

DARSHAK RANA

FROM STUCK TO UNSTOPPABLE



A 7-DAY MENTAL
RESET PROGRAM

ingunna68@punkproof.com



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About Me

Sold to
ingunna68@punkproof.com





**MY
STORY:
ONE
QUIET
MORNING**

Sold to
ingunna68@punkproof.com



MY STORY

“When you hit rock bottom, you have nowhere to go but up.” – Pattie Mallette

Despite a bright and sunny day, I was completely drained. No energy. No motivation.

As I looked around my cluttered apartment, I felt suffocated by the weight of my bad habits.

My physical and mental health sucked. I barely kept up with work, and my relationships were crumbling.

Growing up, I was always a dreamer with big aspirations. But as the years passed, life got in the way.

I was juggling multiple responsibilities, and the stress took a toll on my mental and physical well-being. I found myself stuck in a vicious cycle of procrastination, junk food binges, and endless scrolling through social media.



My dreams were slipping away, and I felt like I was losing control over my life.

Every day as I lay in bed, I couldn't shake the feeling that I was wasting my potential. I realized that if I didn't change my habits, my life would continue to spiral downward.

One night, I made a promise to myself: I would do whatever it took to turn my life around and reclaim my lost mojo.

The next morning, I began searching for answers.

I devoured books, articles, podcasts, and videos on personal development, productivity, and habit formation.

Slowly, I learned about the science behind habits and the powerful mental techniques that could help me overcome my self-destructive patterns.

As I applied these lessons to my life, I started to see changes. I was no longer stuck in life.

I began to wake up earlier, exercise regularly, and make healthier food choices. *(I don't urge you to adopt the same habits. Choose what is holding you back.)*

My productivity skyrocketed, and my relationships improved.

I felt like I was finally becoming the person I always knew I could be.

But the journey wasn't without its challenges. I faced setbacks and failures along the way. There were times when I wanted to give up, to revert to my old ways.

But with each obstacle, I learned valuable lessons about resilience, self-compassion, and the power of consistency.

Slowly but surely, I transformed my life, one habit at a time.

It wasn't easy, but it was worth it.

Today, I am happier, healthier, and more fulfilled than ever before.



I still have some bad habits, but I am glad I've finally found a system to keep my life on track.

And now, I want to share my journey and the lessons I've learned with you.

That's why I created this book, *From Stuck to Unstoppable: A 7-Day Mental Reset Program*— to help you harness the power of science-backed habit-building principles, practical actions, and mental techniques to transform your life.

I know firsthand how hard it can be to break free from bad habits, and I want to offer you the support, guidance, and tools you need to make lasting change.

In this guide, you'll find a step-by-step plan for breaking the chains of your bad habits and creating new, empowering ones - to unstuck yourself.

You'll learn about the habit loop, the science of motivation, and the power of visualization, among other valuable techniques.

I invite you to join me on this journey to commit to becoming 1% better every day.

The reason you should focus on tiny gains is they compound over time to cause a massive transformation. James Clear's explanation of the power of tiny changes is impeccable.

So, let's get started.

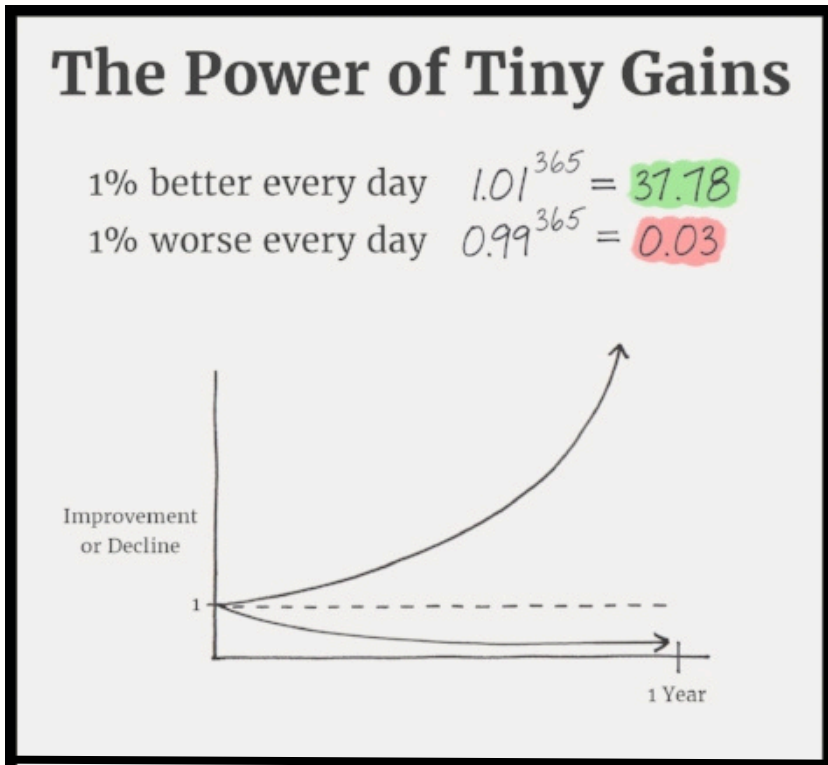


Image by James Clear



DAY ONE

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DAY 1:

