

Life Transformation in 10 Days

Simple Steps to Become the Best Version of Yourself

By Isha Malhotra

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Dedication

To every soul who's ready to rise,

To the ones who feel stuck but dare to believe again,

And to my baby Krish—who unknowingly inspires my every transformation.

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Introduction

Welcome, dear reader.

If you've picked up this book, chances are, something inside you is longing for change. Maybe you feel stuck. Maybe you want more—from life, from yourself, or from the world around you. Maybe, you've tried before and didn't succeed. Or maybe... this is your first step.

Whatever brought you here, I'm so glad you came.

This book is not filled with theory or difficult tasks. Instead, it is a simple 10-day journey to guide you back to your true self—step by step, one action at a time. You'll uncover your patterns, understand your thoughts, and start making tiny changes that lead to massive results.

Each chapter will give you clarity, inspiration, and practical exercises—rooted in my knowledge of NLP, Law of Attraction, Spirituality, Chakra Healing, and Real-Life Practice.

My promise? If you commit just 30 minutes a day to read, reflect, and practice what you learn, you'll feel a shift within 10 days.

Remember:

- 🔑 You don't need a perfect plan.
- 🔑 You need a fresh start, and this is it.

Let's begin your Life Transformation in 10 Days—together.

With love,
Isha Malhotra

Preface

This book is all about life transformation. This book helps you to realise that with some changes in our habits and positive thinking we can transform our life and achieve all our goals. In this book I have also shared action plan so that you can easily follow.

The power is You!!!

There is one person in our life who is having the capability to transform our life. Do you know who that person is?? Let me show you.

Go and see the mirror. If The person you are seeing in the mirror ready to support you then there is no one in this world can stop, you to get success.

Most of the time we face failure because we couldn't convince our self that we are enough capable to handle situations.

I have wasted lots of my time to understand the power of me. In this book I have shared lots of action plan which I followed first and did modification and now sharing in this book.

Everyone's life is different, their challenge is different, routine is different. So You only need to understand the concept of these plans and after that you can modify it as per your terms.

How to Read and Apply this book

I have designed this book in a way like one chapter for each day. You can either read it once and then go through it again day by day or you can read one chapter a day and apply the action which I mentioned in this book. Choice is yours.

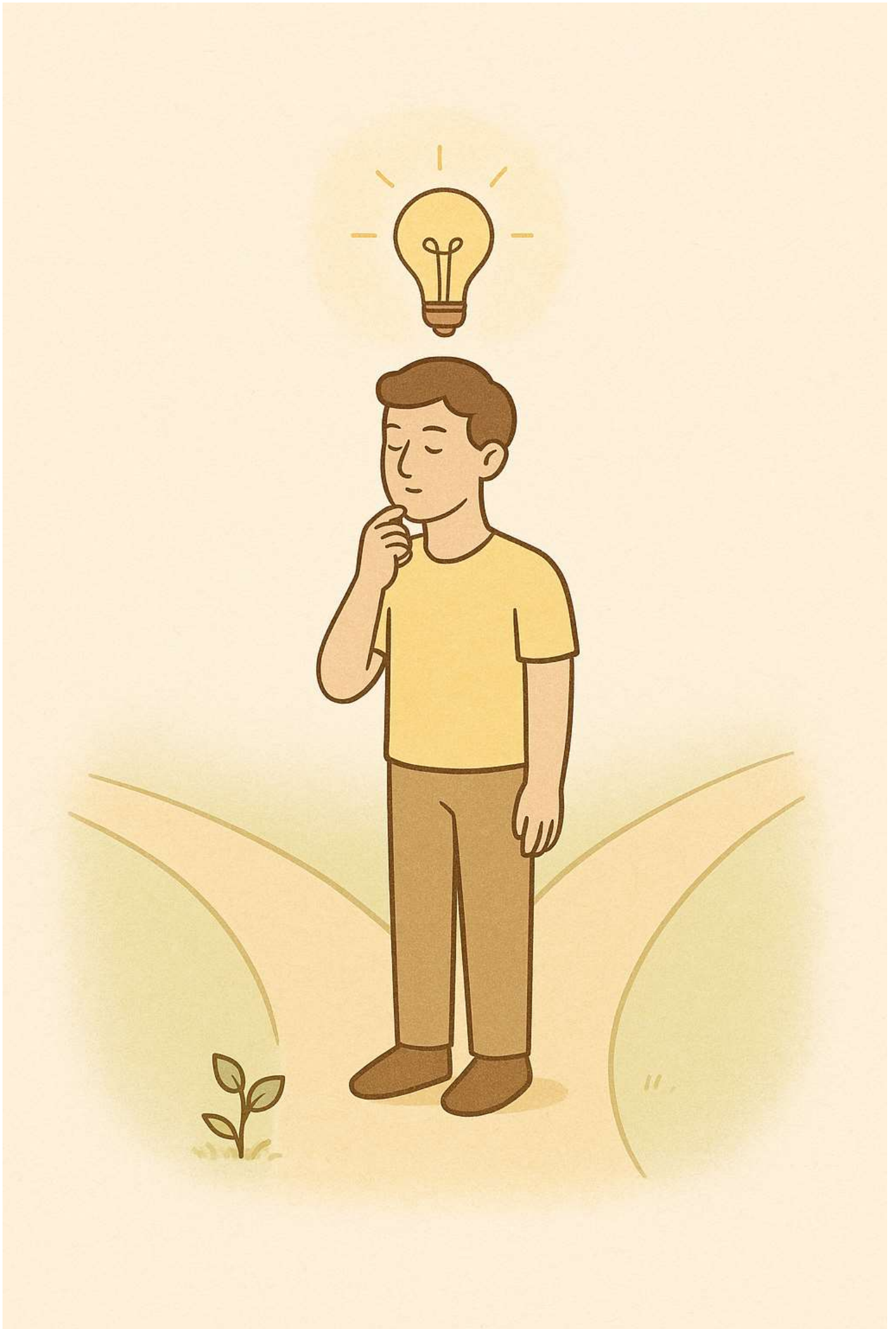
I prefer to read one chapter each day and implement it simultaneously.

