

**I request you to please read “The short Ebook” first then come to this 7 step planner. If you don't follow this pattern then there will be no result from this course.**

## **Step-1**

So on Step 1, we will first analyze what are those things that make you feel like masturbating. What are those triggers, let us calculate them. On Step 1, you don't have to do anything, just take a pen and paper, go to an empty room and sit quietly and then take a long breath then start thinking and writing on paper what are those stuff or things that trigger you to masturbate. Write them on a paper, make a proper list of those things.

For example, you went to an empty room and closed the door of your room from inside. Then you sat in one place and took a long breath in peace, Then you start thinking “ I wake up in the morning at 8 o'clock. After that I do my daily work, then I go to school or office or whatever is my work, I did that job”. “Then what is the time at which my sexual feeling is slightly more?” Which is the time at which I feel to do masturbation? What is that, that makes me feel horny.

Once we know that, then we will try to solve that thing in the steps ahead. But if we don't know what the problem is, where it happens, why it is happening to me, then we will not be able to solve it. So, our step-1 target is, we will analyze what our triggers are. For example, your trigger may be that either you are alone or there is no one around you, then you watch porn videos or maybe you have followed a lot of adult pages and meme pages on Instagram, seeing those posts, those thoughts come to your mind.

Or it could also be that you are watching a movie of Hollywood or you are watching any movie, after seeing that you have seen any intimate scene, such thoughts come to your mind. The trigger can be anything. This will make you understand and you will be able to define the difference between that in which category you fall. Whether you got the trigger from porn videos or some other person is getting triggered with some other thing.

In this way you have to check that you are triggered by what key. Hence, our job on Step-1 is that whatever is our problem, whatever is our thing, we have to write everything. This is the first thing we have to do.

## Step-2

Now let's first talk about what we did on Step-1? We analyzed in Step-1 that these are the things which triggered us. Now, if we talk about our second step, before that I want to clear you that we cannot control this habit completely. If you try to finish it completely then it is an impossible task. It is very difficult that you think if you will not masturbate for a month or two or a year, then it will be a very typical decision. But we don't have to think like that. So during the course, that is, for 30 days, you don't have to tell your mind that you do not have to masturbate for a month or you do not have to masturbate for a year. If you have this thing in your mind, then there is no use, you will follow two days, you will follow three days. When you are unable to control, you will masturbate.

At one time you will feel that you have not been satisfied without masturbation and you will quit the journey of 30 days very soon. Therefore, we do not have to bring this thing in our way that we have to finish it completely. Instead of having this kind of thought, we have to think that we do not know how bad your condition is. Think that one of you masturbates 3 times a day or there will be someone who does it 5 times a day and someone who will be doing it only once a day. It Depends on Person to Person.

So our first attempt will be that if you masturbate every day, then we will start giving a one day gap. A one-day gap means that we have to make a motive that if I am doing today, then not tomorrow I have to give a day gap. And this practice is what we people have to do for a week. Once you start to get a one-day gap, then you have to motivate yourself a bit more and do a two-day gap. Then you have to take a three-day gap. And one day will come when you come with a one-week gap or a one-month gap.

So what we believe in Day-2 is that we will prepare a sheet, that means writing about a whole week on a paper, Day-1 Day-2, the day you masturbate, on that day you write yes and The day you will not, just write no there. In the same way, when you write about the whole week, then you will see by yourself that you will get some motivation that I have already controlled a little in the middle of a week.

Hence, the Step-2 motive is very simple that we have to make the list for the whole week to know how much control we have. But all this will happen slowly, and will not happen simultaneously or quickly.

## **Step-3**

On Step-1 we learned what our triggers are. On Step 2, we came to know how many days we have to give a gap. On this third step, we will analyze in which way we can use our free time. Whatever is our empty time, at which time we are using a lot of time, we will analyze that time. So it depends on person to person or Which field are you from?

