation, regardless of the country, economic conditions, or other external factors.

To reach your goals, approach this book with a positive mindset. Such an attitude will guide you swiftly toward achieving your heart's desires.

Living a purposeful life requires having a goal—there's no way around it. Without a goal, life becomes ordinary and uninspired.

What is a Goal, in a Word?

A goal is a specific, measurable achievement that signifies progress and success in our personal or professional life.

Achieving a goal requires a systematic plan. While this might seem challenging at first glance, it becomes manageable with the right approach.

Why is Having a Goal Essential?

Having a goal makes life more purposeful. It allows us to use our resources and time efficiently while also improving our physical health.

When you take control of your life, your body's defense system becomes stronger. You'll live healthier, catch colds less often, visit the doctor less frequently, and shift your focus from negative health concerns to positive ones. You'll think about exercising and engaging in meaningful, productive activities.

Having a goal also increases your chances of success. A clear and tangible goal gives you a sense of direction—when you wake up, you know exactly what to do with your life.

Moreover, when you have a goal, you care less about other's opinions and focus more on living authentically for yourself.

But if goal-setting is so important, why don't we set goals?

Common Excuses for Not Setting Goals

As a coach, I've heard these excuses time and time again:

- **I don't know how to set goals.**

I'm unsure where to start or how to even approach goal-setting.

- **Fear of failure.**

What if I plan, work hard, and still fail to achieve what I want? The pain of failure feels worse than not trying at all.

- **Negative past experiences.**

I've tried different goal-setting methods before, but they didn't work. Instead of progress, I ended up disappointed and hurt.

- **Life circumstances.**

Is setting goals even up to me? My life circumstances feel beyond my control. I live in a country where unpredictable changes happen every day. How can I focus on change or goals in such an unstable environment?

- **Doubts about the importance of goals.**

There have been times when I didn't have specific goals or plans, yet I still managed to grow and feel successful. Why should I bother setting goals now?

The Difference Between a Goal and a Desire

Many people spend their lives chasing goals that aren't truly their own. When they finally achieve these goals, they don't feel fulfilled or happy.

In such cases, they struggle to find motivation to set new goals or work toward them, leaving them feeling unmotivated in their daily lives.

To avoid this, reflect on whether the goals you've set for yourself are genuinely heartfelt or merely fleeting desires and whims.

***

Zero-One View of Goals

Many people adopt a "zero-one" perspective when it comes to goals—they believe that once they reach a desired goal, everything is complete. However, this mindset often leaves them feeling unfulfilled, unhappy, and without further motivation to pursue anything else in life.

For example, in relationships, when you believe that the presence of one specific person is the sole source of your happiness, it creates a false and limiting idea. Or in business and finances, thinking that achieving a financial target or closing a contract defines your entire success is another example of this flawed perspective.

Modern psychologists attribute this mindset to the influence of the ego. The ego is tied to desires that are primarily need-based and focused on satisfying individual needs.

In contrast, "higher" desires go beyond personal gratification—they bring happiness not just through achieving them but also because of the positive impact they have on others.

From my perspective, life is like climbing a mountain or ascending the floors of a tall building.

Many people think that once they reach a certain floor or level, their journey is over, and they must remain there forever. But balanced individuals understand that life is a continuous climb.

They conquer the mountain of life step by step, always progressing and growing.

Hope and Its Role in Achieving Goals

Sometimes, we lose sight of the peaks and forget that we can reach a better place than where we are now.

Do you know where the real problems begin?

When people lose hope and faith.

Remember, with every step you take toward a better life, you solve problems, grow, and become a stronger person. This is, for better or worse, the story of life—you must walk these paths to create a happier and more fulfilling life.

Hold on to hope in the present moment, and keep faith in the unknown future.

Are you ready to set goals?

Take a moment right now to write down your list of goals—don't delay or overthink. Before you dive into the book chapters, grab a pen and paper.

You could head to a nearby coffee shop and enjoy an espresso, or settle down at home with a cup of herbal tea. Put on your favorite music and start writing.

Write quickly.

Write whatever comes to mind. Don't overanalyze or spend too much time on a single goal. Even if a goal seems superficial, unlikely, or overly ambitious, write it down. Highlight it with a star to etch it into your mind.

