





# Welcome to Sabit International



**5 Keys to Transforming Your Life**, with 5 powerful mind practices and 5 empowering questions for each key:



## 5 Keys to Transforming Your Life – 01

**01.  
Feed Your  
Mind Daily**

02.  
Feed and  
Strengthen  
Your Body

03.  
Find Role  
Models

04.  
Take  
Massive  
Action

05.  
Give More  
Than You  
Expect To  
Receive



## 5 Keys to Transforming Your Life – 02

01.  
Feed Your  
Mind Do

**02.  
Feed and  
Strengthen  
Your Body**

03.  
Find Role  
Models

04.  
Take  
Massive  
Action

05.  
Give More  
Than You  
Expect To  
Receive



## 5 Keys to Transforming Your Life – 03

01.  
Feed Your  
Mind Do

02.  
Feed and  
Strengthen  
Your Body

**03.  
Find Role  
Models**

04.  
Take  
Massive  
Action

05.  
Give More  
Than You  
Expect To  
Receive





## 5 Keys to Transforming Your Life – 04

01.  
Feed Your  
Mind Do

02.  
Feed and  
Strengthen  
Your Body

03.  
Find Role  
Models

**04.  
Take  
Massive  
Action**

05.  
Give More  
Than You  
Expect To  
Receive



## 5 Keys to Transforming Your Life – 05

01.  
Feed Your  
Mind Do

02.  
Feed and  
Strengthen  
Your Body

03.  
Find Role  
Models

04.  
Take  
Massive  
Action

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## **5 Keys to Transforming Your Life**

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## 5 Keys to Transforming Your Life

### 01. Feed Your Mind Daily

#### Mind Practices:

1. Read or listen to self-growth content daily
2. Start the day with positive affirmations
3. Limit exposure to negative media
4. Practice daily journaling and reflection
5. Learn one new thing every day

## 5 Keys to Transforming Your Life

### 01. Feed Your Mind Daily

#### Empowering Questions:

1. What did I learn today that made me better?
2. How am I feeding my mind with positivity?
3. What belief do I need to upgrade?
4. How can I think bigger today?
5. What inspires me right now?



## 5 Keys to Transforming Your Life

### 2. Feed and Strengthen Your Body

#### Mind Practices:

1. Move your body with purpose (exercise or stretch)
2. Eat consciously and with gratitude
3. Practice breath work or deep breathing
4. Hydrate intentionally
5. Sleep with intention and recovery focus

## 5 Keys to Transforming Your Life

### 2. Feed and Strengthen Your Body

#### Empowering Questions:

1. What does my body need most today?
2. How can I show love to my body right now?
3. Am I honoring my energy and strength?
4. How does movement influence my mindset?
5. What one habit can I build for my health?



## 5 Keys to Transforming Your Life

### 3. Find Role Models

#### Mind Practices:

1. Identify 3 people who inspire you
2. Study their habits and mindset
3. Model one behavior of theirs each day
4. Ask "What would they do?" in tough moments
5. Keep a mentor journal with lessons learned

## 5 Keys to Transforming Your Life

### 3. Find Role Models

#### Empowering Questions:

1. Who inspires me to be greater?
2. What qualities do I admire in them?
3. How can I act like my role model today?
4. What would my mentor say about this challenge?
5. What's one thing I've learned from them?



## 5 Keys to Transforming Your Life

### 4. Take Massive Action

#### Mind Practices:

1. Set clear daily action goals
2. Break big tasks into micro-steps
3. Use a timer to stay focused (Pomodoro)
4. Celebrate every win, big or small
5. Repeat a power phrase (e.g., "I move now!")

## 5 Keys to Transforming Your Life

### 4. Take Massive Action

#### Empowering Questions:

1. What bold step can I take right now?
2. What's stopping me—and is it real?
3. How will I feel after taking this action?
4. Who am I becoming by doing this?
5. What's the cost of staying stuck?



## 5 Keys to Transforming Your Life

### 5. Give More Than You Expect To Receive

#### Mind Practices:

1. Give compliments or appreciation freely
2. Add extra value in all you do
3. Help someone without expecting anything
4. Practice deep listening
5. Send one "thank you" message each day

## 5 Keys to Transforming Your Life

### 5. Give More Than You Expect To Receive

#### Empowering Questions:

1. How can I give generously today?
2. What can I offer that uplifts others?
3. How can I make someone's day better?
4. What does giving teach me about abundance?
5. Where can I lead with service, not expectation?





*Memory Training.*

**9,000 TK**



*Train your brain for  
maximum success.  
(Online)*

**4,100 TK**



*Our previous Online  
Mind Training.*

**6,100 TK**



*12 Special Mind Sessions  
with Sabit International  
In 12 Months.*

**12,000 TK**



*OQP Global Level One.*

**10,000 TK**



*Train Your Brain For  
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**6,100 TK**

**Total: 47,300 TK**



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**~~Total: 47,300 TK~~ , 6,100**

***Many More Surprises  
Insha Allah!***

***THANK YOU***

