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# *The 30 Day Transformation Course*

## **Session 1 Workbook**



## Session 1 Worksheet

Answer these questions while watching the class videos to understand the concepts better.

### Eram's story

- Take a moment to reflect on the story of the ant pile.  
Write down your thoughts.

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- Allah made everyone out of \_\_\_\_\_  
\_\_\_\_\_

- Do you relate to Eram's story? What do you relate to?

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## *What Is Life?*

- Everyone will go through \_\_\_\_\_
- Real life is filled with \_\_\_\_\_  
\_\_\_\_\_

## Course Guidelines

- Who is the only person that can *fix you*?

\_\_\_\_\_

- Everything is a \_\_\_\_\_
- Ego does not like \_\_\_\_\_

## How the Brain Works

- What becomes the experience of your life?

\_\_\_\_\_

- How does the brain keep you safe in the future?

\_\_\_\_\_

- Everything our brain predicts and projects is

\_\_\_\_\_

- How much behavior does the subconscious control?

What about the conscious? \_\_\_\_\_

\_\_\_\_\_

## Homework : Notice Your Thoughts

**Step 1:** Pick a six hour window, in these six hours we want you to notice any negative thoughts that come up in your mind, negative thoughts can be minor or major.

Example- Major negative thoughts could be:

- "My life is so difficult"
- "My marriage is hard"
- "My job sucks"

Minor thoughts could be like

- "The weather sucks because it's too cold"
- "My children are too noisy"
- "I don't think I'm going to like this course"
- "Why do I have to do this homework"

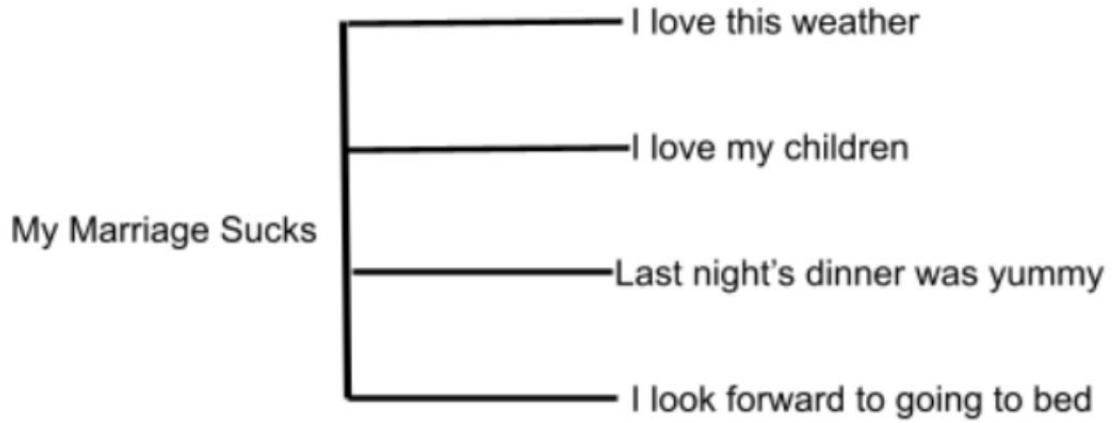
It's important to keep the routine of your life as usual, meaning that you should not try to isolate yourself during these 6 hours to concentrate on your thoughts. Keep a notepad and a pen handy and keep doing what you normally do. As you notice a negative thought, make a small notation, a plus one, or a tally. No need to write the thought, No need to differentiate if it was major or minor.

**Step 2:** as soon as you note down that you had a negative thought, think four positive thoughts to counter the negative thought. It can be any 4 positive thoughts, whether they are related to the negative thought or not.

For example- let's say you had a negative thought that your marriage sucks, now you need to think four positive thoughts such as

- "I love this weather"
- "I love my children"
- "Last night's dinner tasted really good"
- "I'm looking forward to going to bed"

As you can see, positive thoughts can be on any subject and completely unrelated to each other. The trick however, is that you must think completely new positive thoughts each time, they CANNOT be repeated. Positive thoughts can also be from past present or future; does not matter, but each time you MUST think a new positive thought.



**Step 3:** Once the 6 hours are complete add the total number of thoughts you had in the 6 hour period. Be honest and don't try to reduce the number of negative thoughts that you had. You're in this course to change your behavior, not hide it.



# Notice your thoughts Worksheet

DATE \_\_\_\_\_

Number of negative thoughts: \_\_\_\_\_

What did you learn or notice from this exercise? :

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