Include goals that may seem scientifically or logically impossible. Ask boldly, as much as you can imagine.

Remember, our God is a God of grace and provision—He can give abundantly without hesitation.

When you think about a God who governs everything—from the depths of the ocean to the heights of the heavens—with indescribable precision and care, why doubt that He can fulfill even your smallest desires?

The more you trust in God, the more you open yourself to receiving His blessings. Faith allows you to believe it will be given to you!

When you think about a God who governs everything—from the depths of the ocean to the heights of the heavens—with indescribable precision and care, why doubt that He can fulfill even your smallest desires?

If you find yourself doubting or feeling discouraged while writing, or if internal chatter distracts you, perhaps it's time to strengthen your faith in God, who sustains your heartbeat moment by moment.

Keep writing.

Let your thoughts flow from the depths of your being. Ask for as much as you want, as freely as you can.

Asking is the first step toward achieving your desires.

Step 2: Choosing goals

Have you identified your areas for improvement? Are you ready to set your goals? In this stage, we'll define what we want and determine the direction we need to take.

Up until now, we've discussed goal-setting in various contexts and explored different approaches, gathering feedback along the way.

Today, I will introduce you to the simplest, most practical, and most effective method for setting goals.

You might recognize this method from both modern teachings and timeless wisdom.

The Level of Pain and Pleasure

One of the main drivers of decision-making in our lives is the desire to avoid suffering and seek pleasure. Each of us strives to escape pain and find satisfaction in our unique way.

One of life's greatest joys is achieving our goals and desires. This type of goal-setting stands out because it doesn't interfere with your daily routine—it fits seamlessly into your life.

So, let's begin by choosing three primary goals.

But how should we identify these goals? Start by answering the following questions:

- **What causes you pain and discomfort?**
- **What do you suffer from and wish to avoid?**
- **What are you currently missing in your life that makes you feel bad or makes life more difficult?**
- **What are you trying to distance yourself from?**
- **What don't you want in your life?**

Write down the first things that come to mind under the category labeled "Pain."

Always be clear about what you don't want in your life—this clarity is the foundation for meaningful goal-setting.

Pain and Pleasure Table

Field	Pain	Pleasure

Now that you've identified what you don't want to experience, ask yourself this:

- **What would you like to experience instead?**
- **What brings you joy in the fields you've chosen for improvement?**

Check it out and write these down in the "Pleasure" section.

Once you've identified an alternative to your pain, cross out the pain you noted earlier.

From now on, direct all your attention and energy toward that alternative goal or source of pleasure.

The clearer and more specific your goals are, the faster you can achieve them. This principle is fundamental to success.

While this process may seem simple, it demands focus and commitment. By concentrating on this approach, you'll unlock its extraordinary potential.

***

Make Your Goals a Bowl

If you have set many goals for yourself this season, and there If you've set many goals for yourself this season—more than three—think of them as the contents of a single bowl.

Imagine your goal as the bowl's main purpose, and the smaller steps or actions as the individual contents that fill it. For example, if your primary goal is to increase your income, the bowl would include smaller, actionable goals such as:

- **Surrounding yourself with friends who have higher incomes to inspire and motivate you.**
- **Reducing the time spent on social media to focus on productive activities.**
- **Managing your time more efficiently.**
- **Taking specific actions that directly contribute to increasing your income.**

Each of these smaller actions is a goal in itself, but together, they form one unified primary goal. This way, you transform sub-goals into a meaningful, overarching purpose.

However, don't overwhelm yourself during this forty-day period. Focus on choosing three main and essential goals. Break these goals into smaller, manageable steps to implement them effectively.

When your smaller goals are aligned and work together, you'll gain greater clarity and purpose in pursuing your desires.

How Many Days Should I Set for My Goals?

You can choose various timelines for your goals, but I recommend setting goals that span 40 days or less. Achieve these goals and check them off.

This will give you a sense of accomplishment and reinforce the belief that you deserve better.

When you successfully reach your short-term goals, you build confidence in the process of goal-setting. As a result, you'll find it easier and faster to achieve your larger, long-term goals.

So, start with a 40-days goal.

Why 40 days? I have strong reasons for this:

Focus on what you can control within these 40 days. You don't need to change everything at once—it's not practical or necessary.

Begin with manageable changes.