SELF-AWARENESS, GOAL SETTING & VISUALIZATION

What you'll learn:

- Reflect on your current habits and identify one key habit to change or develop
- Set a SMART goal related to this habit
- Spend 5 minutes daily visualizing yourself successfully performing the new habit, engaging all your senses
- Write down your goal and place it somewhere visible as a daily reminder



A Deeper Dive

Just sit idle leaving everything aside. Look through the window.

Within five minutes you'll be reflecting on your life. I bet you will.

You'll realize it's time for change.

Bam!

That's when the magic happens. But only if you seize the moment and do something with this mental strike.

Here's how:

Identify the habits that are holding you back.

Write down all the habits – good and bad.

You'll write good ones first because it will make you feel confident about yourself

Your self-esteem will rise instantly. And you won't feel overwhelmed looking at your bad habits.



My secret sauce is to write alternative ones next to your bad habits.

I remember when I was stuck in a rut, wasting hours on mindless scrolling. I decided to swap that for reading, and it was a game-changer.

At first, it was a little challenging – I mean, have you ever tried to quit the endless dopamine hits from the internet?

It's like trying to give up potato chips when you're surrounded by mountains of them.

But I persisted, and eventually, my brain rewired itself to crave the intellectual stimulation from reading.

Now, let's set a **bold SMART goal**.

For example, my goal was to read 20 pages every day. It was specific, measurable, achievable, relevant, and time-bound.

To uncover the real motivations behind your goal, apply the Five Whys technique like a tenacious detective.

First why: Why do I want to give up mindless scrolling?

Answer: I can't find time to read books.

Second why: Why do I want to read Books?

Answer: To gain knowledge and immerse my mind into something positive.

Third why: Why do I want my mind to get positivity pills?

Answer: To think right in every situation.

Fourth why: Why do I want think right in every situation?

Answer: To prevent overthinking that give birth to anxiety, and loser-like feelings.

Fifth why: Why do I want to prevent overthinking?

Answer: They paralyze my actions and prevent me from taking new challenges and use my full potential.



See how a tiny bad habit of mindlessly scrolling is linked to NOT GROWING in life. And it also shows what you really think of yourself.

When I did this, I realized that reading was my ticket to a more creative and inspired life.

It was like discovering a hidden doorway to a world I never knew existed. I had no idea that books could be such a catalyst for personal growth and self-improvement.

Next, let's talk about visualization.

Visualization is the act of mentally rehearsing your success. Imagine yourself successfully performing your new habit, engaging all your senses.

Picture it so vividly that it feels like you're already living it.

For example, if your goal is to start running every morning, imagine the feeling of your feet hitting the pavement, the sound of your breath, the smell of the fresh air, and the sense of accomplishment when you finish your run.



Spend 5 minutes daily visualizing your success.

This will help you create a powerful mental blueprint for your new habit and keep you motivated to make it a reality.

Action:

So, grab a pen and paper and start listing your habits.

Dive deep into your Five Whys, set your SMART goal, and visualize your success.

Remember the time when I told you about my reading goal?

One day, I was so engrossed in a book that I completely lost track of time. When I finally looked up, I realized I had been reading for three hours straight, and my family had left for dinner without me!

I couldn't help but laugh at the irony – I had traded one extreme for another.

But hey, at least I was feeding my mind with knowledge and not just memes.

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DAY TWO

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DAY 2:

HABIT LOOP MASTERY & MINDFULNESS

What you'll learn:

- Understand the habit loop: Cue, Routine, Reward
- Practice mindfulness during your daily routine to identify the cues and rewards associated with your target habit
- Start creating a new habit loop by replacing the old routine with a positive one
- Use a reminder app or post-it notes to reinforce your habit cues



A Deeper Dive:

Let's crack the code of habit formation.