Suppose, You are a student. So whatever your empty time, if you spend that time in some spiritual things it will be better as if you are Hindu, then you can read about Mahabharata, you can also read Bhagavad Geeta. If you are Muslim, you can read the Quran chapters. You have to think from a religious point of view. If you do this a little bit, you will get positive energy. you can also join an online course or read a book to develop your skill.

what you have to do is, instead of using all these time in social networking, you can do all this which i mentioned above. Because if you think that I am free I will sit back and watch Netflix. And you Start watching a series in your Netflix, if a sex scene has occurred in that series or if such a scene comes, then you will be triggered on that time.

This entire journey of yours will end and worsen. So try to make sure that at least you learn to control for a week, till then you will stay away from all these things. So start using your free time in anything that can help you to develop a new skill.

Now, I will tell you which are those things that you can use your time to spend on. There are many free courses available on Udemy about Hacking. So, I will paste the links of all those below which you can join for free.

1- <https://www.udemy.com/course/computer-hacking-fundamentals/>

2- <https://www.udemy.com/course/intro-to-ethical-hacking-certification/>

If your English speaking is bad then you can also do its course. There is a lot that depends on you what you want to read in which you want to develop your skills. Use this time to develop your skills.

## Step-4

Now we will talk about the time table, how you can set your time table. How can you change your lifestyle? If your time is well managed, then you will have very less free time and automatically you will not think about all this. So on this day-4, we will talk about how you can manage your time.

Want to know how you can become a master of time management as well? Start by using these super-powerful time management tips.

- When it comes to time management, the first step you need to take is finding out where your time actually goes. For this, you need to create a time audit. The easiest way to keep track of your time is to download an app like RescueTime, Toggle or my app Calendar to track everything you do for a week. You can then access a report to find out what's stealing your time. With this information, you can then make the appropriate adjustments.
- Second is to Set a time limit to each task. I've found that setting a time limit to each task prevents me from getting distracted. For example, if I want to write an article for my blog, I give myself two hours. So if I start at 8 am, I try to get it written by 10 am. if I don't complete the task on time, I can still work on it without eating into the time reserved for something else.
- Next, I suggest Plan ahead. One of the worst things that you can do is wake-up without a plan for the day. That's why you should always plan ahead using one of these options,
  - The night before. Before you leave work for the day, spend the last 15-minutes organizing your office and composing a list of your most important items for tomorrow.
  - First thing in the morning. During your morning routine write down the 3 or 4 most urgent and important matters that need to be addressed today and work on those when you're most productive.

- The next thing which I could suggest you guys Just say “No.” If you really feel like you are not able to control your feeling of masturbation. Have the willpower to just say “No”.
- At last, I just want to say that Find inspiration. When I’m dragging, I use inspirational sources like a TED Talk or biography. It’s a simple way to reignite that fire to get me motivated. So I suggest you also try this.

## Step-5

Now let's talk about Step-5, we have to boost up ourselves mentally on Step-5. Because if you are not mentally strong then After 2 days your hormones will start dominating again. You'll feel urge to shake the fuck out of your tool because you've earned a day. And then again you start masturbating. That's why I said you have to be mentally strong.

In step 5 i'll tell you some yoga exercises. Like how to keep your mind calm. How to increase your will power. So here are some easy ones that I would like to tell you that will support you in this journey.

To keep your mind and body calm do this yoga:-

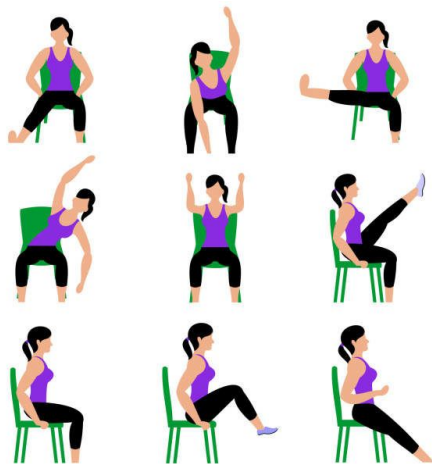
### → The chaturanga



This exercise helps to gain serenity. This term means "four parts" or four members and eliminates your stress. **put 4 legs, bend your arms at 90 degrees** and down to the ground. Stretch your legs, taking care to **maintain**