A critical tip: Start with what you can control. Focus on those areas where you have the power to make changes.

Progress in those areas will motivate and empower you to tackle bigger challenges.

Step 3: Define Micro-Actions

To achieve our goals, we need to break them down into actionable steps and then refine them further into micro-actions.

Until your actions are transformed into micro-actions, they won't take on a consistent, daily, and executable nature, making them harder to manage and follow through on.

Ask yourself:

- **What do I need to do every day to achieve my goals?**
- **What can I do consistently to move closer to my goals?**

Write your answers next to your goals in the table provided on the next pages. Begin by identifying what you want to accomplish during the day. Then, decide how many times you'll perform each action daily.

(Examples of defining micro-actions are included on the following pages to guide you.)

Step 4: Determine the Number of Actions

To achieve your goals, you need to take consistent and measurable actions.

Ask yourself:

- **How often can I work toward my new goals over the next 40 days?**

Write this number down in the table provided on the following pages.

(Examples of defining micro-actions are included on the following pages to guide you.)

Step 5: Determine an Action Symbol

Assign a unique symbol to each of your actions. This symbol will help you visualize your actions daily and serve as a constant reminder to follow through.

Using these symbols, you can repeat the action description on each page of your daily balance sheet, keeping it in front of you at all times.

(Eventually, these symbols will be transferred to the "My Improvement Action" section to track your progress effectively. And An example of Determine an Action Symbol is included in the following pages to guide you.)

***

Be Consistent with Your Goals!

The exact timing of achieving your goals isn't what matters most. What's truly important is that you've set a timeline and are moving steadily toward it.

Don't worry—your goals will come to fruition at the best possible time. Haven't you heard the saying:

Even if a gardener floods his garden, the trees will not bear fruit out of season? Trust this wisdom.

Now, reflect on this question:

What can you do to accelerate the achievement of your goals?

Do you see what I mean? If we want to achieve something, we must actively engage with it—or at the very least, dedicate some of our time and attention to it.

Don't Cling to Your Goals

In this chapter, we've learned that goal setting is vital for growth and development. But, my friends, don't cling to your desires!

When you cling to your desires, you unconsciously develop an attachment to them. And as soon as this attachment takes root, the desire begins to move away from you

it's a law!

The Law of Attachment states that whenever you feel deeply attached to something, that very thing will drift away from you in the most unexpected and challenging ways.

Be Cautious Not to Fall Off the Bridge

Clinging too tightly to your desires can lead to dangerous consequences. At times, you might sacrifice everything to achieve that one goal, and this can come at a great cost.

For example, you might neglect your body in the pursuit of financial abundance. Or, you may spend so much time working that you forget to cherish moments with your spouse and children.

Forgive me for saying this, but sometimes we act as though our sole purpose in life is to *achieve, achieve, and achieve.* In doing so, we lose sight of the bigger picture.

Remember, we came into this world with a unique purpose and mission: to be human. And a true human being is a balanced human-being[2].

2. I didn't find another word except a balanced human being

Dream, goals, frequency; which one?

Humans are approaching goals and demanding that we be ready to receive them. Dreaming of goals in our minds shows that we are prepared to receive them, which is deeply important.

The fact that you, of all the people on Earth, are reading this book shows that you are on the same frequency and ready to receive this information.

These are all signs from our God, who says:

"You are ready for this world with purpose. I am expanding the world and guiding you towards your desires moment by moment."

The world is working with you moment by moment.

My friends, do not stop there. Do not worry! Do not give up! Your hope and motivation are significant!

Having motivation, faith, and tools are the most essential supplies for living your life. All three are in your possession now. So use them well.

Transfer everything you have identified in this chapter into the table below.

We will continue to work with this table.

We continue with faith and trust...

***

Goal to Micro-Action Table

Field	Goal	Micro-action	Micro action count	Micro action sample
helth	Lose 6 kg in 40 days	Walk for 30 minutes, averaging five days a week	25	▶
Relations	Spend more quality time with my childs	Spend 30 minutes daily on a fun activity with my childs	30	☺
Finance	Increase income by 20% in the next 40 days	Identify and implement two new sales strategies each week	5	$

Chapter Four

Daily Balance Blueprint
A Practical Approach to Self-coaching Daily



Chapter Four

Daily Balance Blueprint
A Practical Approach to Self-coaching Daily

Excellent. Congratulations.