Day -1

Awareness

(The Mirror Within)

(Discovering the power of inner observation and silent truths)



Self-transformation is a lifelong journey of learning, and to sustain this process, we must convince our body and mind that it's as essential as healthy food and exercise.

Self-transformation is possible when we genuinely seek to give our lives true meaning and strive to live happily. It's like healthy food and exercise—we know we need them for a happy life, but do we all stick to them?

So on Day 1, I focused on awareness. We first need to accept that we need self-transformation; only then we can work towards it.

Self-transformation isn't rocket science; it doesn't take long time to learn and adopt. We just need to incorporate a few habits into our daily lives and update them regularly. Once we start following these habits it will automatically become the part of our daily life like taking bath, brushing our teeth etc.

Self-transformation is only possible if you accept and realize that you need it. If you believe you are already perfect and don't need to change, then transformation is not possible.

So before starting this journey, affirm the following statement:



"I want to transform my life because I need it, and I love incorporating habits that help me achieve this transformation."

Self-transformation is a path to achieving our desired state or life. It is a way to reach our goals and make life increasingly wonderful. By changing some habits, we can easily attain a life filled with abundance, positivity, and happiness.

The ultimate aim of our existence is discovering joy in each moment, and self-transformation serves as the tool to attain this desired state.

So are you ready to start your journey?

Day 2

Think Positive

Change Your Thoughts

Change Your World

(Learn how your mindset shapes your reality.)



Everything begins with a single thought. Someone thought about the computer, and then it was invented. Every journey and transformation starts with that one thought, much like a seed.

If the seed is given a good environment, it will grow. However, if the seed is of poor quality or bad, it won't survive and will eventually die.

Our thoughts should be positive if we want to sustain our journey of self-transformation. If we keep thinking negatively, it becomes almost impossible to continue this journey.

The first step on Day 2 is to decide to think positively. It's not as simple as deciding and immediately thinking positive thoughts. Negative thoughts will still come, but now that you're aware of the need to think positively, you can start shifting your negative thoughts to positive ones.

When we think positively, we vibrate at a higher frequency, which helps us stay calm.



Today's affirmation is: "I always think positive. Thinking positive is my default behaviour now."



In the beginning, check and verify each hour whether you are thinking positively or negatively. Use the following sheet for a few days. Once you get used to it, thinking positively will become your default behaviour, and you'll become a full-time positive thinker.

