

میں متحکم ملک بحیاتک؟



Luciana Habib
Master NLP

**SOMETIMES WE HAVE TO BE BROKEN DOWN SO THAT WE CAN
BE REBUILT INTO WHAT WE WE'RE ACTUALLY MEANT TO BE!**

Many years ago, I found myself carrying a multitude of responsibilities at a young age. It wasn't until I came across Neuro-Linguistic-Programming that I began to create positive change by unleashing my full potential through utilizing the power of my mind.

One day you wake up and your daily habits are the only things you do. You find yourself accepting others' definition of what your life should be and who you are, not doing anything new because it doesn't fit into your routine, and ultimately repeating the same day over and over again, 365 at a time! You fall into the routine that is your life and forget to live.

Today, being a master in NLP (Neuro-Linguistic Programming), I help people heal with a new purpose and deep self awareness using proven techniques.

Join me in this e-book so that we understand what's happening with our lives and re-invent a fulfilling journey together.

A stylized, handwritten signature in black ink, featuring a large, flowing 'L' and 'H' that are interconnected. The signature is positioned above the name 'Luciana Habib'.

Luciana Habib

THE ULTIMATE QUESTION



میں متحمل کیسے بنوں؟

WHO IS IN CONTROL OF YOUR LIFE?

Let's face it! It's that lack of control that brings unhappiness, especially making financial, lifestyle and relationships missteps which is one of the surest ways to lose not only financial and professional control but also freedom in your life.

This doesn't just manifest itself in terms of personal unhappiness – that's just the start. It has negative physical and mental implications due to the stress of the situation. It has negative financial implications because many people drown themselves in “treats,” giving themselves little bursts of pleasure so that they can temporarily feel a burst of joy.

What can you do? It's easy. Start taking control back. Even if you can't fully wrest control of the situation back immediately (sometimes you can, but often the situation is deep and complex enough that you can't), you need to start down that path. I'm here to help!

THE POWER OF YOUR SUBCONSCIOUS MIND

The subconscious mind is the powerful secondary system that runs everything in your life. It is a data-bank for everything, which IS NOT in your conscious mind. It stores your beliefs, your previous experience, your memories, your skills. Everything that you have seen, done or thought is also there.

Know that 95% of our life is coming from the programs we lived in our first seven years. That's why poor people stay poor and rich people stay rich.

You could be stupid your whole life and make it not because it was thinking that helped you succeed but it was your unconscious behavior that was downloaded from rich families into their kids.

The power of your subconscious mind goes further than you might think. However, you might be surprised by how much control we have over its programming.

I am pretty sure you tried before to consciously force yourself to do something only to find yourself unable to do it. In many previous articles I talked about how the subconscious mind can force you into different directions even if you were consciously trying to go in a certain direction.



“We do not see things as they are, we see things as we are”



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The outer world is a reflection of the inner world. Other people's perception of you is a reflection of them; your response to them is an awareness of you.

WHAT HAPPENS WHEN YOU TAKE CONTROL OF YOUR LIFE?

When you take control of your life, you stop asking for permission. You stop asking people to sign off on the life you want to lead. Your life is not a petition that needs a thousand signatures.

You stop seeking validation and expecting everyone to approve or veto each of your decisions before you pull the trigger. You slowly rid yourself of the expectation that after you do the “right thing” you’ll get a gold star, or some equivalent form of gratification. You won’t.

STOP MAKING EXCUSES, HOPING THAT SOMEONE WILL PITY YOU ENOUGH TO SUPPLY AN ANSWER AND POINT YOU IN THE RIGHT DIRECTION.

You’re aware of the repercussions that stem from your actions and for the first time, you’re actually prepared for them.

If you realize your relationship is wrong for you, you leave. Despite the emptiness, you’re strong enough to give yourself credit for walking away.

If you quit your job, you know better than to complain about your new budget. You accept that it comes with the territory.

KNOW YOURSELF

When was the last time you had an honest conversation with yourself? Know yourself so you can be your own person and enjoy life with no regret. The better you know yourself, the better your relationship with the rest of the world. I

'm here to help you understand the reasons behind the decisions you're making. Once you get to know them you will be able to focus on creating a better version of you.



GET TO KNOW
YOURSELF

WAYS TO FEEL MORE IN CONTROL OF YOUR LIFE

01

Know who you are, your strengths and weaknesses. A series of exercises are available to have a better understanding of who you are. This is the first step in the healing process.

