

SHAF, SUPER MOTIVATOR

# THE SUPER MOTIVATOR



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## **DEDICATION**

Thanks to nobody except God. I write this book as a blind man. I dedicate this book as a gift to my past and present family.

My children, who haven't appreciated me enough with my blindness and long-term physical and mental health over many years of struggle, whilst being part of their lives. My parents, brothers and sisters that deserted me, rejected me for being alive.

## LEGAL NOTICE

The publisher has strived to be as accurate and complete as possible in this book.

All attempts have been made to verify information provided in this publication.

This eBook is for informational purposes only and is not intended for use as a source of medical treatment.

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## **ABOUT THE AUTHOR**

I am a 58 year old Muslim man who was married with 2 children but am now divorced. I have been a long term mental health sufferer for 40 years and now thankfully, alhamdulillah (thanks to Allah) I am recovered, which I have achieved myself.

I have a physical disability – a visual impairment which I've had most of my life with. I am doing freelance work as a life coach and complementary therapist but have not had much work with this so far. I am living my life and trying to take control of my life.

My struggles in life have been trying to do everything by and for myself. My visual impairment has been the bigger issue in comparison with my mental health. Getting work has been hard. I have been rejected by people, by my family and by society. I have faced a lot of discrimination.

I lost my sight at the age of 10. I didn't go to a normal school but to a boarding school for the visually impaired in Bridgend. I felt excluded, not integrated. I feel a lot of my issues escalated from this isolation. I also have an overhearing problem, which affected my family relationships. I could not cope with the sound of screaming children, even going to the shopping mall or cinema was impossible. My family could not understand me or my condition.

In 1987 I was diagnosed with depression. When the depression hit me I didn't know. I have never had any

proper psychiatric support for my mental health, just anti depressants from my GP.

The GP has made me feel like there was no alternative and I felt would have been lifelong had I not took control of my life myself. My life could have been worse, I could have turned to drugs and alcohol, even been in prison. But as a miracle I took control of my life.

I now feel pretty good about my mental health. I feel better. I congratulate myself and I thank God that I have come this far. I can only thank God. Seeing and understanding things from a spiritual perspective have helped me.

I have had little or no support from services. I feel extremely let down by health and social service professionals. At times they even refused to help me and I never had any proper help or treatment for my mental health.

Voluntary organisation, self help groups and drop in centres have helped me more. In the past I have accessed the 4 winds centre in Grangetown, been supported by Cardiff Mind and now by ISSA Wales. At ISSA Wales I have met similar people with circumstances even worse than my own. It makes me feel I am not alone.

I have also had a volunteer befriended who has supported me by providing company and with managing my letters. This has helped me through my isolation.

At times of personal crisis, however, I feel voluntary organisations have not been able to offer me the level of

support that I require. I feel they are not able to do much due to a lack of resources and they hence need to concentrate on getting funding and donations.

I would feel safer this way, knowing that when I am alone in a situation I can get the support I need. I value such support.

My aspiration is to start a degree at university and write a book about my life – ‘From Struggle to Survival.’ I want to help people, to help improve their lives.

I would like to share what has helped me, my personal life and experiences.

To me what's important in life is my own self belief and spirituality. I am doing more spiritual activities

Are helping me. At times I feel like ending my life but here I am today living my life. It is a massive miracle.



## **ABOUT THE AUTHOR**

Hi, I am Shaf




Holistic therapist and life coach. Now the Super Motivator. I am an experienced and certified life-coach in South Wales. I have suffered with blindness since I was a child, but over the years I have coped with physical and mental illness.

This has enabled me to develop 50 years' experience of personal and life skills development using self-help, training and practice in some holistic therapies in Cardiff, UK. During the last 20 years, I have been practicing complementary therapies and have now started offering spiritual wisdom.

I am an NLP and EFT certified practitioner and a Reiki master in Cardiff. I also hold a diploma in Life-coaching. I have a passion for personal development and can offer many self-help tools / skills and guidance to help put you on the right path for life's changes. As a Personal Development Coach, I can provide support and I am committed to your success and progress.

I believe that all individuals are talented and resourceful. Yet, at times, we all lack the will, insight or time to create. I am a qualified.

Personal Development Coach and I am passionate about helping others achieve their absolute best.

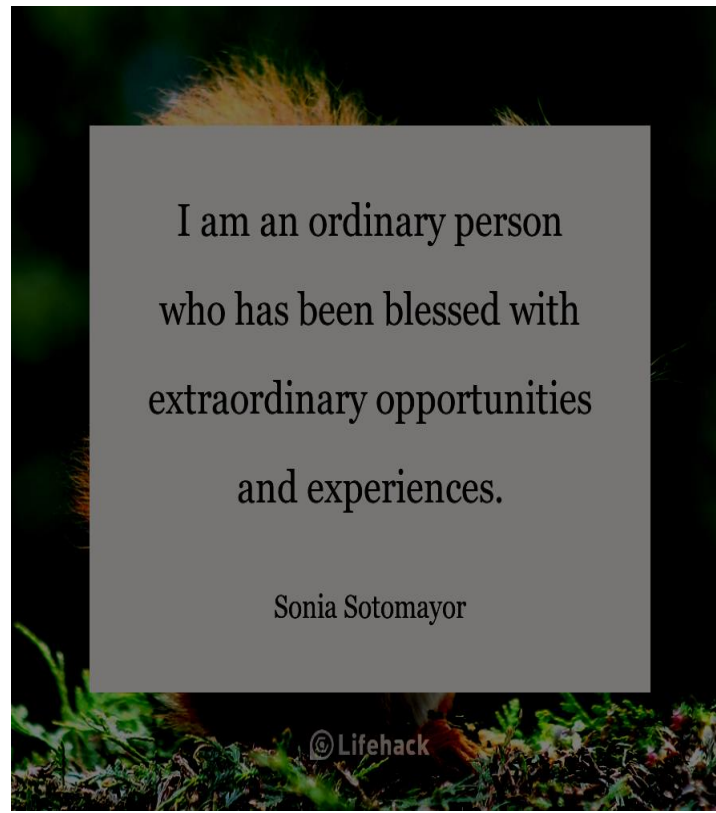


As a leader, the first person I  
need to lead is me. The first  
person that I should try to  
change is me.

John C. Maxwell

©Lifehack

## WHAT MAKES ME A SUPER MOTIVATOR?



My best qualities as a Super Motivator:

1. Being spiritual.
2. Knowing, learning, wisdom.
3. Believing: having faith in myself and in God and the Universe, the Law of Attraction, karma and life actions.
4. Practicing and realising with faith and believing that I am a survivor, a fighter, a leader, a winner, a champion. I am successful. I am wealthy.

I am a WINNER, YOU can be TOO!

HOW?

By following my example with courage, determination, self-love and self-discipline.

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## **Six Simple Steps**

1. **PPP**  
Patience, persistence and perseverance help you create success more easily.
2. **CCC**  
Choice, challenge and change help to make a better life and nurture success
3. **ACTION IS THE KEY TO CHANGE YOUR LIFE**  
You have to take action to change and succeed.
4. **LIVE IN APPRECIATION, ABUNDANCE AND GRATITUDE**
5. **DON'T GIVE IN OR GIVE UP NO MATTER WHAT!**
6. **Have fun with life.**
7. **CURE FOR ALL HUMAN RELATIONSHIPS:**

'Please forgive me.'

'I am sorry.'

'I love you.'

Thank you

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## **WHAT INSPIRES ME TO BE A SUPER MOTIVATOR?**

I practice abundance, including appreciation and being in the present and staying happy, realising I have everything I need, everything want and it all comes from God and Universe.

I live and fight through my struggle of life by myself, only relying on God. Be independent. Regardless of my poor health and limits, God makes me powerful and helps me to overcome problems and struggles without human support who are too selfish and ignorant in today's world.



## **LEARN TO LAUGH AND SMILE AGAINST ANYTHING YOU FACE**

As a blind man, living alone, you find you can only rely on yourself or God, so trust yourself in today's world.

## **VALUE YOURSELF**

I am amazing,  
I am awesome,  
I am beautiful,  
I am important,  
and so are YOU.

## **LOVE YOUR REAL NATURE**

Love. Is in me and my real spiritual nature.

Joy. Is in me and my real spiritual nature.

Peace. Is in me and my real spiritual nature.

Power. Is in me and my real spiritual nature.

Freedom. Is in me and my real spiritual nature.

Happiness. Is in me and my real spiritual nature.

Victory. Is in me and my real spiritual nature.

Success. Is in me and my real spiritual nature.