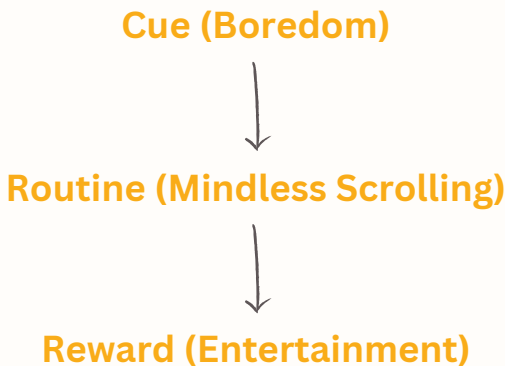
It's like a heist movie where you have to understand the security system to break in.

The habit loop consists of the Cue, Routine, and Reward.

It's the holy trinity of habit change!

Now, put your Sherlock hat on and identify the cues and rewards linked to your target habit.

I found that boredom was my cue for mindless scrolling, and the reward was instant entertainment.



To switch things up, I replaced the scrolling with reading, creating a brand new habit loop.

Let's get practical: Write down your habit loop and keep it somewhere visible.

If you know the times when you'll be free from your work and bored, note those times. Feed them into your reminder app on phone to remind you "what you should do now."

This will prevent you from living life on Auto-pilot.

It's like a blueprint for your new life. Trust me, it works.

I remember one time when I was waiting for my dentist appointment, and I felt the familiar urge to pull out my phone and start scrolling.

But then, I caught myself and instead pulled out a book from my bag. Not only did I get through a few pages, but I also had a great conversation with another patient about the book I was reading.

It was a small victory, but it showed me the power of being mindful and breaking the habit loop.

Now it's your turn.

Action:

Start by practicing mindfulness during your daily routine to identify the cues and rewards associated with your target habit. Be aware of the moments when you're most likely to slip into autopilot and engage in your old routine.

Catch yourself in the act, and start creating a new habit loop by replacing the old routine with a positive one.

Next, use a reminder app or Post-it notes to reinforce your habit cues.

For example, if you're trying to drink more water, you can set reminders on your phone to



drink a glass of water every hour, or place post-it notes on your fridge, bathroom mirror, and computer monitor.

The more visible your cues, the more likely you are to stick to your new habit.

So there you have it – Day 2 is all about habit loop mastery and mindfulness.

By understanding the habit loop and being mindful of your daily routine, you'll be well on your way to breaking free from your bad habits and creating new, empowering ones.

Remember, the key to success is mindfulness and consistency. Keep practicing, and soon you'll be a master of habit change.

Up next is Day 3, where we'll explore the power of tiny habits, implementation intentions, and positive affirmations to make your habit change journey even more effective.



DAY THREE

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DAY 3:

TINY HABITS, INTENTIONS & AFFIRMATIONS

What you'll learn:

- Break down your habit into small, manageable steps (tiny habits)
- Use implementation intentions: "When [cue], I will [routine]"
- Create a positive affirmation related to your habit (e.g., "I am committed to exercising daily for better health.")
- Repeat the affirmation out loud or in your mind, especially when you encounter obstacles



A Deeper Dive:

Break your habit into bite-sized pieces – like slicing up a Royale with Cheese.

Tiny habits make the process less intimidating and easier to stick to. I started by reading just 5 pages a day and gradually increased it.

Next, use implementation intentions to create a mental script:

"When [cue], I will [routine]."

For me, it was, "When I feel bored, I will read a book instead of scrolling."

"See how that works?"

Now, visualize yourself in action, like you're the star of your own movie.

Think about the last time you successfully implemented a new habit. Did you have a clear plan in place? Did you know exactly what to do when faced with a specific cue?

Chances are, having a solid plan made all the difference. That's the power of implementation intentions.

Now, let's add some motivational fuel to the fire with positive affirmations.

Create a positive affirmation related to your habit (e.g., "I am committed to exercising daily for better health.") and repeat it out loud or in your mind, especially when you encounter obstacles.

Do it within 10 minutes of waking up. The doorway to the subconscious mind is open at that time. They help you rewire your brain and stay focused on your goals.

Whenever I faced the temptation to slip back into my old scrolling habit, I would remind myself, "I am a reader who values knowledge and growth." This affirmation helped me stay committed to my new habit.



Action time:

Write down your implementation intention, visualize it daily, and watch yourself transform into the hero you were meant to be. Also, create a powerful affirmation and repeat it whenever you need an extra boost of motivation.

So, there you have it – your plan for Day 3.

By focusing on tiny habits, implementation intentions, and positive affirmations, you'll be well-equipped to tackle any challenges that come your way.

Remember, change doesn't happen overnight. It takes time, effort, and dedication.

But with the right tools and mindset, you can achieve your goals and become the best version of yourself.