02

Focus on building relationships with people who enjoy doing the things you would do on your own.

03

Learn how to say “NO.” if you feel overwhelmed with commitment – Remember that you will not perform at your best on this commitment or on other commitments you have if you keep saying “yes.”

04

Be disciplined about your 'me' time. Spend less than you earn. Make that gap as big as you can without introducing new misery into your life. Use that gap to get rid of debt and start saving for the future.

05

Make a habit of trying new things. “ Just think about how many opportunities you are losing because you are not making an effort?”

06

Embrace what your life is trying to teach you. When you learn to embrace rather than fight these challenging moments of what life is trying to teach you, suddenly a new path becomes clearer and more possible than ever before.

HOW CAN NLP HELP YOU

NLP stands for Neuro-Linguistic Programming.

Neuro refers to your neurology; Linguistic refers to language; programming refers to how that neural language functions. In other words, learning NLP is like learning the language of your own mind!

Let's make this simpler with an example. Have you ever tried to communicate with someone who didn't speak your language, and they couldn't understand you? The classic example of this is when someone goes out to a restaurant in a Foreign country and they think they ordered steak, but when the food shows up, it turns out they actually asked for liver stew.

This is the kind of relationship that most of us have with our own unconscious mind. We might think we are "ordering up" more money, a happy, healthy relationship, peace with our family members, and being able to stick to a healthy diet...but unless that's what showing up, then something is probably getting lost in translation. In NLP, we have a saying: the conscious mind is the goal setter, and the unconscious mind is the goal getter.



HOW CAN NLP HELP YOU

Your unconscious mind is not out to get you—rather, it's out TO GET FOR YOU whatever you want in life. However, if you don't know how to communicate what you want properly, it will keep bringing steaming bowls of liver stew out of the kitchen.

NLP is the study of excellent communication—both with yourself, and with others. It was developed by modeling excellent communicators and therapists who got results with their clients. NLP is a set of tools and techniques, but it is so much more than that. It is an attitude and a methodology of knowing how to achieve your goals and get results.

“There is always a path
to our target, the problem
is to discover it.”



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NLP techniques can be powerfully effective in changing how you experience the world—and, since our thoughts and feelings shape our reality, this means that these techniques can actually transform your entire life.

HOW TO DEFINE YOUR TARGET



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NLP TECHNIQUES



RAPPORT

The art of rapport is perhaps the most accessible of NLP techniques and beyond doubt the most important in terms of how it will affect your life. Rapport is the means by which you can empathise with and get on with other people; and is a blend of tact, body language and listening.



DISSOCIATION

Dissociation essentially severs the link between the negative state of mind and the trigger event. As such it is a very effective long term treatment for deeply entrenched psychological issues such as anxiety, depression, stress and phobias. It is also a positive way of dealing with difficulties at work, home or in our relationships.



CONTENT REFRAME

It's a group of visualisation techniques that encourages you to think differently about situations in which you feel disempowered, victimised or out of control. This NLP technique can be of benefit to people who have experienced severe trauma in their past.

NLP TECHNIQUES



ANCHORING

Anchoring aims to elicit a habitual, positive emotional response to a specific word or physical stimulus. For example, a therapist may be able to induce a patient to smile whenever someone touches their shoulder.

This is an extremely powerful way of instantaneously changing the way a person feels, and works well in long term therapist-patient relationships. However, it is also possible to generate these responses yourself, and thus provide yourself with an instant pick-me-up to see you through hard times.