The fact that you've made it this far in the book shows that you care deeply about your life and are actively working to improve it.

Now, it's time to solidify your commitment to yourself. Do you remember the commitment we filled out in the first chapter? Are you still holding yourself accountable to it? If your answer is yes, then this chapter is for you—someone who is truly dedicated to personal growth.

Over the years, I've been involved in, or invited to, various training programs. One thing I've noticed is that each person's behavioral patterns and learning preferences shape their goal-setting approach.

In this book—and particularly in this chapter—I want to introduce you to a pattern that, in my view, is nothing short of the miracle of change. It's a method I deeply believe in.

The Miracle of Change

I have shared my experiences with you in areas such as effective goal-setting methods, time management, enhancing accuracy and focus throughout the day, understanding the laws of attraction and the universe, practicing gratitude, and strategies for business growth and marketing—all presented as part of a cohesive system.

Daily Balance System

I have developed a system called **"Daily Balance."**

If practiced consistently throughout your life, the results will be truly transformative.

No matter how much I emphasize the importance of Daily Balance, it will never be enough. This system will guide you in ways you can hardly imagine!

With Daily Balance, you will experience a life of harmony—a life full of love, passion, and purpose. The system provides daily guidance, helping you align with any feeling or destination you aspire to reach.

Many people overlook a crucial truth: success in any area requires consistency and persistence.[1]

If you want to get fit, you must dedicate time each day to yourself, paying attention to your food and exercise. Similarly, if you want to grow your business, you need to schedule regular brainstorming sessions.

To achieve meaningful experiences in any area of life, you must set aside time for them daily.

---

1. In the book "Time Engineering," I talked in detail about sustainability.

The Role of Good Mood in Change

When you are in a good mood, the Earth and time align to help you achieve what you think about and desire. The Daily Balance system actively monitors your mood throughout the day, empowering you to maintain positivity and focus.

Daily Balance offers you the experience of a truly balanced life—one filled with love, passion, and purpose. It will guide you daily toward the feelings and destinations you aspire to reach.

Start your day by completing your Morning Balance.

This practice helps you connect with your source of energy, clear your mind, and set a positive tone for the day ahead.

At night, before going to bed, evaluate your performance for the day. This step prepares you for a peaceful and restorative night's sleep.

This is a remarkable path designed for extraordinary individuals who are committed to improving their lives.

What Is the Secret of Daily Balance?

The secret of daily balance lies in having clarity about the actions you need to take moment by moment to achieve your goals.

These are the actions that move you closer to the desires of your heart each day, supported by a system that leads to the highest degree of well-being.

If you want to remain steadfast in pursuing your goals and feel good along the way, you must evaluate yourself daily.

Reflect on your performance and identify areas for improvement.

By enhancing your performance every day and continuing this process, you can transform yourself into an extraordinary individual.

But how can you effectively assess your daily performance? Join us in this chapter, where the key secret that sets this book apart from others will be revealed.

How Do I Live by This Secret?

To begin, commit to a 40-day journey to prove your consistency and dedication.

For the next 40 days, complete the morning balance as soon as you wake up and the night balance before going to bed.

These morning and night balance exercises consist of key questions designed to focus your attention on the most critical issues for change and achieving decisive results—at the most effective times of the day.

***

Morning Balance

At the end of this chapter, you'll find a page dedicated to Morning Balance[2]—one for each of the next forty days. Complete one page every day.[3]

The structure of Morning Balance consists of seven main sections.

In the following pages, we'll discuss how each section works. This guide will help you become familiar with the system of Daily Balance.

Over time, as you practice, you'll find that these questions naturally become a part of your daily life, allowing you to live with balance moment by moment, no matter where you are or what situation you're in.

Morning Balance Guide

1. My Expectation Today

In the first section, you will identify the specific events or experiences you would like to have today.

Yes, you heard that right—at the very start of your day, as you wake up from a sweet sleep and begin anew, take a moment to determine what you want to experience.

Don't worry about how these events will happen. Instead, focus on what you desire and write them down, one by one.

- **What events would I like to experience today?**

2. You can find the morning balance pattern on page 100.
3. The 40-day planner from this book can be used separately.

2. My Focus Today

In this section, identify the key point or area you would like to focus on throughout the day.