## **THREE KEYS TO HAVE WHATEVER YOU WANT, GUARANTEED**



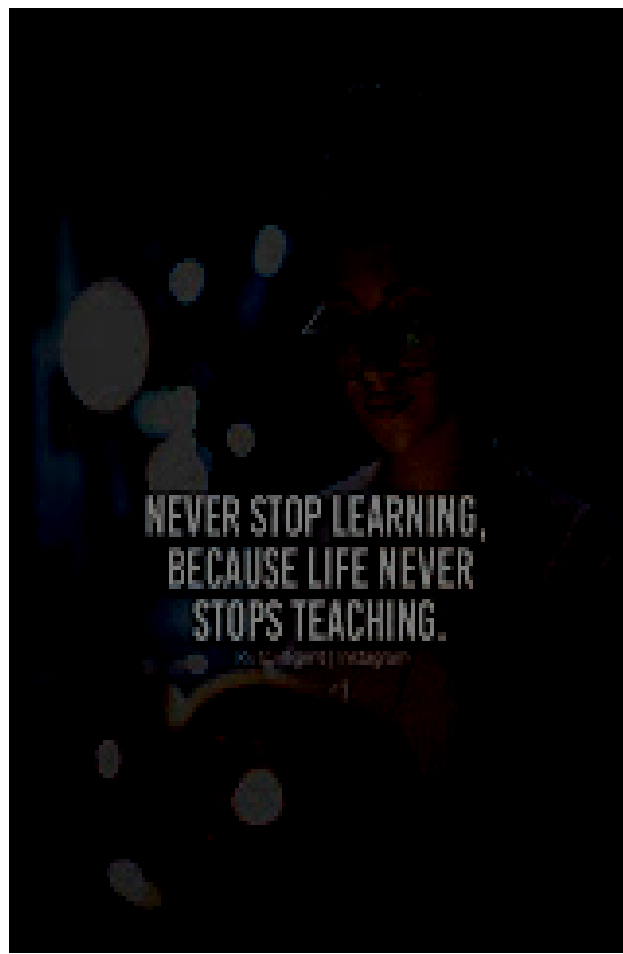
(1) Practice appreciation, (2) Be happy, (3) Be present.  
Quoted from Joe Vitale, my inspiration and motivation.  
These are all linked.

By Shaf Sabir

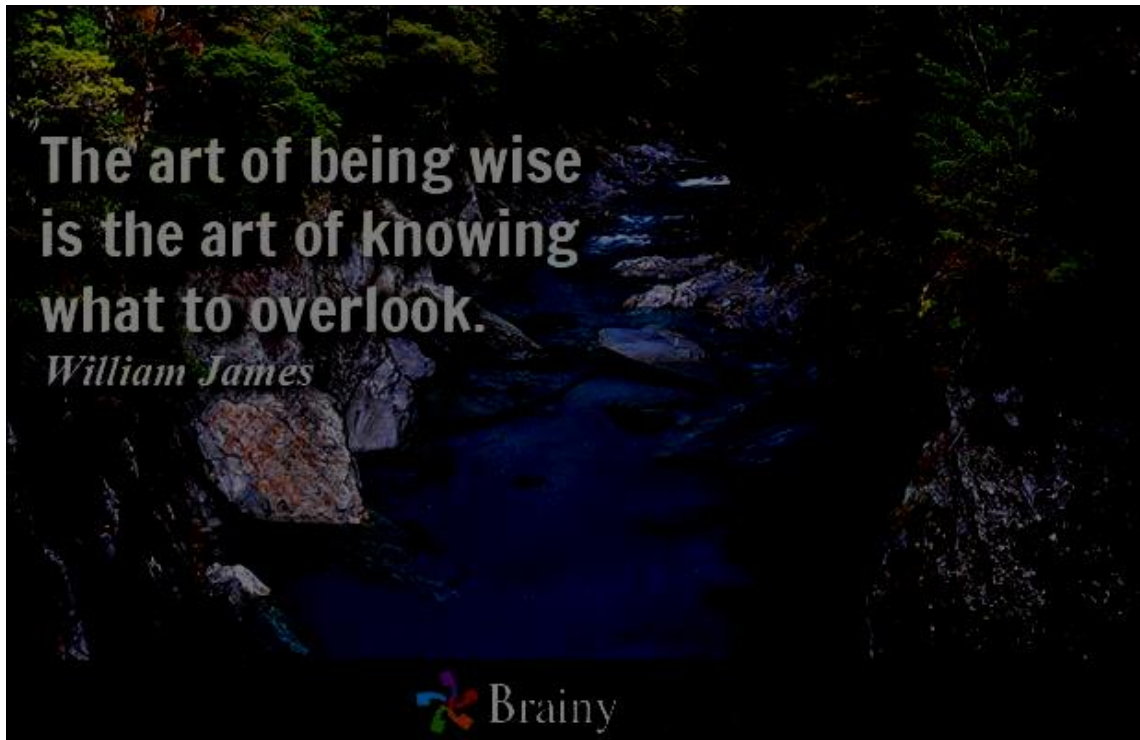
The Self-Help Super Motivator

My affirmations are waiting for you!

Also see my blog: [shafsabir.blogspot.co.uk](http://shafsabir.blogspot.co.uk)



# MY PERSONAL POWER AFFIRMATIONS



I live in abundance.

My life is special gift from God. I am the special gift of God's love.

He who dares wins - inspired by Del Boy from *Only Fools and Horses*.

Self-value: 'I am amazing, I am awesome, fabulous, fantastic, beautiful, important, special.

My real nature I love, peace, power, joy, freedom, victory, happiness, success.

PPP equals patience, persistence and perseverance - creates success easier.

CCC: Choice, Challenge, Change - makes a better life and success.

Cure for all human relationships in any situation. 'Please forgive me'. 'I'm sorry'. 'I love you.' 'Thank you.' and 'God bless you.'

My life is a miracle. My mind, body and spirit. I love my mind, body and spirit.

I am alive. Living. Thinking. Breathing. Walking. Talking. A miracle.

Life is for living, enjoying, fun. Have fun with life. Love your life and don't let it kick you down.

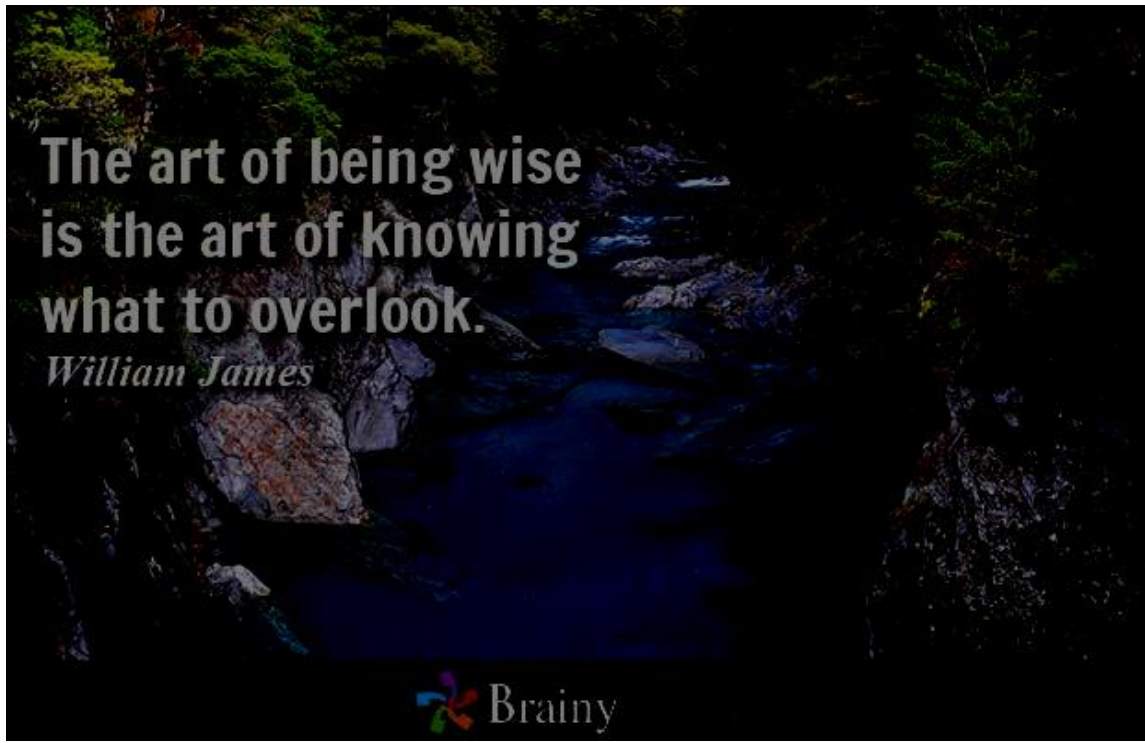
My middle name is *Patience* because I have got this far with all the suffering and struggle I have had for the last 50 years of my life. I am still alive and surviving to tell the story of my life experience.

When in stress with people or a situation, I tell myself 'all is well' (self-affirmation) 'I feel well'; 'I am well right here, right now'.

When I want, I have. Do something. I take action. I push myself with confidence and faith in myself and God.

Message from God. Not to worry if I am limited as I am in my health.

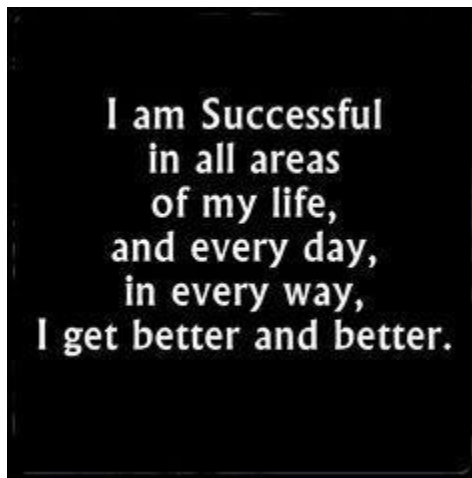
My only purpose in life should be to enjoy life. This can be done in an effortless, simple way, with little cost and effort. Starting with appreciation, gratitude, live in abundance. Stay happy. Feel things that make me happy. Sing, dance, walk, dinner, friends.



