



**WHAT IS YOUR  
MOST REPEATED  
THOUGHT?**

**ZAID SOUFI**

# ZAID TH<sup>?</sup>ANKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

## **Reading instructions**

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

**Have fun!**

What Is Your Most Repeated Thought?

# Our

Our ideas are not going anywhere, they keep coming

# Most

Most of them are repeated, but are they positive?

# Repeated

Repeatedly, they slowly affect your behaviour

# Thought

Thought by thought, you shape who you are



# Will

Will you be happy if your life kept going like this?

# Shape

Shape your mind and thinking, shape your life

# Your

Your mind is powerful, use it productively

# Future

Future successes depend on what you are thinking about  
right now

# Our

Our mind can be under our control

# Thoughts

Thoughts come and go—let them flow

# Lead

Lead by example, don't be a slave for your weak mind

# Us

Us humans are stronger than we often realize



# To

To think constructively is truly an art

# Our

Our imagination is so powerful and can be productive

# Destiny.

Destiny is in your hands

# Choose

Choose positivity every single time

# Your

Your life is waiting for you, are you ready?

# Thinking

Thinking is essential so make sure to use it right

# Wisely.

Wisely, more great thoughts will come, and you'll  
become a different person

**The End.**



## **Stay in touch with me**

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

**Till soon?**

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Publisher: Zaidthinks®

First Edition: January 2026

“A man is literally what he thinks, his character being  
the complete sum of all his thoughts.”

*James Allen*