- **What would I like to focus on most today?**

3. My Important Tasks for Today

If you could only choose three tasks to complete today—tasks you believe to be more impactful than the rest—which three would you select?

At first, identifying these three tasks may feel challenging, as it may relate to your past habits. However, over time, this exercise will naturally align with your goals and desires.

- **What are the three tasks I feel are essential to complete today?**

Write down the three tasks you consider most important.

4. To-Do List for Today

In this section, list the tasks that, while not among your three most essential ones, still need to be completed today. These could include routine responsibilities like buying groceries or transferring money—tasks that are necessary but don't directly contribute to your progress.

You can use this section to jot down your general daily to-do list. If you don't have additional tasks, feel free to leave this section blank.

5. My Improvement Action for Today

This section is the heart of the book—it's where the choices you make to improve your life come into play.

In previous sections, you've outlined your plans for various areas of your life and identified what you want to achieve, right?

Now, it's time to determine the specific action you'll take today to move closer to those goals. This is the actionable step that directly contributes to your progress.

Completing these actions will also add points to your daily assessment scores.

Motivation is the key to creating change in your life, and the primary goal of this book is to help you build intelligent motivation to move forward.

Whether it's for yourself, your spouse, or your children (or even if you don't have a family), life itself is waiting for you to grow and take action.

So, what will you do today to improve your life or the lives of those around you?

Write it down and make it happen!

6. Thank you for

What are you grateful for as you begin your day? Even the smallest things matter—what exactly fills you with gratitude?

Write them down to start your day with positivity and energy.

7. Notes (Optional)

This section is optional and designed to adapt to your personal preferences. You can use it to jot down your inner thoughts, reminders for the day, or important tasks related to your family or personal goals.

One of my clients used this section to express her feelings, note things she might otherwise forget, and outline key plans for her loved ones.

The flexibility of this section allows you to make the Morning Balance process your own.

This concludes the Morning Balance section.

(Refer to the end of this chapter for the Morning Balance chart.)

Each day you complete this page, you will receive a Daily Assessment Score.[4]

***

Night Balance

At the end of this chapter, you will find a page dedicated to your Night Balance practice. These page is designed specifically for the 40 nights ahead.

Complete one page every night[5].

The structure of the Night Balance consists of seven sections. In the next part, we'll explain how it works. Once you've read through this guide, you'll have a clear understanding of the Daily Balance system.

Over time, wherever you are and whatever your situation, you'll find yourself naturally living with these questions moment by moment.

---

4. On page 97, I talked about Assessment Score.
3. The 40-day planner from this book can be used separately.

Nightly Balance Guide

1. What score would I give myself today on a scale of 1 to 10?

At the end of the night, reflect on your day and evaluate yourself using the daily assessment template. Assign yourself a score between 1 and 10 based on your overall performance and progress.

2. How can I get a better score tomorrow?

To improve your score tomorrow, make a conscious decision tonight to enhance your performance. As you complete your Nightly Balance, reflect on your current score and identify small, actionable steps to perform better tomorrow than you did today.

Ask yourself: How can I elevate my performance to an excellent level and consistently maintain it?

3. Tasks carried over to tomorrow

Some tasks from today may remain incomplete or partially done. Identify the essential ones and move them to this section. Tomorrow morning, transfer these tasks to your "to-do list" or "my important tasks" list. If possible, consider eliminating any activities that are no longer relevant.

The goal is to help you focus on the three most critical tasks for the day—those that will significantly improve your life. By concentrating on these priorities, you can maintain your momentum and continue progressing with strength.

Remember, your three most important tasks are the key to enhancing your life.

Staying focused on them means you're on the right track to achieving your goals, improving your performance, and achieving better results.

4. Ideas

Ideas tend to fade quickly if not recorded. Throughout the day, you may come up with ideas to improve various areas of your life—ideas that, if implemented, could bring significant and lasting changes.

This section is designed to help you gather those ideas in one dedicated place. When the time feels right, revisit them, evaluate their potential, and make thoughtful decisions to incorporate them into your life.

Take this practice seriously; some of your best life-changing opportunities might emerge from these fleeting ideas.

5. Perspectives

Sometimes, we face problems and issues during the day. Solving each problem creates a perspective that distinguishes us from other people. We reach perspectives that are our perceptions in life.