I am a spring like a bouncer in club. You can knock me down, but I bounce back up. I am a fighter. You can't kill me or destroy me. Nothing can defeat me now. I fight like a butterfly. Sting like a bee.

Self-love is the key to life and living. You have to love yourself first.

Action is the key to life. That is my motto to unlock everything. You can think but have to take action to achieve success in any area in life.



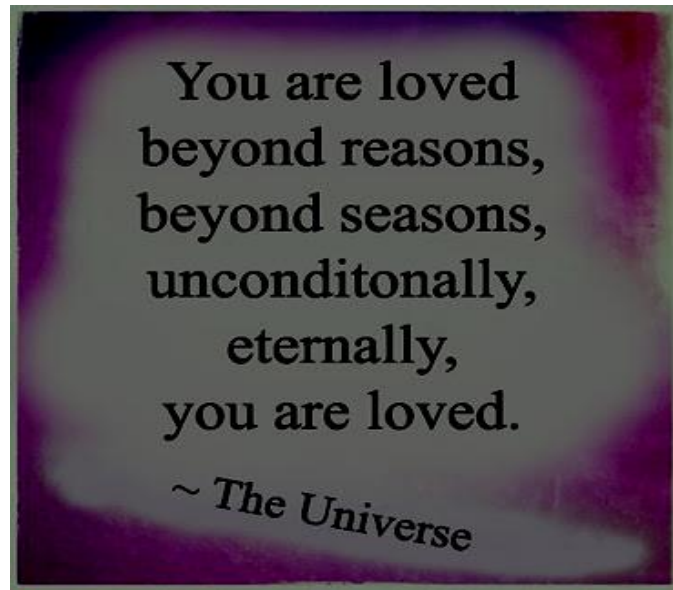
The true source of income is not a job, wealth, money, work or the self. It is God and the Universe. God is my supply and source of income.

Everything I need and want comes from the Universe. God who is my source. e.g warehouse. How I receive what I need. comes to me from world through people, resources, suppliers are the channels of spiritual power..

My power, energy and source of my needs is there and my belief in it makes it stronger. To know and believe I have and always will have what I want, when I want it, when I need it: money, health,

support, wealth, protection. In abundance. Never short or lacking in love, peace, joy, freedom, happiness, victory or success. It is always there and my birth right and my nature.

I am actually abundance like God, I always have these things and I am full and plentiful and overflowing. Because I have it, the secret is to use it and live it without expectations or need from anybody. I can afford to give anything spiritually or materially as I am overflowing with everything. By giving, I receive and gain more and am open to spread abundance to everything and everybody attracts good from it and I prosper myself and help the Universe and God helps the world to live and survive.



## **AFFIRMATIONS FOR ATTRACTING ABUNDANCE**

Opportunities flow easily to me.

I experience happiness and joy ultimately.

I take time every day to give thanks for what I have.

The world loves me and my unique abilities.

I am blessed with continuous success.

I am awake to the knowledge that I have everything I need.

I am naturally thankful for all the opportunities that come my way.

I am complete and ready for the world now.

Negativity is naturally transformed to thoughts of success.

Opportunities awaken now to me every day.

I easily accomplish what I set out to do.

Streaming opportunities flow to me.

I habitually count my blessing every day.

Life offers me joy, and I accept.

I am driven to succeed in ways that are good for me.

Creativity, like a seed, grows big and tall.

I balance success with happiness.

Every day enjoy more and more success.

I feel happy when I think of my success.

Success and happiness are in balance for me.



My success blesses the world.

As opportunities come, I am thankful.

As I dream, my higher self continues to plan for greater success.

I feel successful.

*Do not settle for less than  
exactly what you want.  
Your heart's desires are  
there for a reason.*

*Chase them. Pursue them  
relentlessly. Do not lose  
sight of your goals.*

*They are your very reason for  
being.*

*-- Franki Durbin*

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I love my life.

I find that I am often in the right place at the right time.

Dreams of life create success.



My beliefs are changing in a way that increases my success.

Positivity flows easily.

I am genuinely happy when I see others succeed.

Negativity transforms to success in my mind.

It is easy for me to feel gratitude.

With me, confidence grows and blooms.

The more successful I am the happier I become.

I am joyful as I achieve everything.

It is safe for me to be successful.

I am healthy, vibrant and full of passion.

My ability to be thankful ahead of time is growing every single day.



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# PERSONAL ACHIEVEMENTS

## Congratulations to me Mr Shaf Sabir

Certificate of Merit by the Association of British Correspondence Colleges.

The awards are given to distance learning students who have performed exceptionally well. He now appears in their Hall of Fame.

CTJT director, Cleland Thom said:

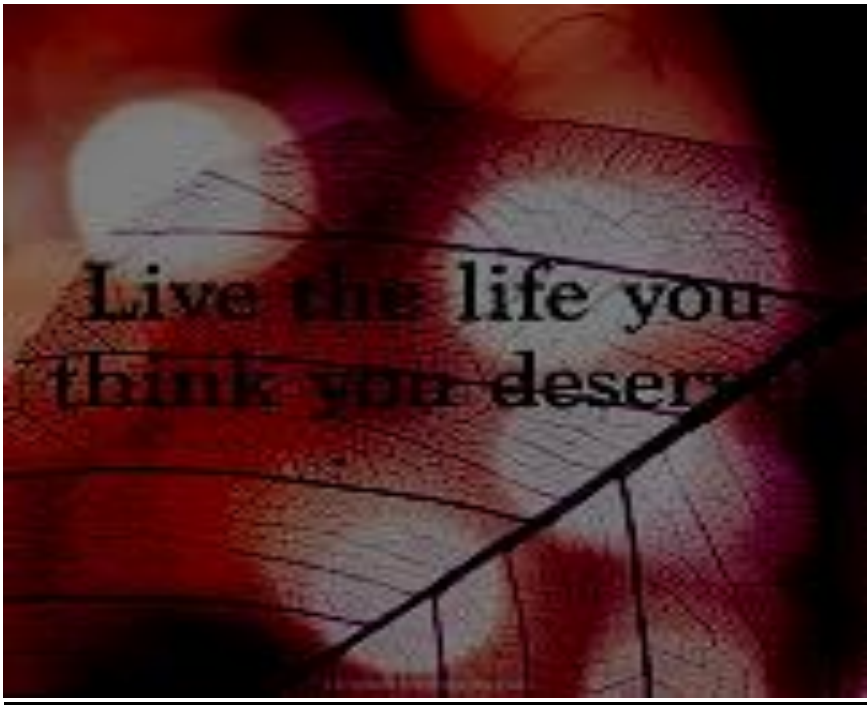
*“Shaf did not find the course easy, but he doggedly worked through the teaching materials and submitted work that any student would be proud of and didn’t ask for any special allowances because of his disabilities.*

*Other students didn’t help him out, through our Student lounge.*

*Shaf has now started his own blog and is hoping to write a book about his life experiences. He tells us that our diploma will help to find him regular work and is really optimistic about his future.*

*He has shown considerable determination and talent in completing the course, and we had no hesitation in awarding him the Certificate of Merit from the Association of British Correspondence Colleges.*

*The awards are given to distance learning students who have performed exceptionally well. He now appears in their Hall of Fame with other CTJT students.”*



# LOVE IS IN THE AIR

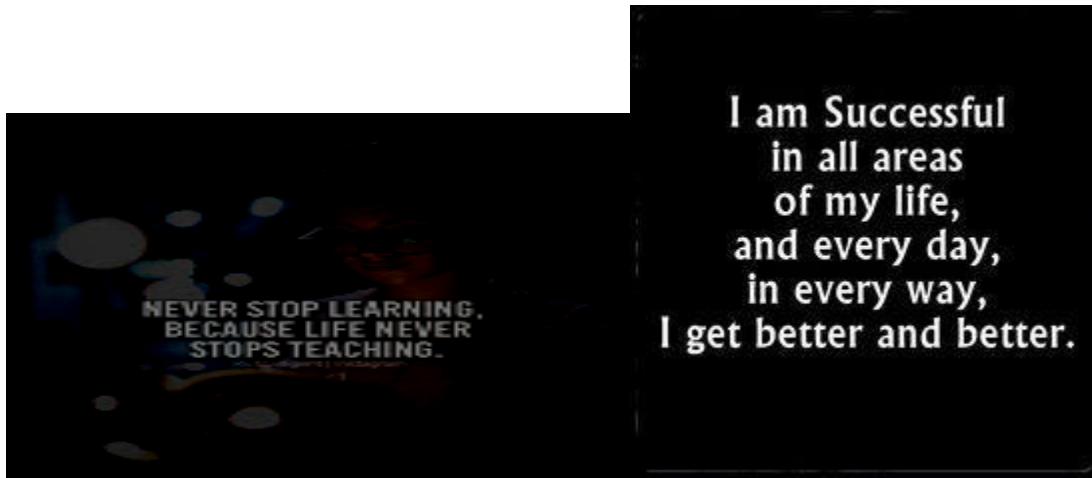


Love is in the air, as the saying goes. It really is, because I am love. You are love. God is love. Everything around you and around me is made of love. We are energy, and all connected with everything. It's God's love all around us. The Universe is love. Nature, the ocean, the world, the Sun, stars and the Moon. Most of all, you and I are the gift of God's love. I am a special gift of God's love. The life I have and the body I have is a gift from God. Spiritually, we are as him: eternal beings of light. But we have this body and life to live and share and enjoy and play the game of life. Again, to remember and connect with our creator and Father through love and remembrance of him by appreciating and gratefulness always.