BELIEF CHANGE

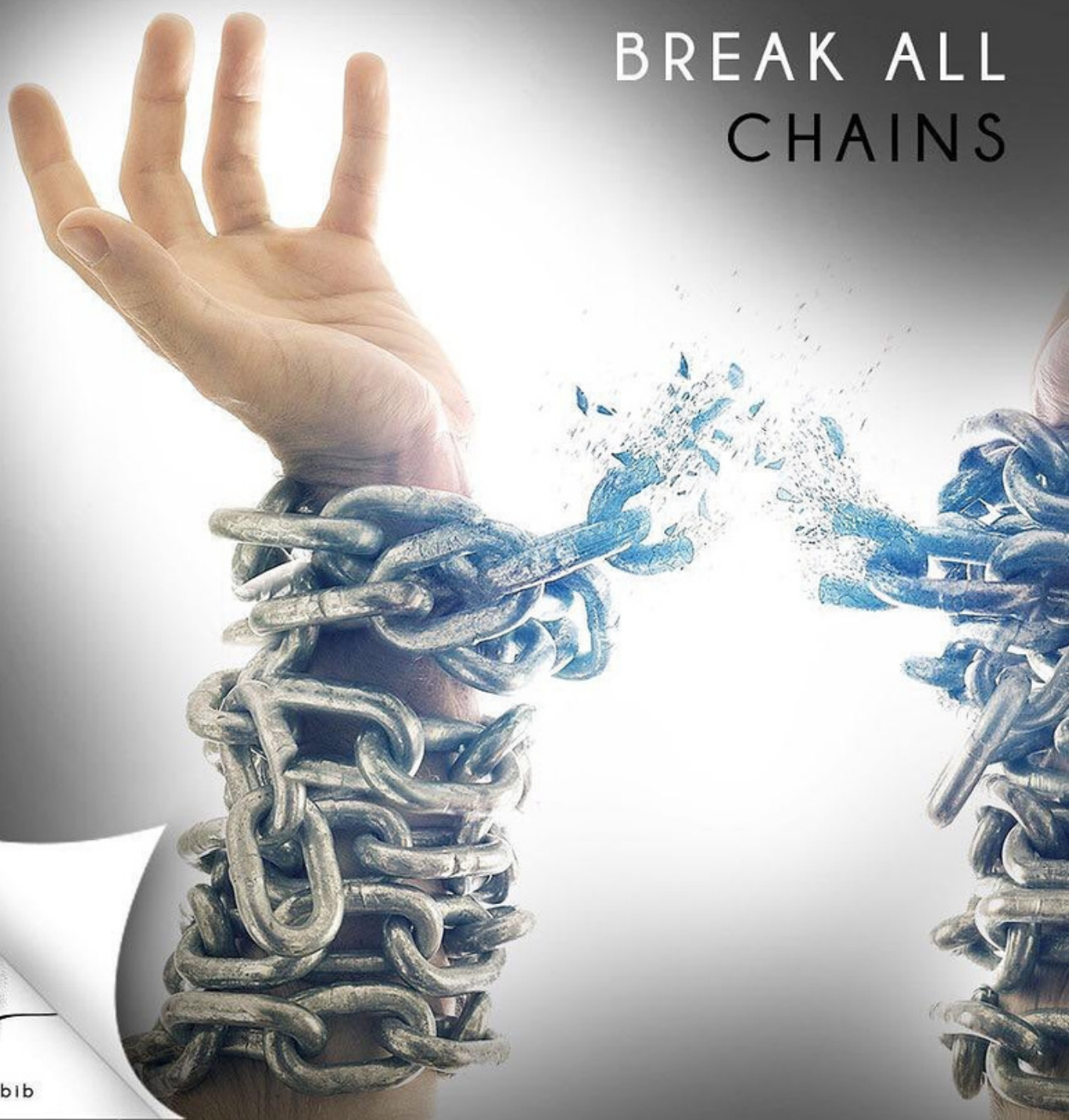
From childhood onward we gather around ourselves a complex web of beliefs, assumptions and opinions that guide and affect our everyday lives. Many of these are so deeply ingrained that we spend most of our conscious time being completely unaware of them.

Some of these beliefs are inherited from the society in which we were formed and others are of our own idiosyncratic creation. We are often unaware of some of these core beliefs until we find them challenged, when we often fly into an otherwise inexplicable defensive rage.

I CHOSE TO NAME THIS E-BOOK "مين متحكمملك بحياتك ؟" BECAUSE THE CHAINS THAT BREAK YOU, ARE THE CHAINS THAT MAKE YOU... AND THE CHAINS THAT MAKE YOU, ARE THE CHAINS YOU BREAK.

YOU ARE IN CONTROL OF YOUR DECISIONS AND YOUR LIFE, NEVER LET ANYONE OR ANYTHING CONTROL IT FOR YOU. TOGETHER WE CAN USE THE POWER OF NLP FOR POSITIVE CHANGE. THESE TECHNIQUES ARE PROVEN AND HAVE HELPED SO MANY PEOPLE SUCCEED THROUGHOUT THE YEARS.

BREAK ALL CHAINS



Luciana Habib

میں متحلمات کیجیاتی؟



The better you know
yourself, the better your
relationship with the rest
of the world.

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