DAY
FOUR

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DAY 4:

ACCOUNTABILITY, SOCIAL SUPPORT & SHARING PROGRESS

What you'll learn:

- Share your goal with a friend or family member for accountability
- Join a supportive online community or find a habit buddy
- Leverage positive peer pressure by sharing your daily progress with your support network
- Use a habit-tracking app to monitor your consistency and celebrate milestones



A Deeper Dive:

You're doing great, but every hero needs a sidekick, right?

Accountability is like the gym buddy who forces you to do those extra reps when you'd rather be eating pizza.

It's that magical ingredient that makes you stick to your commitment even when the going gets tough.

I decided to run a half marathon. But, the thought of running 13.1 miles was as daunting as climbing Mount Everest. So, I enlisted a friend to join me, and we held each other accountable throughout the training.

And you know what? We both crossed the finish line with big, goofy grins on our faces.

Find your tribe – a group of people who share your goals and can support you on your journey.



It could be a friend, family member, or an online community. Share your progress with them, and you'll be more likely to stay on track.

Remember that time you shared your New Year's resolution on social media? I bet you felt more compelled to stick to it, right? That's the power of social support.

Now, combine accountability with sharing your progress. This adds a pinch of fun and competition to the mix.

Set up a group chat where everyone can share their daily achievements, and you'll soon be racing to outdo each other.

Action time:

Find your accountability partner or group, share your goals, and start updating them on your progress. Embrace the power of social support, and watch your motivation skyrocket.





DAY FIVE

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DAY 5:

HABIT STACKING, ENVIRONMENT & PRECOMMITMENT

What you'll learn:

- Stack your new habit with an existing one to establish a routine (e.g., "After I brush my teeth, I will meditate for 5 minutes.")
- Optimize your environment to support your new habit (e.g., place workout clothes next to your bed)
- Use precommitment strategies, like scheduling the habit into your calendar or setting a reminder
- Remove distractions and triggers for unwanted habits



A Deeper Dive:

Ever heard of the saying, "The whole is greater than the sum of its parts"?

That's the idea behind habit stacking.

By combining your new habit with an existing one, you create a powerful routine that's hard to break.

For example, I started listening to audiobooks while doing household chores.

Soon, I couldn't wait to clean the house because it meant more books! Talk about killing two birds with one stone.

Next up: environmental design.

Your surroundings have a massive impact on your habits, so make sure they're working for you, not against you.

Rearrange your furniture, declutter your space, or add reminders of your goals to your environment.



When I wanted to read more, I placed a book on my bedside table, so it was the first thing I saw when I woke up and the last thing I saw before sleeping.

No more phone scrolling for me!

Precommitment is like a safety net for your willpower.

By making it difficult or expensive to revert to your old habits, you'll be more likely to stick to your new routine.

For example, I donated all my junk food to a food bank and filled my pantry with healthy snacks.

It was a win-win situation.

Action time:

Stack your new habit with an existing one, design your environment for success, and precommit to your goals. You'll be amazed at how much easier it is to stay on track.





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DAY 6:

CELEBRATE SMALL WINS, REWARDS & GRATITUDE

What you'll learn:

- Acknowledge and celebrate your progress, no matter how small
- Set up a reward system to reinforce your new habit (e.g., treat yourself to a movie after a week of consistent exercise)
- Practice gratitude by listing three things you're grateful for each day, focusing on your progress and growth
- Share your gratitude with your support network to reinforce positive emotions



A Deeper Dive:

One day, when I had successfully hit my 20-pages-a-day reading goal for two weeks, I rewarded myself with a night of binge-watching my favorite show.

I felt so proud and content, I couldn't help but grin like the Cheshire cat.

Celebrate your small wins. Every. Single. Time.

It's like a high-five for your brain, and it keeps you motivated.

These tiny victories make a huge difference in your progress, so don't be shy about giving yourself a pat on the back.

Remember when I read 5 pages a day?

I celebrated by treating myself to a small, healthy snack. The reward made it even more enjoyable, and I was more likely to stick to the habit.



When setting up your reward system, make sure it aligns with your goals.

For example, if your goal is to exercise daily, don't reward yourself with a bucket of fries.

Instead, opt for something that supports your new habit, like a new workout outfit or a massage.

Gratitude is the cherry on top of your habit change sundae.

By expressing gratitude for the progress you've made, you'll reinforce the positive emotions associated with your new habits.

Every night before bed, I write down three things I'm grateful for in a journal.

This simple practice has transformed my mindset and made me appreciate my achievements even more.



When you practice gratitude, you shift your focus from what's missing in your life to what's already present.

