

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.

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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.

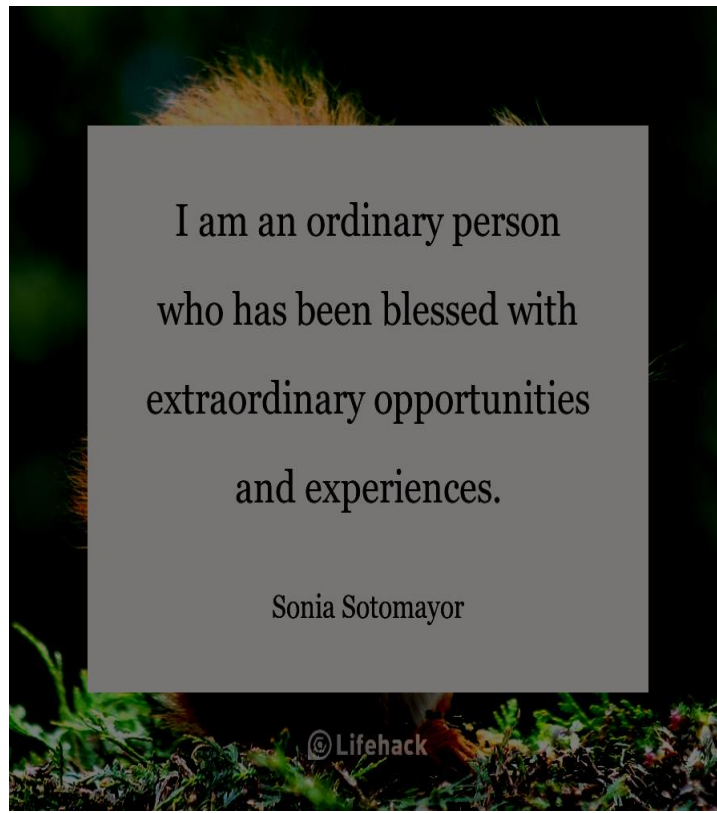


As a leader, the first person I
need to lead is me. The first
person that I should try to
change is me.

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

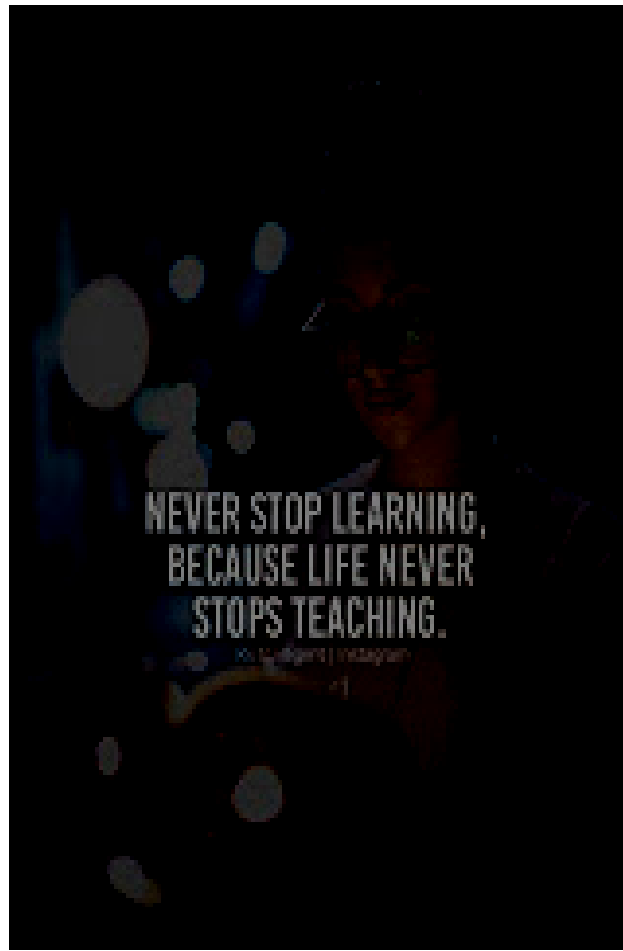
(1) Practice appreciation, (2) Be happy, (3) Be present.
Quoted from Joe Vitale, my inspiration and motivation.
These are all linked.

By Shaf Sabir

The Self-Help Super Motivator

My affirmations are waiting for you!

Also see my blog: shafsabir.blogspot.co.uk



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