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Love all with lots of blessings of good life.

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## MY FAVOURITE QUOTES

**Sometimes the lessons you learn from the choices you've made, put you on the path to the best things that will ever happen to you.**

**~ Brigitte Nicole**



Here are some motivational quotes from some of the world's greatest thinkers that will inspire wealth and prosperity in your life:

"He who dares, wins."

~ Del Boy

"Let yourself feel happy about the abundance you will have, because it will come."

~ Natalie Ledwell

“Wealth consists not in having great possessions, but in having few wants.”

~ Epictetus

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

~ Eckhart Tolle

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

~ Oprah Winfrey

“As you begin to feel freer regarding the expenditure of time and money, doors will open, people will come to assist you, refreshing you, and productive ideas will occur to you and circumstances and events will unfold. As you change the way you feel, you access the Energy that creates worlds.”

~ Abraham Hicks

“Seek not greater wealth, but simpler pleasure; not higher fortune, but deeper felicity.”

~ Mahatma Gandhi



“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

~ Herman Cain

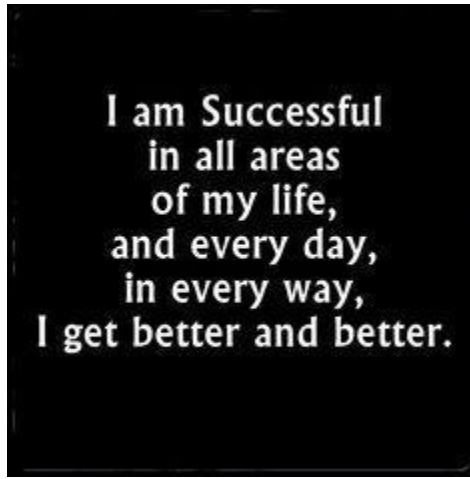
“Wealth is the ability to fully experience life.”

~ Henry David Thoreau



“Money is good for nothing unless you know the value of it by experience.”

~ P.T Barnum



“You can only become truly accomplished at something you love. Don't make money your goal. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you.”

~ Maya Angelou

“Don't tell me where your priorities are. Show me where you spend your money and I'll tell you what they are.”

~ James W. Frick

“Create the highest, grandest vision possible for your life, because you become what you believe.”

~ Oprah Winfrey

“An investment in knowledge pays the best interest.”

~ Benjamin Franklin

“See yourself living in abundance and you will attract it. It always works, it works every time with every person.”

~ Bob Proctor

“You are essentially who you create yourself to be and all that occurs in your life is the result of your own making.”

~ Stephen Richards

“Wealth is not his that has it, but his that enjoys it.”

~ Benjamin Franklin

*Do not settle for less than  
exactly what you want.  
Your heart's desires are  
there for a reason.*

*Chase them. Pursue them  
relentlessly. Do not lose  
sight of your goals.*

*They are your very reason for  
being.*

*-- Franki Durbin*

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“Make a 'career' of living a happy life rather than trying to find work that will produce enough income that you can do things with your money that will then make you happy. When feeling happy is of paramount importance to you - and what you do for a living makes you happy- you have found the best of all combinations.”

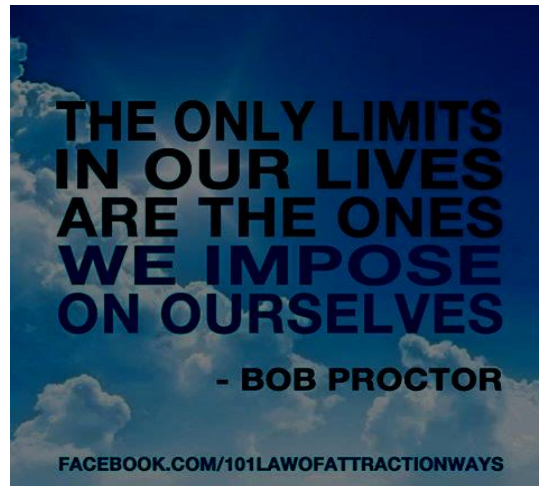
~ Abraham Hicks

“If you don't value your time, neither will others. Stop giving away your time and talents. Value what you know and start charging for it.”

~ Kim Garst

“Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.”

~ Steve Jobs



“Don’t let the fear of losing be greater than the excitement of winning.” ~ Robert Kiyosaki

“Success is walking from failure to failure with no loss of enthusiasm.” ~ Winston Churchill

“A journey of a thousand miles must begin with a single step.”  
~ Lao Tzu

“Believe you can and you’re halfway there.”  
~ Theodore Roosevelt

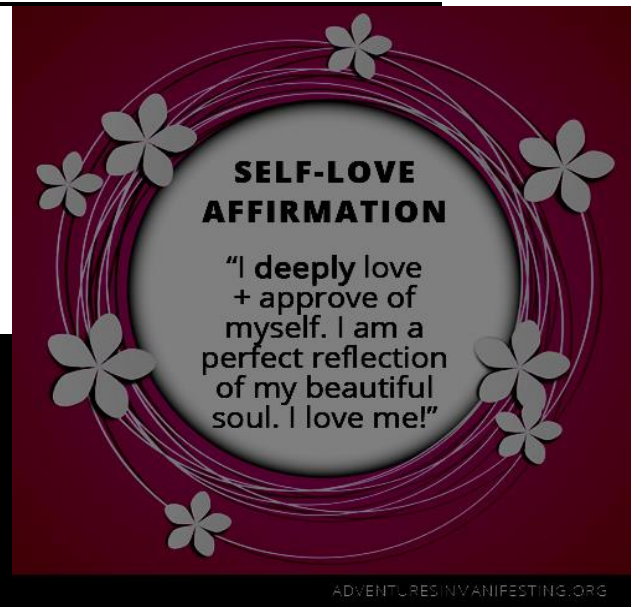
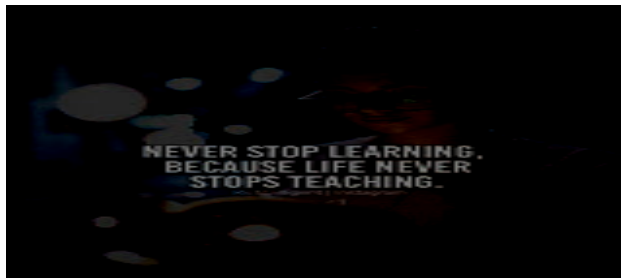
“When you are able to shift your inner awareness to how you can serve others, and when you make this the central focus of your life, you will then be in a position to know true miracles in your progress toward prosperity.”  
~ Wayne W. Dyer

“I cannot give you the formula for success, but I can give you the formula for failure which is: Try to please everybody.”  
~ Herbert B. Swope

“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.”  
~ George Lorimer

“Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.”

~ Vincent Van Gogh



“Spend eighty percent of your time focusing on the opportunities of tomorrow rather than the problems of yesterday.”

~ Brian Tracy

“Success means having the courage, the determination, and the will to become the person you believe you were meant to be.”

~ George Sheehan

“Take up one idea. Make that one idea your life – think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, that is way great spiritual giants are produced.”

~ Swami Vivekananda

“When life pushes you, stand straight, smile and push it the heck back!”

~ Anik Singal

“Enthusiasm releases the drive to carry you over obstacles and adds significance to all you do.”

~ Norman Vincent Peale

And some of my own:

“You can have anything you want. Believe it’s already yours. To feel good about it now; to feel as though we already have it.”