Note those perspectives every night in its special section. Whether we like it or not. Whether we believe it or not, our life experiences make us these perspectives.

If you want to have a treasure trove of your experiences in one place to pass them on to others, to educate your children, or to enrich your perceptions, at the end of the night, gather the perspectives you gained during the day and write them down here!

This will help you live a more prosperous life!

6. Thank you for

Take a moment each night, just as you did in the morning, to express gratitude for everything or anyone you appreciate from the day. Reflect on what made you feel thankful, whether it's something small or significant.

By cultivating positive feelings before bed, you set the tone for a more energized and fulfilling tomorrow.

7. My Interesting Topics Today

If you're feeling down or tired for any reason, take this opportunity to write down the interesting or uplifting moments you experienced during the day.

Use this section to remind yourself of the highlights—it can make a big difference.

The more attention you give to this practice, the more frequently you'll notice and appreciate these experiences.

One essential truth at the core of all change is time.

Change doesn't happen in an instant. Expecting immediate results is a misconception. Sometimes, the key is to find joy in the journey itself, even when the path ahead is unclear, and you're not entirely sure what changes you want to make in your life.

Embrace the process, and let time guide you.

***

My Assessment Template[6]

This template provides a structured system to assess your daily performance, combining fixed tasks, actionable goals, and emotional well-being.

Each category is explained below:

Fixed Scores

1. You earn One point for completing the Morning Balance section and starting your day with clarity and energy.

2. By reflecting on your performance and achievements at the end of the day in Night Balalnce section, you earn another One-point.

Variable Scores:

3. Identify and complete your three most important daily tasks. Each task is worth 1 point, giving you a total of Three points.

4. Perform three specific improvement actions each day. Each action also counts as 1 point, totaling Three points for these efforts.

Remember, your 40-day goals require actionable steps that gradually bring you closer to achieving them. Each action you take is a small but significant step forward.

We have devised an action plan to achieve each goal. Every action, broken down into several steps, will bring you closer to that goal. Each action can be assigned a score.

On average, consider assigning three points to reflect the actions you take to improve your situation.

---

6. Detailed Breakdown

In my consultations and observations, I've often seen three key actions that significantly improve one's situation. These three points correspond to the daily improvement actions that align with your 40-day goals.

For each action, make sure to give yourself a score.

Emotional scores:

5. Rate your inner feelings throughout the day on a scale of Two points. These points reflect how you feel about yourself and your progress, based solely on your personal emotions, without external criteria.

Your Performance Level

With the help of the assessment template, you can track your daily performance level. This tool allows you to pinpoint the areas that may be slowing your progress toward your goals. Your performance is measured based on the scores you assign yourself.

Standard level: If your average score is below 3:

Sorry, your effort to change has been minimal. It's time to increase your focus and take more meaningful action.

Sound level: If your score is between 3 and 6:

Your effort to improve is commendable! However, strive to manage your time more effectively and boost your commitment to creating change in your life.

Excellent level: If your score is between 6 and 10:

Congratulations! You're on the path to progress. Keep up the excellent work, and soon you will begin to see the results of your efforts.

Last Note: A Repeatable Plan to Success

Reaching opportunities isn't as crucial as recognizing their existence. Start your 40-Day Daily Balance Period and follow this journey consistently for 40 days.

I assure you, the results will be extraordinary.

At the end of these forty days, return to Season Two and retake the test. The progress and transformations you'll experience will be undeniable.

We wish you all the best and look forward to meeting you soon to celebrate your incredible successes.

Good luck,

Milad.E

Morning Balance Table

Date: ..... / ..... / ..... *Day: .....*

My Expectation Today:	
My Focus Today:	
My Important Tasks for Today: **1.** **2.** **3.**	
To-Do List for Today:	
My Improvement Action for Today: **1.** **2.** **3.**	
Thank you for:	**Note:**

Night Balance Table

Date: ..... / ..... / ..... *Day:.....*

What score would I give myself today on a scale of 1 to 10?	
How can I get a better score tomorrow?	
Tasks carried over to tomorrow:	
Ideas:	**Perspectives:**
Thank you for:	**My Interesting Topics Today:**

40-Day Planner

Download Planner in the following link
www.miladebrahimi.me