Time Span	Thinking
8:00 AM to 9:00 AM	Positive
9:00 AM to 10:00 AM	Positive
10 AM to 11 AM	Negative

Now you are aware of whether you are thinking positively or negatively. If your thoughts are positive, that's great! If they are negative, shift them by taking a break, listening to music, or talking to your best friend—whatever helps you feel calm.

If you are angry with someone, talk to them directly. If that's not possible, forgive them using the following statement: "Dear [Name], I am forgiving you for my own mental peace. God bless you."

Repeat this until you feel better. Now, close your eyes and imagine that person wearing a clown nose and talking to you in your favourite cartoon character's voice. Notice how it brings a smile to your face and shifts your thoughts to a positive place.

Try this! It may seem funny and weird, but it's very effective. Practice it for a few days, and soon it will become your default behaviour.

Start a journal today and write down all the affirmations and techniques I will share in this book.

Day 3

Start writing your Goals

(Set clear, written goals that guide your journey)



We aim to transform our lives because we have meaningful goals to achieve. When we write down our goals clearly, it gives us a strong sense of direction and helps us understand exactly what we want from life.

For example, you might have goals related to your health, career, personal growth, finances, or relationships. It's perfectly normal to have more than one goal at the same time. When you write your goals down, everything becomes clearer—you start to understand what steps you need to take.



In the beginning, don't worry about setting a timeline. Right now, your focus should only be on gaining clarity about what you truly want to achieve in life.

Here are a few important areas of life where I believe we all have room for improvement. You can also add your own areas where you feel the need to grow and set meaningful goals.

1. Personal Goals – Focus on your habits, mindset, hobbies, or personal growth.
2. Career Goals – Plan for your job, business, learning new skills, or professional success.
3. Financial Goals – Set goals for saving, investing, reducing debt, or increasing income.
4. Health Goals – Work on physical fitness, mental well-being, healthy eating, or daily routine.

These are the four main areas where I've currently set my goals. In the future, I may also add a spiritual goal. Remember, goal areas can change over time as our life evolves.

You can always add your own focus areas based on what matters most to you.

For example:

- If you want to improve your marriage, you can create a Marriage Goal or Relationship Goal.
- If you wish to practice a hobby regularly, you can set a Hobby Goal.

The key is to customize your goal areas based on your personal needs and life priorities. There's no fixed rule—what matters is that your goals are meaningful and help you grow.

Now let's look at how to actually write goals in each area. I'll share a few of my personal goals to help you get a better idea. These are the goals I've set after the birth of my baby, based on my current life priorities:

Personal Goal

I want to write a book that inspires people and reflects my personal growth journey.

Health Goal

I want to manage my weight and regain my energy and strength after delivering my baby.

Career Goal

I want to grow my counseling sessions and help more students through my institute.

Financial Goal

I want to build multiple income streams so I can earn ₹10 lakhs per month with peace and balance.

These goals give me clarity and direction. When I write them down, I feel more focused and motivated. That's the power of writing goals — it helps turn our thoughts into a clear action plan.

Now it's your turn! Customize your own goal list based on your life stage and needs. Remember, there's no right or wrong — just be honest with what you truly want.



Create a chart by first listing the areas of your life (domains) where you want to improve. Next, write down the specific goals you want to achieve in each area. This exercise helps you gain clear focus and understand exactly what you need to work on to achieve your goals.



I recommend starting by writing just one goal for each area of your life instead of listing many goals at once. Focusing on a single goal per area helps you stay clear and motivated, making it easier to take meaningful action toward transforming your life.