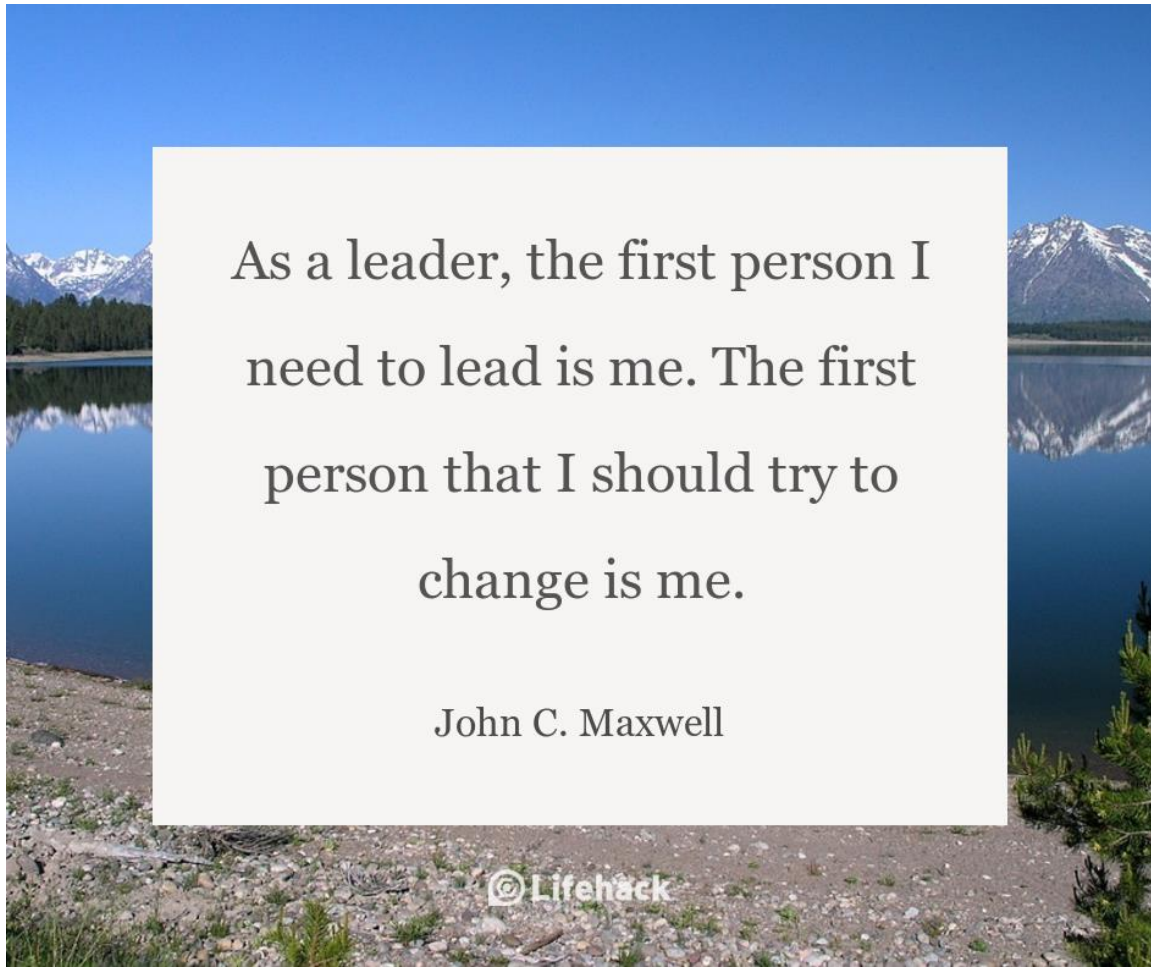
- Shaf Sabir

“Life is too short to waste. So, live it. Enjoy it, it’s the only life you got.”

- Shaf Sabir

“My goal is to keep going, keep moving. Don’t give up, don’t stop! Until I win.”

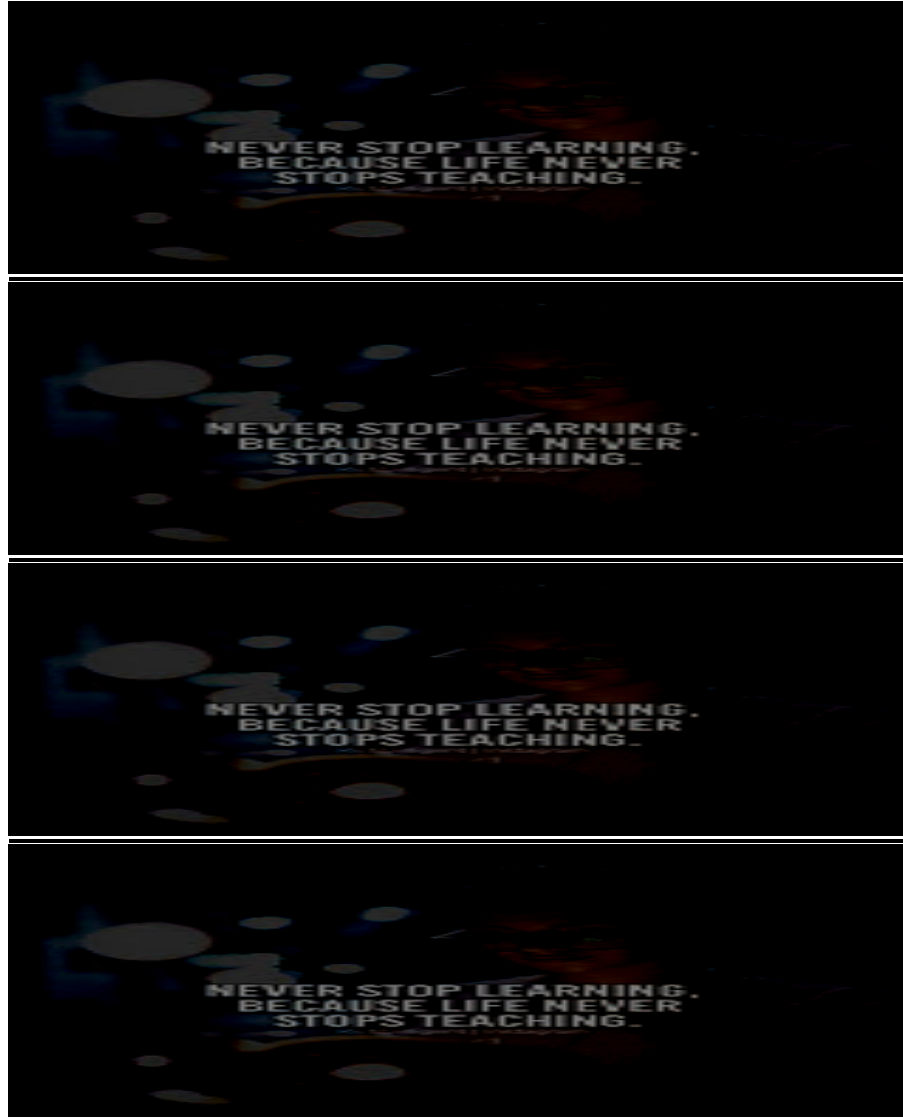
- Shaf Sabir



“You can control any situation by controlling yourself in the mind.”  
- Shaf Sabir

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# MESSAGES FROM SHAF THE SUPER MOTIVATOR



I am Shaf, your motivation tutor. Just here to update you with a motivational quote.

*“All is well.”*



My personal favourite and an uplifting affirmation in any situation.

"Always remember, deep in your heart, that all is well and everything is unfolding as it should. There are no mistakes anywhere, at any time. What appears to be wrong is simply your own false imagination. That's all."

- Robert Adams

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle!"

- Albert Einstein

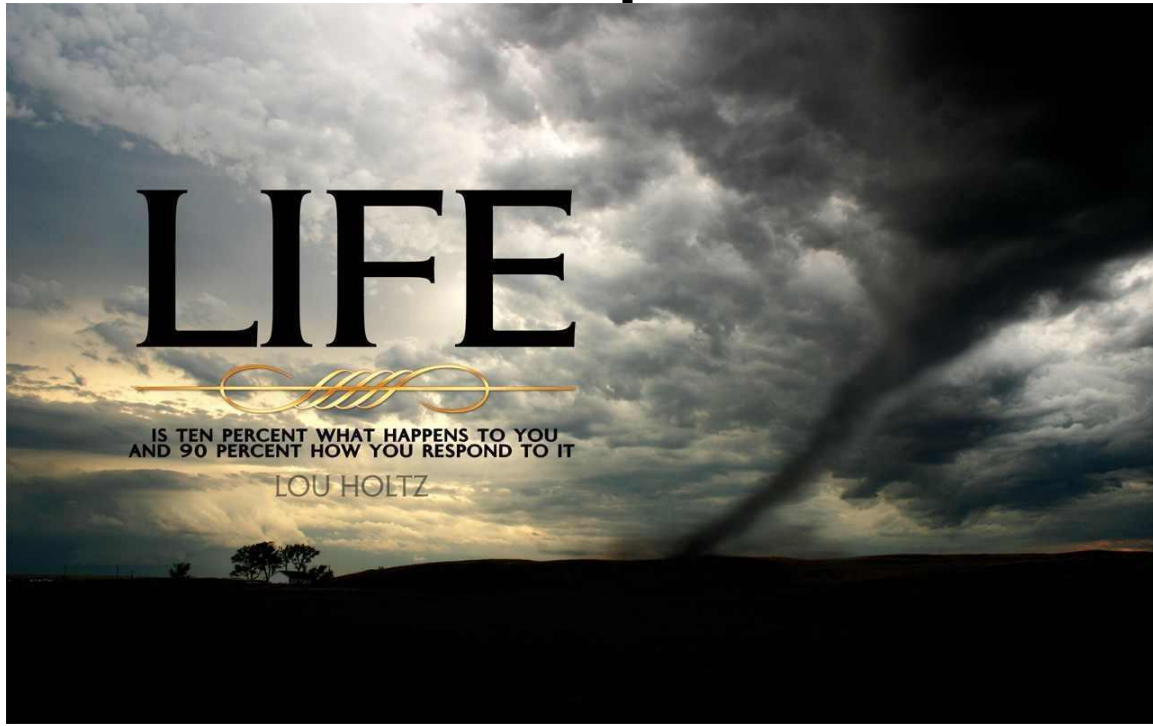




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# Spirit of Life

## I am a free Spirit of Life





I am a spirit of life. I love life, because life loves me. Life wants me and needs me is waiting for me. I am the gift of life from God. I am God's special gift in this world.

I am WWW: warm, wise, wonderful.

God loves me so much, that why I am alive, even if I am alone, with poor health. Blind as I am. God does not want me to suffer. No matter who, why or where, when things or people try make me suffer, no matter what is happening, what is going on, how bad it is, God is with me.