This mindset shift makes it easier to maintain your motivation and stay committed to your new habits.

Now, let's get real for a moment.

We all have bad days. Days when we just want to throw in the towel and binge on junk food while wallowing in self-pity.

But guess what?

It's okay to have setbacks. What matters is how you bounce back and keep pushing forward.

When you stumble, don't beat yourself up. Instead, use it as an opportunity to learn and grow. Ask yourself what went wrong and how you can prevent it from happening again. Then, pick yourself up, dust yourself off, and get back on track.

Action time:

Set up a system for celebrating your small wins and rewarding yourself. Practice gratitude daily, and watch your motivation levels soar.

Remember, setbacks create more bulletproof plans.



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DAY 7:

REFLECT, ADAPT & PLAN FOR SUCCESS WITH MENTAL REHEARSAL

What you'll learn:

- Review your progress and assess any challenges you faced
- Adjust your approach as needed, based on your experiences
- Plan for future milestones and continue to track your habit using the Habit Tracker & Goal Setting Template
- Practice mental rehearsal



A Deeper Dive:

You've come a long way!

It's time to reflect on your journey, celebrate your progress, and plan for long-term success.

Reflection is like a GPS system for your personal growth.

It helps you understand where you are, where you've been, and where you're heading.

Take some time to review your progress, identify areas for improvement, and make any necessary adjustments to your plan.

Adaptation is the name of the game.

Life is full of curveballs, and you need to be ready to pivot when necessary. If something isn't working, don't be afraid to tweak your approach.

Remember, the only constant in life is change, so embrace it and learn to adapt.

Planning for long-term success involves setting new goals and creating a roadmap for achieving them.

Revisit your SMART goals and make any necessary updates.

Then, break down your goals into smaller, manageable milestones and set deadlines for achieving them.

Mental rehearsal is the secret weapon of top athletes, performers, and successful people worldwide.

By visualizing yourself achieving your goals, you're priming your brain for success.

Spend a few minutes each day visualizing yourself successfully performing your new habits and reaching your goals.

Engage all your senses – see the vivid colors, hear the sounds, feel the emotions, and even smell the scents associated with your success.



The more detailed your mental rehearsal, the more powerful its impact on your motivation and performance.

For example, when I was training for my half marathon, I would visualize myself crossing the finish line, exhausted but triumphant.

I could hear the cheers of the crowd and feel the sweat and exhilaration coursing through my body.

This mental rehearsal kept me motivated and focused on my goal.

But don't just stop at visualizing your success. Also, mentally rehearse how you'll handle potential setbacks and obstacles.

This prepares your mind for challenges and helps you develop resilience.



Finally, keep the momentum going. As you achieve your goals, set new ones, and continue pushing yourself to grow and evolve.

Remember, personal growth is a lifelong journey, not a destination.

Action time:

Reflect on your progress, adapt your approach if needed, and plan for long-term success.

Incorporate mental rehearsal into your daily routine and keep the momentum going by setting new goals as you achieve the old ones.





HEARTFELT MESSAGE

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ingunna68@punkproof.com



BEFORE YOU GO:

As you complete "From Stuck to Unstoppable: A 7-Day Mental Reset Program," I hope you feel inspired and empowered to take control of your life, one habit at a time.

Changing habits is not an overnight process – it requires patience, persistence, and self-compassion.

But by consistently applying the strategies and techniques you've learned in this guide, you'll make progress toward becoming the best version of yourself.

Celebrate your small wins and reward yourself for your efforts. Share your achievements with your support network and learn from your experiences.

Also, seek out new resources, learn from others, and stay open to new ideas. Surround yourself with positive influences and continue to nurture your support network.

When you face setbacks and challenges, remember why you started and visualize what you want your life to be.

Don't let anything come between you and your desired self.

In the days, weeks, and months ahead, keep refining your approach and adapting your strategies as you learn more about yourself and your habits.

Stay curious, stay committed, and stay resilient.

And always remember that you are not alone – countless others are on this same path, striving to become the best version of themselves.

Lastly, I want to thank you for joining me on this journey and for committing to your own transformation.


It's an honor to be a part of your story and to share the lessons I've learned along the way.

I have no doubt that you have the strength, determination, and resilience to create lasting change in your life.

So go forth, embrace the power of habit, and become the awesome human being you were always meant to be.

And never forget that every day is a new opportunity to become 1% better – to grow, evolve, and unlock your full potential.

The journey is just beginning, and I can't wait to see where it takes you.

I have one more thing for you to do, before you go... 



DARSHAK RANA

WRITER | CREATOR | ENTREPRENEUR



GET THE **FREE**
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