Day 4

Write Action Plan

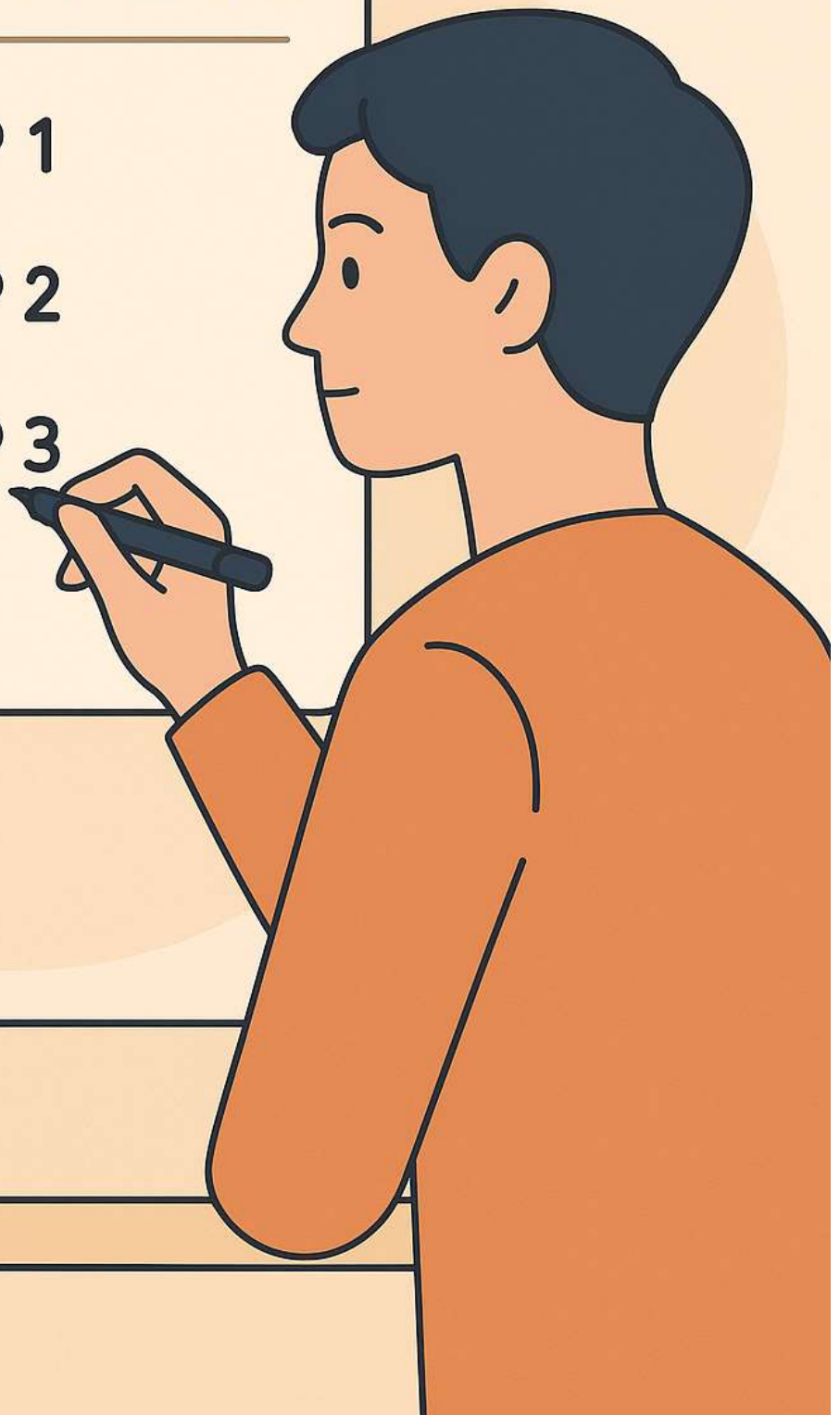
(Turn Your Goals into a Clear Action Map)

ACTION PLAN

☐ STEP 1

☐ STEP 2

☐ STEP 3



Yesterday, you chose your goal — today is the time to act. If you listed several goals, pause and pick just one for now.

Trying to chase everything at once will only slow you down or might be overwhelmed and lead you towards failure. Success begins with clarity and focus.

So, choose one clear goal. Take a deep breath. And take your first step toward it today.

Many times, we fail to reach our goals not because we lack effort, but because we don't know where and how to start. We feel stuck because there's no clear roadmap — no idea of what step to take first. Without a simple plan, even the best goal can feel confusing or overwhelming. That's why it's important to break your goal into small, clear steps where you know what to do next, action becomes easier.

Once you choose your goal, take a moment to list down all the steps needed to achieve it. Think of it like a map — when you know the way, it's easier to move forward.

I want to share one example from my own life. I had a goal to manage my weight, as I was overweight. But for a long time, I kept failing — not because I didn't want it badly, but because I didn't know how to start.

