



Advice to Stay Motivated & Achieve Your Goals:

1. **Believe in Yourself:** Confidence is built through action. You may not feel confident now, but by practicing daily, you will become unstoppable.
2. **Small Steps Every Day:** You don't need to change everything overnight. Start small and improve little by little.
3. **Discipline > Motivation:** Some days, you won't feel motivated. That's why discipline is your key to success. Stick to your routine no matter what.
4. **Your Past ≠ Your Future:** Forget the old you. The new you is confident, disciplined, and unstoppable!
5. **Surround Yourself with Growth:** Read books, watch inspiring videos, and learn from successful people.



Daily Routine for Success

Follow this structured daily plan, and I guarantee you'll see massive improvement.

🌅 Morning (5:30 AM - 8:00 AM) – Winning the Day Starts Early!

- ✅ Wake up early (Set an alarm, put your phone away from bed).
- ✅ Drink water & stretch (Boosts energy and focus).
- ✅ Workout (15-30 mins) (Increases confidence & removes laziness).
- ✅ Affirmations & Visualization (5 mins) ("I am confident. I am strong. I will achieve my goals.")
- ✅ Read or listen to an English podcast (10 mins) (TED Talks, The Diary of a CEO, etc.)
- ✅ Plan your day (Write 3 important tasks to complete).



Work & Learning (9:00 AM - 6:00 PM)

- ✅ Start work with full focus (No distractions).
- ✅ During breaks: Watch an English video (5 mins) (English speeches, interviews, etc.)
- ✅ Write & Speak in English daily (10-15 mins) (Record yourself speaking)
- ✅ Take notes & review daily learnings (Helps with memory improvement).



Evening (7:00 PM - 10:00 PM) – Self-Improvement Time

- ✅ Practice public speaking (10 mins) (Talk to a mirror, record yourself).
- ✅ Social Media Limit: 30 mins max! (Use for learning, not wasting time).
- ✅ Read a book for 20 mins (Improves memory and focus).
- ✅ No porn, no bad habits – Focus on your goals!

🌙 Night (10:30 PM - 11:00 PM) – Reflection & Preparation

- ✅ Write down your progress (Journal for 5 mins) (What did I do well? What can I improve?)
- ✅ Plan tomorrow's tasks (Stay ahead).
- ✅ Sleep by 11:00 PM (Good sleep = Better memory & focus).

💡 Extra Habits to Overcome Weaknesses:

🔥 To Improve Confidence & Personality:

- Speak loudly & clearly.
- Maintain eye contact.
- Learn 5 new English words daily.
- Observe confident people (Steve Jobs, Elon Musk, etc.).

🔥 To Improve English Fluency:

- Talk to yourself in English daily.
- Watch English movies with subtitles.
- Practice speaking for 10 mins non-stop.

🔥 To Improve Memory & Listening Skills:

- Meditate for 5 mins daily.
- Focus when people talk; repeat their words mentally.
- Do memory exercises (like recalling your entire day before sleeping).

🔥 To Quit Porn & Social Media Addiction:

- Keep your phone away during work & learning.
- Use apps like "BlockSite" to block adult content.
- Replace bad habits with productive habits.

🔥 To Fix Your Diet & Health:

- Eat clean (more fruits, vegetables, and protein).
- Drink 2-3L water daily.
- Avoid junk food & sugary drinks.

🎯 Final Words: Your Life is About to Change!

Every day, follow this plan with full dedication. In 3 months, you will be a completely new person. More confident, fluent in English, full of energy, and ready to achieve your dreams!

💎 NO MORE EXCUSES. NO MORE FEAR. JUST ACTION.

💎 You have a dream to make your company world-famous & work at Apple. Start working like the person who deserves that!

I believe in you. Now, it's your turn to believe in yourself. Let's make it happen!

Inshallah 💪🔥

May Allah Bless You