



WHAT IS YOUR MOST REPEATED THOUGHT?

Z A I D S O U F I



ZAI**D** TH**=****I**NKS

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

James Allen