So, I decided to create a simple action plan. Here's what I did:

Here's my clear and revised action plan:

1. Daily Walk
2. Healthy Diet
 - a) Find a dietitian near my area and take guidance.
3. Daily Stretching
 - a) Find and save beginner-friendly stretching videos to follow.

Now, I have starting clarity. I may not know everything yet, but I know where to begin, and that's what matters most. Taking action becomes much easier when your steps are clear.

For years, I kept telling myself, *"I want to lose weight."* So I'd start walking... for a few days. Then stop. Start again. No routine. No plan. Just effort without direction. Every time I failed, I lost a little more confidence. It wasn't that I was lazy.

The truth is — I didn't know what to do next.

Then one day, something clicked.

I asked myself, *“What if the problem isn’t me? What if the problem is the missing plan?”*

That question changed everything.

I sat down, picked one goal — weight management — and created a simple action plan.

Not perfect. Not fancy. Just clear.

Don’t worry about the perfect action plan. Time to time you will find lots of improvements and modifications but as of now we need to start from somewhere.



Now it is the time to take action. Choose one goal of any area and write down all necessary steps you need to take to achieve this goals

Day 5

Start with small

(Simple and small Steps Create Big Results)



By now, you've gained clarity about your goals. You've created your action plan and you're ready to begin.

I know you're excited, full of energy, and motivated to make it happen.

But here's something very important —

Success doesn't come from just having a plan. It comes from showing up every day.

We don't fail because our plan isn't good enough. We fail because we don't follow it consistently.

One day we walk. Next day we skip. Then we forget. Slowly, motivation fades... and the goal remains a dream.

So if you are new then Always begin with small steps.

In my goal-setting chapter, I suggested writing your goal without adding a timeline at first.

Why? Because when we set goals with unrealistic deadlines, we often feel too much pressure and get overwhelmed. This stress leads to excuses and losing motivation.

So we have to start with small steps.

I once read a story in the book *"One Small Step Can Change Your Life"* about a woman named Julie. She was struggling with many health problems and felt no time to exercise.

She was advised to start with something very small — just marching in front of the TV for 1 minute every day.

It sounds funny and tiny. Correct???

But that small step made a big difference. Slowly, Julie built her habit and confidence.

Eventually, she was able to do 30 minutes of exercise daily!

This simple story inspired me a lot. It showed me how starting small can lead to huge changes over time.

To keep my consistency, I began with small steps. For the first 10 days, I walked just 15 minutes every day. Then, I slowly increased my walking time.

After one month I also made one simple change to my diet — replacing one meal with healthy food. Later, I added healthier meals gradually.

If I had set unrealistic goals from the start — like walking 1 hour daily or never eating sweets and junk food — I would have failed again, just like before. How I know???? Because I tried that once and lasted only 2 days before making excuses.

So, Start with small actions. This helps you build confidence and stay consistent. Gradually, you can increase the time and effort as you feel stronger and more motivated.

In my upcoming chapter, I will guide you to write your goal again — this time with a timeline. But before you get there, the most important thing is to maintain your consistency.

Always remember without consistency, even the best plans won't work.