**Instead of trying  
to prove you're worthy  
acknowledge & accept  
you already are!**

**[www.30DaySelfLoveChallenge.com](http://www.30DaySelfLoveChallenge.com)**

I have suffered and struggled many years of life in the hands of crooked people and evil. But they couldn't kill me or destroy me. I am alive. I am a living, thinking, walking, talking miracle from God. I am a survivor, fighter, winner, champion of life.

The truth is, they thought I wasn't good enough, but it hurts them to know that they were the ones that weren't good enough, not me. I am actually too good for them. That's why they wanted me out of the picture.

In God's ways: karma, "What goes around comes around". This means that they will suffer and pay for it. The best part is it truly live by it. I never had, even with force, revenge.

In fifty years of my victimisation, I never lifted a finger or a weapon. Many people that harmed me or tried, have suffered, are dead or are on the way. Will God's way have self-punishment? They will be asking God what happened. They will remember me and cry for mercy. When I did nothing wrong, only good. Never harmed or hurt anybody. Yet they couldn't kill me.

I am still here. Alive to tell my story of my life. God protected me from getting into drugs, alcohol, homelessness, begging,

criminality. I was tempted, was close. I even could have long ago killed myself many times, but God didn't let me. Because he loved me too much. Even now whenever I am alone, whatever I am doing, God is protecting me from any danger, crisis, pain and suffering. Though I suffer in my body, it could be worse, as God says. That is why I am so grateful to be alive. I live every minute in gratitude, peace and happiness.

Message from my inspirer who motivates me.

Hi Shafiq,

I believe in you.

One of the main reasons why people fail to achieve what they want is because they don't feel that they deserve it.

They might be doing the visualizations, affirmations, etc., but they can never succeed unless they truly believe that they're worthy and that they CAN attain their desires.

If you keep on working hard, but deep inside you're saying, "This just isn't my destiny" or "This is impossible to finish" or "There's nothing more I can get from my efforts," then you're sabotaging your dreams.

You've got to fully believe in your heart and mind that you will ultimately get what you want, in order to attract the thing you desire.

Can you pray? Then **THIS** will help you a ton.

The most powerful prayer in the world is heal any relationship.

PLEASE FORGIVE ME.

I AM SORRY.

I LOVE YOU.

THANK You

And of course, nothing beats the power of

Best Regards,Michael Lee

inspired, "get-out-of-your-comfort-zone"

Take action Now!.

## SHAF, SUPER MOTIVATOR

I know some people who just takes whatever life has to give them. They watch TV, spread gossips, gamble, and oftentimes just sit in their comfy sofa doing nothing.

I felt out-of-place as I joined them one time with a book on my hand.

They despise knowledge and improvement. According to them, they just want to "enjoy" life.

What a waste of time and life! I wouldn't want to die someday accomplishing nothing.

It's better to live a short life with a sense of achievement and contribution to society, than to live to a hundred and realize we've done nothing significant at the end of our lives.

Don't just stay in your comfort zone.

Explore the limitless possibilities that life has to offer. Believe that you can do it, and just do it

**THERE ARE PLENTY OF DIFFICULT**

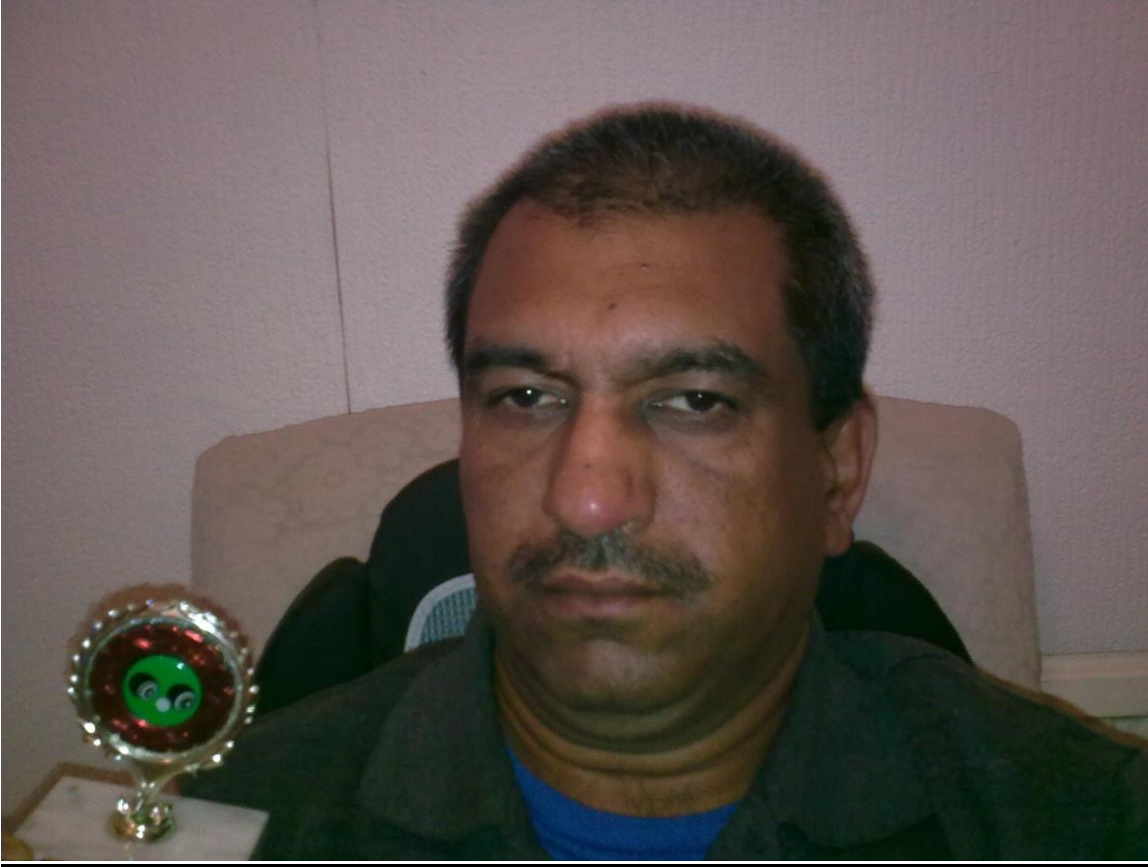
**OBSTACLES IN YOUR PATH. DON'T**

**ALLOW YOURSELF TO BECOME ONE OF**

**THEM.**

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## 86,400 SECONDS

THERE ARE PLENTY OF DIFFICULT


OBSTACLES IN YOUR PATH. DON'T

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THEM.

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Imagine there is a bank that credits your account each morning with £86,400. Every evening, whatever part of the balance you fail to use during the day is deleted. What would you do? Draw out every cent and use it well, of course! Each of us has such a bank - its name is TIME. Every morning, it credits you with 86,400 seconds. Invest the day's deposits well, or the loss is yours. How could you bring the most contentment, happiness and benefit to yourself and others? The key is by understanding self-love.



I am an ordinary person  
who has been blessed with  
extraordinary opportunities  
and experiences.

Sonia Sotomayor

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*What you think,  
you create. What  
you feel, you  
attract. What you  
imagine, you  
become.*

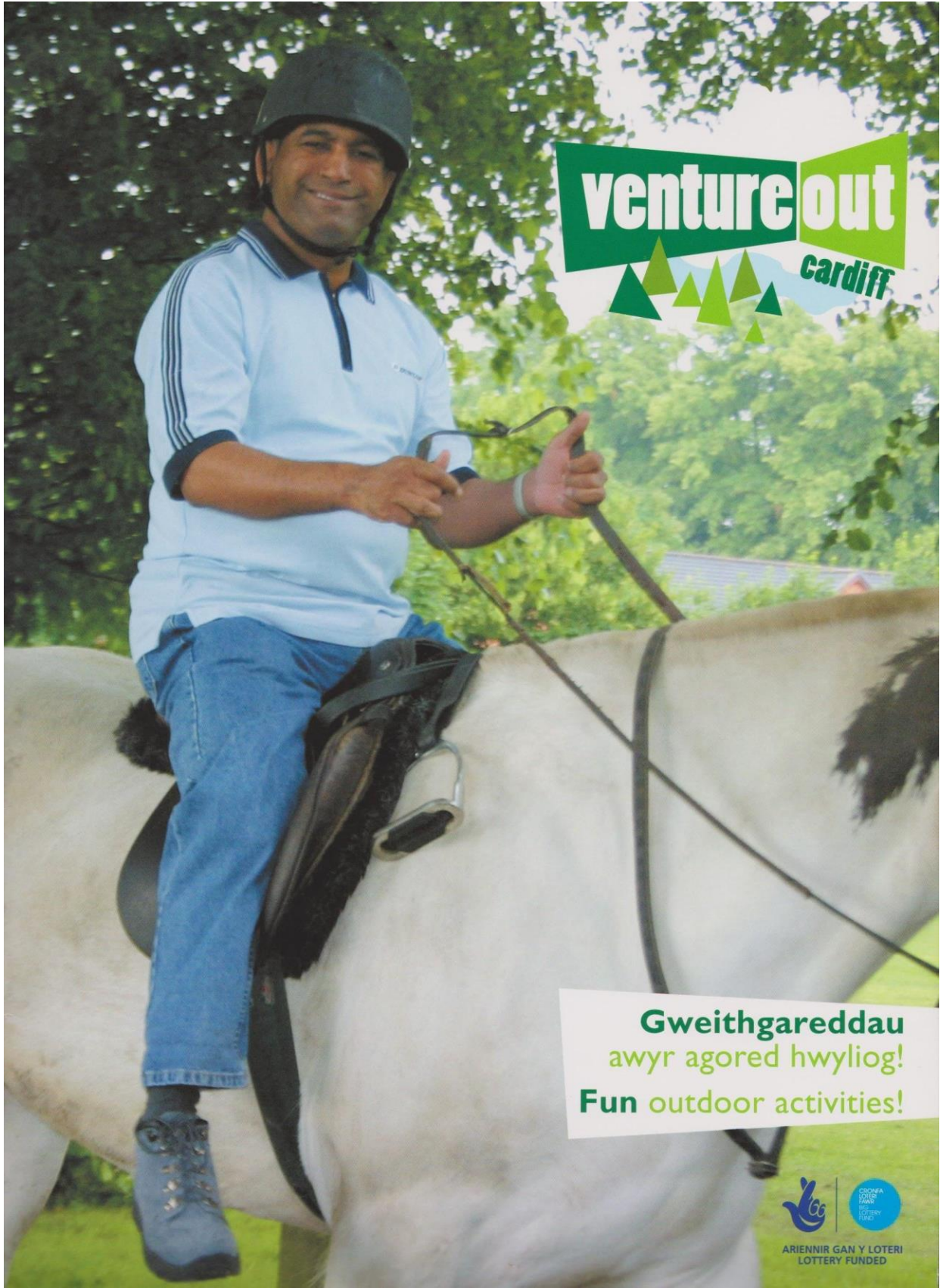
The best gift you can give yourself at any point in life is exercising self-love and this may sound a simple thing, but many find it difficult. By loving yourself it means you understand how special you are and that you believe in yourself and in your abilities.