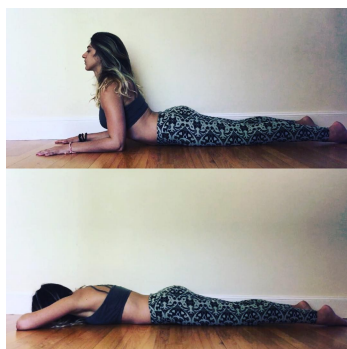
**the alignment of your body** and push your arms to the ground by standing on your toes.

→ **.Relaxation on a chair**



A record, a meeting increase your peak stress? **Opt for this easy-to-carry position** at home and at work. Sit in the front of your chair, put both feet on the floor and your hands. Wait until your neck is relaxed and **focus on your breathing**. This position irrigates the brain and relaxes your back, releasing tension.

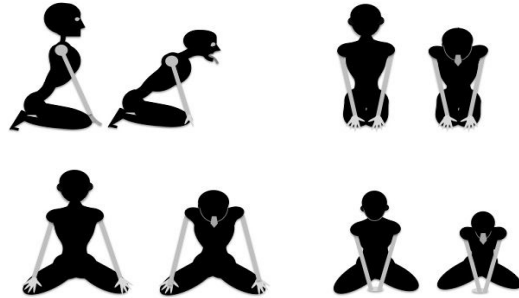
→ **The makarasana**



This position called crocodile pose has **relaxing virtues**. Instead of lying on your back, put yourself on your stomach, arms crossed. Put your head on your arms. This allows you to release **muscle spasms** and relax the lower back. To do the evening before going to bed!

→ **The simhasana**

SIMHASANA

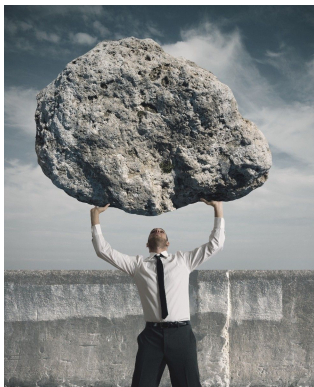


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Do you often have **tight jaws**, a sign of stress? So opt for the lion's position! Open your mouth, point your tongue forward then to your chin to **feel the stretching of your jaws and** exhale loudly.

**To boost your will power try this:-**

- **Do the hardest work first.** Our willpower is at its highest at the beginning of the day, so do the most challenging tasks in the morning.



- **Set Goals.** They pull you through all kinds of work, all kinds of night time and all kinds of difficulties. You have much easier to survive next winter if you have well-set goals.

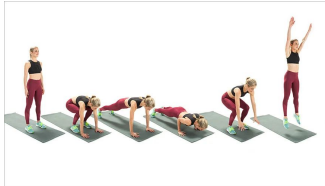


- **Believe in your own willpower.** Talk your ability to control yourself up. Our bodies have a strange way of listening to the things that we tell ourselves -- and making us act on them.





- **Exercise.** Not only does it increase our fitness and mental performance, improve our mood and sleep quality, reduce our body fat percentage, anxiety levels and the likelihood of becoming sick... It's also improving our willpower.



Try these yoga asanas to boost your will power and to keep your mind and body calm. Which is a very important point in this 30 days course.

## Step-6

I know that because of doing musturbation from so many years, you people will have a lot of weaknesses too. Some problems may also have occurred in your body, such as hair loss, some may have increased fat and some may have lost lots of fat. So, on step-6, we will talk about what is the proper diet that you have to follow, this diet will improve your physical health. And your body will also be able to recover.