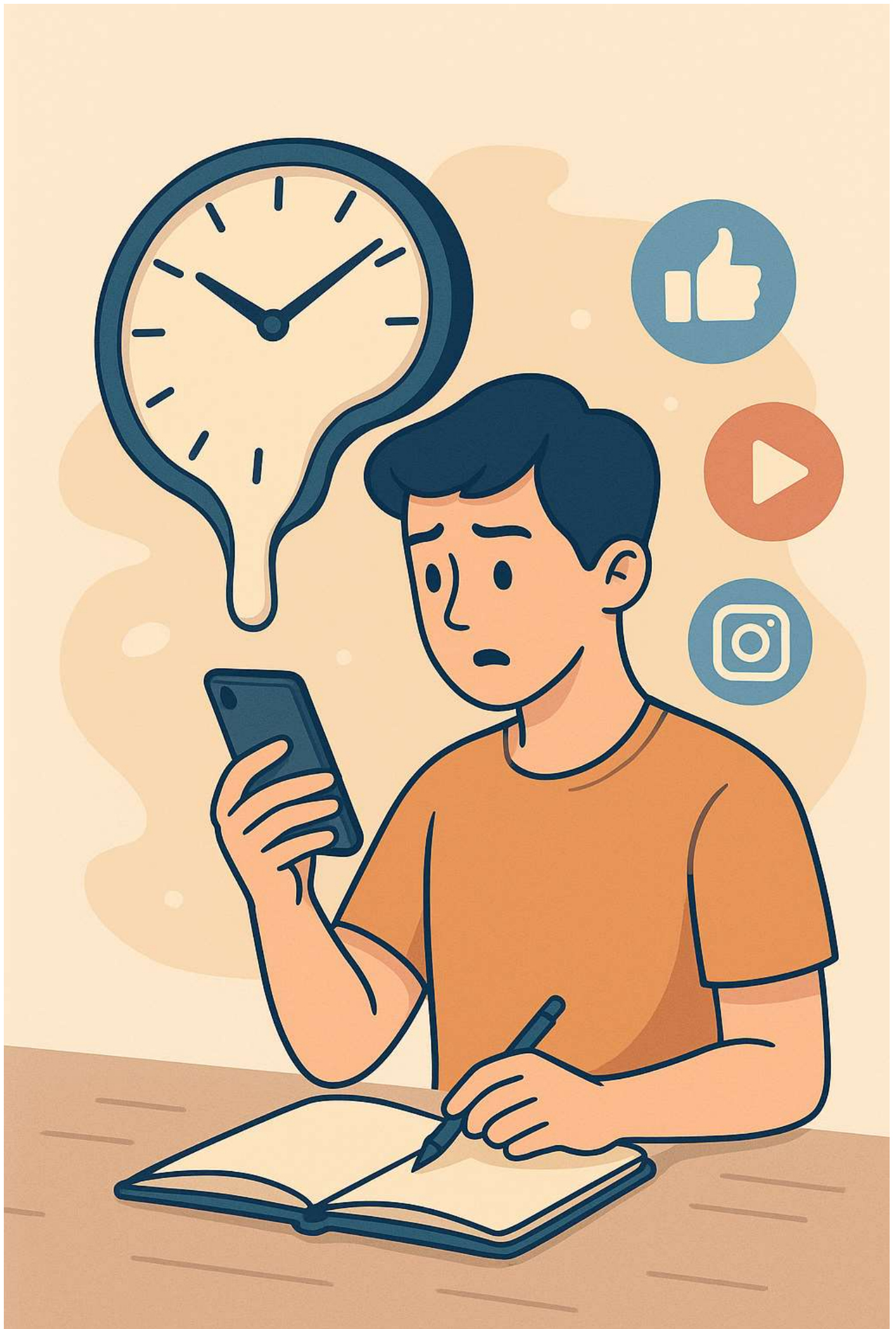


So focus on showing up every day with small steps, and the timeline will come naturally.

Day -6

Awareness About Wasting Time

(Recognize where your time slips away)



Many influencers talk about time management —

but what if the real problem is that we don't even know how much time we waste every day?

Without awareness, we feel like there's never enough time. But often, we simply don't realize where our time goes.

So before you start managing time, first become aware of your time-wasting habits.

Try this:

At the end of each week, calculate how many hours you wasted on distractions or unimportant tasks.

Once you see the real numbers, it becomes easier to plan and manage those lost hours better.



Take a notepad and write down all the activities with time in notebook. at the end of the day calculate how many hours you spend on watching TV, Series, entertainment videos, Reels, Gossips over phone and personal meeting etc.

Now calculate the total number of hours by the end of the week. I am sure you will find few hours every day which you are spending on these activities.

I'm sure you can find some time in your day to work on your goal.

Now, it's important to manage those hours well. Use this time to do activities that help you build your career or move closer to your goal — whatever your goal may be.

Remember, even small pockets of focused time can create big results over time.

Day 7

Write down your daily progress

(See how far you've come)



To

reach any goal, tracking your progress every day is very important. That's why I encourage you to start writing about your daily progress. Every day, take some time to write down how your day went. Write honestly about what you did, what challenges you faced, and how you worked through them to complete your action plan. This simple habit can make a big difference in your journey to success.

Writing your daily progress is powerful because it helps you see clearly where you are and what needs to be done next. When you write, your thoughts become clearer. Confusion and doubts begin to fade away. This is because putting your thoughts on paper forces your mind to organize ideas and feelings. So, if you ever feel stuck or overwhelmed, writing can bring back clarity.