There is no way you can love another person enough until you love yourself first. Love is a special thing granted to human beings and it should always begin with us before it expands to other people. Self-love is an essential factor when it comes to good living as it influences a big part of our lives, including the people we pick as friends or partners and also the image we project in any kind of environment.

Self-love is more than a state of feeling good but rather a state of self appreciation that always grows from specific actions which support our spiritual, psychological and physical growth. When you learn to love yourself, it becomes easier for you to accept or embrace both your strengths and weaknesses.

You will never at any point in time feel the need to explain away your shortcomings or even struggle to compete or compare yourself with other people.

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There will never be a person in your life that can be able to love you as much as you can love yourself.

It should be in every person's effort to cultivate as much self-love as possible as this is the only way to make life bearable. It is impossible to connect with someone when you can't connect with who you really are. A step to the journey of building self-love would include recognizing your own good qualities.

Lack of self-love damages a big part of a person's life as it affects your confidence which is a necessary tool in attaining satisfaction and fulfilment in life. If you want to wake up every morning feeling great about the person you are and your life in general, then it may help to work on creating self-love. If you can love other people in your life what prevents you from loving yourself? No matter who you are, what you have, how you look, we all deserve to be loved and the most important kind of love to receive is self-love.



Generally speaking, having very little concern for oneself is something that usually arises from feelings of low self-worth, which may be of your own making or may be influenced by the people in your life. This is where we get people pleasers; they never seem to understand that they are just as important as any other person. Their insecurities bury so much good inside them and they only see the good in others but not in themselves. I am sure there are a number of people out there who believe it is selfish to love yourself, but I know they got it all wrong.

The thing is, you are the only one who can take care of yourself in all ways and if you don't love yourself enough this becomes difficult. When you love yourself, it becomes easier to share the same kind of love with other people. Self-love starts by giving love, care and attention to yourself but if it can't extend to other people then we can't call it self-love.



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My advice to you is that you need to love yourself at all times and this includes through both good and bad.

This strengthens the inner you, giving you the ability to face all kinds of challenges that come your way and also be enthusiastic about building a better life for yourself.

Without self-love you lack so many things inside that are meant to push you through the bad and good of life. We all know that what we feel inside will always be reflected on the outside. If you do not love yourself, you are likely to attract things and people that are not loving.



Any moment you feel the need to work on building inner peace then you should know it begins by exercising self-love because nothing will ever feel good in your life if you can't appreciate who you are as a person.

Loving yourself opens you up to a world of understanding and acceptance which is what you need to make your life seem complete. My thought is that self-love gives a person strength and courage to try new things and to pursue their dreams. This is



made easier because you understand that no matter the outcome you will still love who you are.



With self-love you will always have your own back and you will also understand that your self-worth is never dependent on your success or achievements. You can have nothing in life but the simple love you feel and share with others will always make you feel great about life. A part of you will always insist on trying more because you have nothing to lose and this always leads to greater heights of achievement. What am trying to say is that success does not bring happiness, but happiness will always bring success. A simple thing like self-love and acceptance is always a foundation of healthy living, career success and love.



Self-love allows every single person to build the best kind of relationship and that is a relationship with yourself. This is

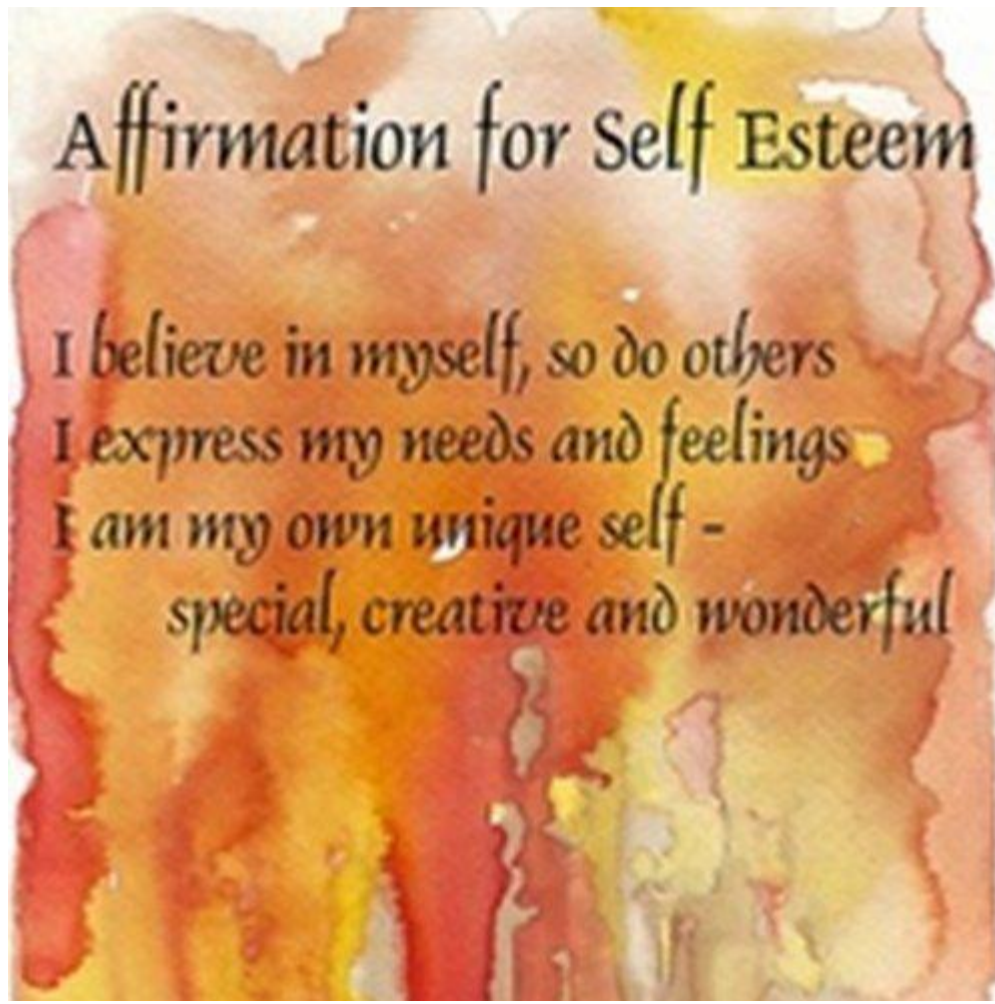
believed to be a path towards making everything feel fine no matter how difficult or challenging things are turning out to be.