Here is the Diet Plan:-

### **Just Out Of The Bed:**

- 1 cup tea/coffee using full cream milk and 2 teaspoons sugar
- 2 biscuits

**Breakfast:**

- 1 glass of fruit juice, preferably orange
- 1 cup cereal (oatmeal, porridge) with 1 cup low-fat milk, few sliced almonds and raisins, and 2 teaspoons of sugar or honey
- 1-2 slices of whole-wheat toast with some butter or jam or peanut butter
- 1 cup tea/coffee using full cream milk and 2 teaspoons sugar

**Mid Morning:**

- Milk drink – ½ cup full cream milk with 2 tsp sugar

Or

- Fruit juice with snacks – 1 glass fruit juice with dried fruits or an energy bar

Or

- Smoothie – full cream milk with some fruits with 2 tsp sugar or honey

**Lunch:**

- ½ cup of soup
- 1 potato / pasta / rice
- 1 cup of cooked vegetables
- ½ cup salad with dressing
- 1 cup boiled lentils
- 2 chapatis with a little ghee

**Mid Day:**

- 1 cup tea/coffee using full cream milk and 2 teaspoons sugar
- 1 large fruit
- 1 cup low-fat yoghurt
- 3-4 digestive biscuits

**Dinner:**

- ½ cup of Soup

- 1 cup of boiled vegetables
- ½ cup salad with dressing
- 2 chapatis
- 1 cup low-fat dessert, preferably with some added fresh/dried fruits

**Bed Time:**

- 1 glass of low-fat milk
- ½ cup of dried fruits

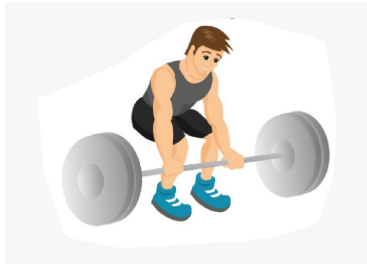
This is an example meal arrangement, which incorporates the greater part of the supplements that will offer you some assistance with gaining weight, and in the meantime keeps you stimulated throughout the day.

## **Step-7**

If you are following all these steps. That means that you know your trigger. You have started giving gaps in your masturbation. And would have started to increase these gaps a bit. You must have started doing yoga to increase your will power. And you must have started taking a proper diet as well. Now in this chapter, we will talk about the gym.

If you have to grow your fitness a lot, if you want to increase your stamina more then you will have to pay a little more attention to your physical fitness. So on this day-7, we will talk about physical fitness.

### → Strength training -



This is high effort such that you can only do a small number of repetitions before fatigue forces your effort to fail. Depending on who you ask, this is usually 6–8 reps, with 2–3 minutes rest of those muscles, and 2–4 sets. It can be something like 10,8,6,5, or some people drop their effort 10–20% for each set so they keep the same reps. This causes muscle growth, and you can do other muscles while your first muscles are recovering (circuit training). It increases your long-term resting metabolism due to increased muscle mass.

### → Aerobic / endurance -



this is the kind of exercise you can do for minutes or hours at a time. It increases your heart rate and perspiration. It trains your heart blood to carry more oxygen. It trains your muscle cells to produce more ATP. It allows better glycogen replenishment afterwards. It increases your caloric burned during the exercise and increases your overall efficiency at doing work for fewer calories.

### → Stretching/flexibility



This helps keep you from tearing muscles before strength training. It loosens adhesions caused by muscle damage and repair. It triggers collagen growth and repair. It helps maintain range of motion for your joints, which can lead to improvements in posture and reduction in exercise-related injury.

### → Balance/coordination -



This trains your mind to operate your body more accurately. The premise is that you consciously work at maintaining balance, which trains your cerebellum on how to respond to inputs. As this gets easier, you step up the efforts. In addition to improving coordination and dexterity, it helps strengthen auxiliary muscle groups, the smaller muscles surrounding your bigger ones. This can reduce injury due to distraction as well.