Besides clearing your mind, daily writing builds confidence. When you look back at what you have written, you will see proof of your efforts and growth. This gives you motivation to keep going even on tough days. You will realize that every small step you took matters and that you are moving closer to your goal. This feeling of progress is a great boost to your self-belief.

While writing, don't forget to also note how you feel about your progress. How do you feel when you complete a task? Do you feel happy, proud, or positive? Writing about your emotions is important because it fills your mind with positivity. Positive feelings create more energy and determination to continue working hard. They also help you build a positive mind-set, which is very important for success.

Another useful thing to write about is the challenges you face every day. Challenges are a natural part of any journey, but when you write them down, you see them more clearly. Writing helps you analyse the problem and think of solutions. When you write both the challenges and the possible solutions, your brain starts finding ways to overcome obstacles. This habit of writing problems and solutions can train your mind to be more creative and focused.

For example, if you faced a challenge in completing a task because of time management, write it down. Then, think about a solution like creating a better schedule or reducing distractions. Writing this makes your challenges less scary and more manageable. It becomes easier to solve problems step-by-step.

In summary, writing your daily progress is a simple but powerful tool to help you succeed. It clears your mind, builds confidence, fills you with positive feelings, and helps solve problems. Make it a habit to write honestly about your day, your challenges, your feelings, and your solutions. This daily writing will become a record of your journey and a reminder of how far you have come.

So, from today, start writing your progress every day. It only takes a few minutes but will give you big results over time. Your success story begins with this simple habit.

Day 8

Set your environment



The environment around us greatly influences our personal growth. I say this from my own experience. It's easy to lose focus, and that distraction often begins with the thought, "Just this once, it won't cause any harm." But believe me, it almost always does.

When I started my weight management journey, I kept failing because every day I would eat something I shouldn't. I told myself, "It's okay just this once," but after a few days, I repeated the same mistake again and again. I kept making new plans, but this cycle just kept going in a loop.

That's why it's important to create an environment that supports our goals. I removed all unhealthy and packaged foods from my home to avoid temptation and stay focused on my journey.

You should do this too. If you find yourself getting distracted, it means it's time to adjust your environment to help you stay focused on your goals.

Here's another example from my life. When I started reading more, I bought 3 to 4 books and placed them where I spend most of my time—near my bed, on my office desk, and in the living room. This way, wherever I sit, I have a book ready to read. It might sound silly, but sometimes we need to gently push ourselves to build good habits.

Once a habit is formed, it becomes a natural part of your behaviour. When you track your progress, also note down the things that distract you. Then, remove those distractions from your environment or replace them with things that support your goals.

Day -9

Take your own Responsibility

TAKE YOUR OWN RESPONSIBILITY



One of the biggest reasons we fail to achieve our goals is that we often avoid taking responsibility for our own life. We keep waiting—waiting for the perfect time, the right situation, or a miracle that will magically fix everything. But the truth is, *nothing changes until we do*.

Instead of owning our choices, we get trapped in the blame game.
We blame our job, our boss, our family, the economy, or even destiny.

Let's look at a few common examples:

- *"I want to learn a new skill, but I'm overloaded with office work. I just don't have time."*
- *"I want to be happy, but my family keeps pulling me down. They always criticize me."*

At first, these reasons may seem valid. They feel real. And yes, life can get messy. But here's the powerful truth:

Note:- These situations will not change unless you decide to change.

You may not have control over everything, but you *do* have control over how you respond. You can either remain stuck in excuses, or you can rise above them.

The turning point in every life transformation is the moment you say:

Affirmation :- "I take full responsibility for my life."

That's when true power begins.

Responsibility doesn't mean blaming yourself.

It means owning your choices, your reactions, and your direction from this moment onward.

Yes, your job may be stressful.

Yes, your family may not always support you.

Yes, life may feel unfair.

But you still have the power to take action—even if it's small.

It's not about changing the world overnight.

It's about changing how *you* show up in your world.

Transformation starts with ownership.

When you stop expecting others to change, and start taking control of your own thoughts, energy, and actions—life responds. You begin to feel empowered. You become the creator of your reality, not the victim of your circumstances.