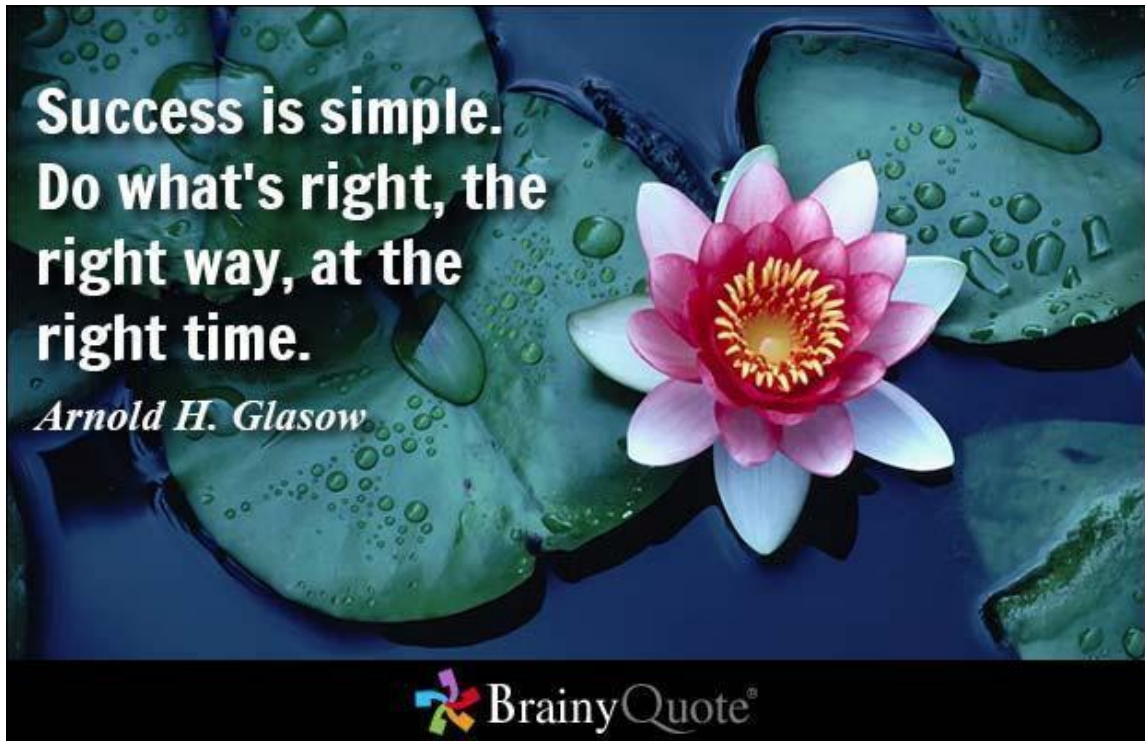
Make today that day when you decide to love who you are unconditionally. This will definitely have a big impact on all aspects of your life and will give a new beginning allowing you to live the best kind of life.

### From Shaf the super motivator

Update and quick word of spiritual wisdom quote I enclose below is very powerful and uplifting. It will give you meaning and purpose to live. What we want to live for and do is to live life, do our best, live now, today, not for yesterday or tomorrow. It is today, the most valuable and precious time and moments that you can live. You can have or be anything you want as long as you focus. Don't waste time or the day. It's like credit in the bank.

If you don't use it or use it wisely, you lose it. The better use of time is like gaining more money - income in the bank, more energy in the body, a better life that is closer to your dreams and success. Happier living more prosperity. Another quote this is very powerful go together with this is that life is for learning because life never stops teaching. If you let it, it can teach you lot. Life can become a lesson, life can be a teacher, school, guide - to be and to stay on the right path, as God would like us to.





Lots of blessing of love and light from yours truly, Shaf the Super Motivator.

Shaf here. Congrats to me for completing my bronze package after just passing my psychic dev exam. I now have the exams completed from the bronze package. I've got tarot reading to do that I paid for a few months ago. It's lot of effort for me. If you can imagine being blind, living with mental health and multiple health problems.

I spent the last 15 years studying therapies, including holistic massage, reflexology, Reiki, NLP, life coaching and EFT. I have now completed bronze, which includes angel healing, Feng Shui, psychic.

I haven't been able to use much of these therapies for career as my health has been poor and declining - quite sad. Otherwise I could be in a professional field and earning good money - the kind they charge for therapies these days.

**Sometimes the lessons you learn from the choices you've made, put you on the path to the best things that will ever happen to you.**  
~ Brigitte Nicole



I am also not young now almost sixty, but feel a lot older due to my health. I still count myself lucky to be alive. I keep my faith in God and myself in the Universe and law of attraction.

I pronounce myself on Facebook as Shaf The Super Motivator, as I mostly rely on myself and God for motivation. I live alone with no help or support. No family, no friends and I still survive - what a

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super miracle. I feel like I lived and died many times over again, recently had another emotional breakdown due to a crisis and being a victim of circumstances. Bless you all. Please check my videos on YouTube and like and subscribe.

Bless you all.

From Shaf the Super Motivator.



This book is my first and the start of many to come with your best wishes. I hope to, with God's help, write my super big life book. eBooks on my travel experience, me as a tutor, 12 personal lessons. Live videos; my own self-help strategy and positive thinking.

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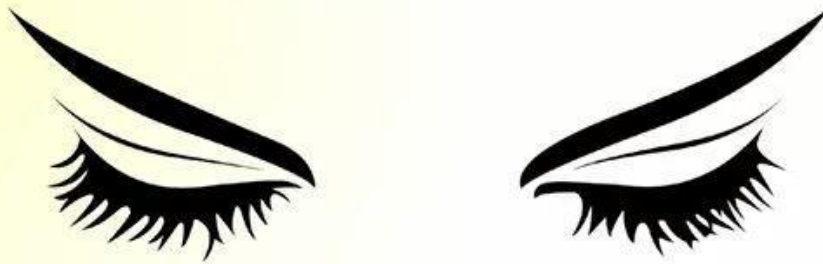


Lots of blessing of love and light.

The Super Motivator.

Author

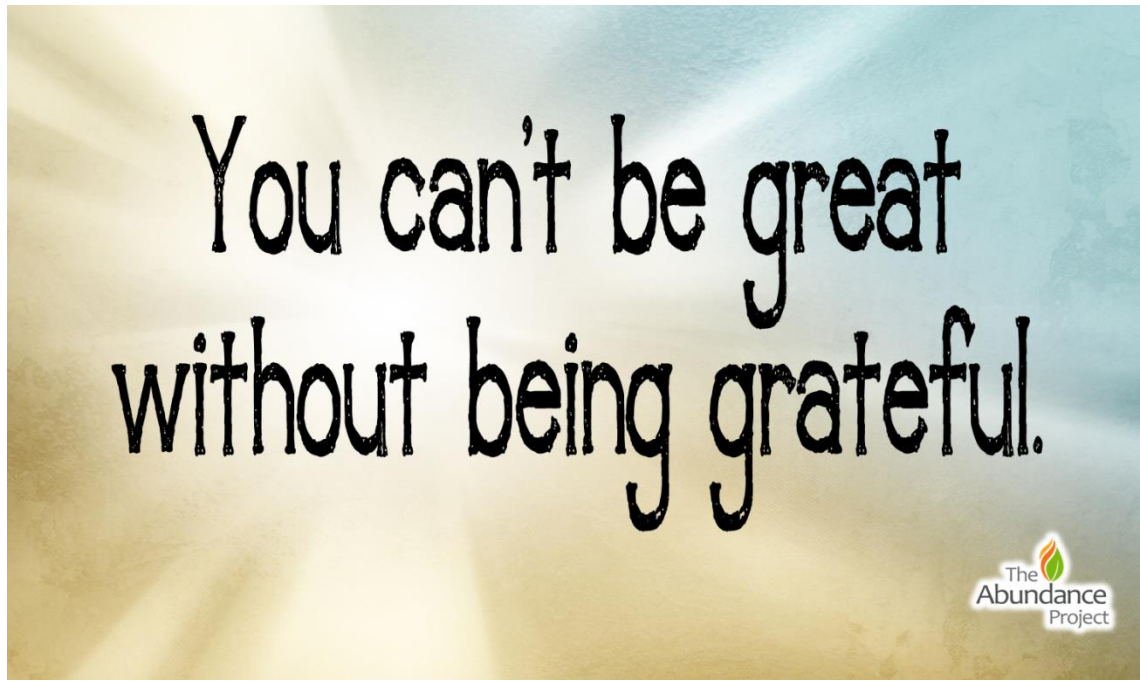
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*Whenever you do not understand what's happening in your life, just close your eyes, take a deep breath and say "GOD, I know it's your plan, just help me through it."*





For more info and help or to book an appointment:

Email: [shafcardiff@gmail.com](mailto:shafcardiff@gmail.com)

<https://www.actions4betalife.com>

<https://www.youtube.com/watch?v=CmJBIUc0sM>

Author

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Facebook: [www.facebook.com/shafweb](http://www.facebook.com/shafweb)



God bless you all my readers and hope this has inspired and motivated you with my true life history of battles. The good thing is I might not have won the war against the evil but I am fighting and winning the battle of life With God on my side...

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Written by MR SHAFIQ SABIR

## SHAF, SUPER MOTIVATOR

SPECIAL THANKS .

I AM VERY THANKFUL TO THE BELOW MENTIONED THAT MADE IT POSSIBLE FROM THE IMPOSSIBLE FOR CONTRIBUTION THAT HELP WRITE MY BOOK.

EVEN IF AS ONLY INSPIRING ME AND MOTIVATING ME.

FROM THE MOVIE: THE SECERT

BOB PROCTOR

JOE VITALE.

WHO I AM BIG FAN OF AND READ HIS BOOK AND AUDIOS ON LAW OF ATTRACTION MIND MOVIES

MELONY.

SUPPORTED ME ON EDITING VIDEOS

NATELIE .

FOUNDER OF MIND MOVIES

Michael Lee

PUBLICATION EBOOK ON SELF HELP

CHRISTAL CLEAR FROM UK FOR HELP WITH PROOF READING MY BOOK. THOUGH NOT UNPAID

GOD BLESS ALL THAT VALUE ME AS A HUMAN BEING.

**Author**

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