The most successful people didn't wait for perfect conditions. They created progress in imperfect moments. They carved out time in busy schedules, found strength in chaos, and moved forward despite uncertainty. They focused on what they could control—and surrendered what they couldn't. That's how transformation happens—not when life is easy, but when you rise anyway.

Note: - Transformation doesn't start with your job, your partner, or your environment. It starts with YOU.

Take responsibility.

Take action.

And watch your life transform.

Day 10

Become Spiritual with Simple Practice



In today's fast-moving world, we are constantly surrounded by chaos—noise from the outside and confusion from within. Deadlines, pressure, competition, and endless notifications make it hard to breathe peacefully. In such a restless environment, spirituality becomes our anchor.

Now, when I say “spirituality,” I don't mean you have to go to the Himalayas or leave your family behind and become a monk. True spirituality doesn't require a cave. It begins right where you are—with you. In fact, in the comfort of your home, just five minutes of silence, breath work, and intention can shift your energy.

Let's simplify it:

Spirituality is simply connecting with your inner self.

You can start this connection through daily meditation.

If the idea of long meditation feels difficult, start with just one minute a day. Yes, only 60 seconds. But do it consistently.

How to start

Just find a quiet place. Sit comfortably. Close your eyes. And take slow, deep breaths.

Say to yourself in your mind:

“Breathe in... Breathe out...”

No need to force thoughts to stop. Just watch your breath and let your body relax.

Gradually, as you get used to it, you can increase the time to 2, 3, or 5 minutes. Meditation is not about perfection—it's about presence.

Now let's add something even more powerful to it:

Visualization.

Visualization is a spiritual technique where you mentally see your goals as already achieved. Your mind doesn't know the difference between a real and imagined experience. So when you visualize, you activate the same energy as if it were already real.

Let me give you a clear example. Suppose your goal is to complete a course and get a job.

Here's how to visualize:

- Close your eyes.
- Imagine yourself holding your course completion certificate.
- Visualize yourself getting your job offer letter.
- Feel the happiness of telling your parents, *“I got the job!”*
- See yourself stepping into your new office, confident and excited.
- Feel the pride, the joy, the success.

When you practice Meditation + Visualization, you are not only calming your mind—you are programming your future.

This practice creates mental clarity, emotional strength, and a strong belief system. And belief is where all transformation begins.

You don't need hours.

You don't need rituals.

You just need one minute of silence and one minute of vision—every day.

Start today. Don't wait for Monday, or the first of next month.

Transformation starts with one breath... one thought... one decision.

So close your eyes. Breathe in.

See your future.

Feel it.

And know that you're already on the path to becoming the best version of yourself.

Transformation Unlocked: You are no longer the same

(Something changed inside you)



LIFE TRANSFORMATION IN 10 DAYS

Congratulations!

You've just completed your 10-day self-transformation journey—and I'm truly proud of you.

It may seem like just 10 days, but if you've followed through with intention, reflection, and heart, then something inside you has already shifted. You've planted the seed of a better, brighter, and more peaceful version of yourself. And that, my friend, is where all true change begins.

Each chapter in this book was more than just a lesson—it was a piece of *my* personal journey. Every tool, every practice, every idea I've shared has come directly from my own path of growth. These are the exact steps I used to break patterns, build powerful habits, and create a mindset that supports my dreams.

this isn't the end. It's just the beginning.

I encourage you to continue practicing what you've learned for the next 30 days. Repeat these small actions daily—like meditation, visualizing your goals, writing your progress, and staying mindful of your environment and emotions. Let this become your new way of living, not just a 10-day experiment.

And once you complete 30 days, do one more thing for yourself:

Sit down and write your goals again—this time with a clear timeline.

Why now?

Because *now* you know how to:

- Break down your goals into small, achievable steps
- Create time even in your busiest day
- Stay calm in chaos
- Focus your energy where it truly matters
- Celebrate small wins instead of waiting for big results

This clarity will help you move faster, and with more confidence.

Always remember—you don't need to suffer to transform your life.

You don't need to struggle to grow.

You can do it with peace. With joy. With a smile on your face and a spark in your heart.

Let your transformation journey be filled with lightness, laughter, and learning.

Don't forget to celebrate your small victories—because they are the foundation of your big ones.