



FREE 7-DAY TASTER WORKBOOK

7 Days to Change the Way You Use Your Mind

Where timeless wisdom meets modern transformation.

A practical week of observation, focus, direction, self-trust and inner change.

TARIQ SADDIQUE

An independent coaching experience inspired by the Master Key System.

toslondon9-maker.github.io

DAY 1 OF 7

See What's Running Your Life

Much of a day can be shaped by thoughts and reactions that happen before you consciously choose them. Awareness creates a pause: not to judge what appears, but to see it clearly enough to choose your response.

WHAT TO OBSERVE TODAY

Notice one moment when a thought, feeling or habit seems to take over. Name what happened, what you told yourself and what you did next.

YOUR REFLECTION

Which automatic reaction most often pulls you away from the way you want to act?

ONE PRACTICAL ACTION

Pause once today before reacting. Take one slow breath and choose your next response deliberately.

[] I completed today's practice

Keep your answers for yourself. Nothing written here is sent to or stored by Tariq.

DAY 2 OF 7

Take Back Your Attention

Attention is not something you either have or lack; it is something you can practise directing. Each time you notice distraction and return to your chosen focus, you make a deliberate choice.

WHAT TO OBSERVE TODAY

Notice what most often captures your attention without permission. Observe the trigger and how long it takes you to realise your focus has moved.

YOUR REFLECTION

What deserves more of your attention than it currently receives?

ONE PRACTICAL ACTION

Choose one ordinary activity and give it your full attention for five minutes. When your mind wanders, return without criticising yourself.

[] I completed today's practice

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DAY 3 OF 7

Recognise What Keeps Repeating

Repeated outcomes often have a repeated mental pattern behind them: an assumption, interpretation or familiar response. Recognising the pattern gives you useful information; it does not require you to blame yourself.

WHAT TO OBSERVE TODAY

When a familiar situation appears today, look for the first thought that follows it and the behaviour that usually comes next.

YOUR REFLECTION

Which repeated thought seems to lead towards a response you would like to change?

ONE PRACTICAL ACTION

Write one pattern as a simple sequence: trigger, thought, response. Add one alternative response you could try next time.

[] I completed today's practice

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DAY 4 OF 7

Give Your Mind a Direction

A vague wish is difficult to hold in mind or act upon. A clear intention names a direction you can return to and helps you recognise choices that support it.

WHAT TO OBSERVE TODAY

Notice where you use broad words such as better, more or different. Ask what that would look like in one real part of your day.

YOUR REFLECTION

If you could give your attention one clear direction for the next week, what would it be?

ONE PRACTICAL ACTION

Write one intention in a single sentence beginning, 'I choose to...'. Keep it specific enough to guide one decision today.

[] I completed today's practice

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DAY 5 OF 7

Become Someone You Can Rely On

Self-trust grows when your actions match a commitment you have chosen carefully. Begin small: a specific promise you can keep matters more than an ambitious promise you abandon.

WHAT TO OBSERVE TODAY

Notice how you speak to yourself before and after a commitment. Look for excuses, unrealistic standards and evidence that you followed through.

YOUR REFLECTION

What small commitment would help you trust your own word a little more?

ONE PRACTICAL ACTION

Choose one action that takes no more than ten minutes, decide when you will do it and keep that appointment with yourself.

[] I completed today's practice

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DAY 6 OF 7

Change From the Inside Out

Outward behaviour is influenced by the inner meaning you give to a situation. Working from the inside out means noticing that meaning, choosing a more useful direction and then expressing it through action.

WHAT TO OBSERVE TODAY

In one challenging moment, notice the assumption beneath your first response. Ask whether it is a fact, an interpretation or an old expectation.

YOUR REFLECTION

What inner assumption would you like to meet with a more deliberate response?

ONE PRACTICAL ACTION

Choose one useful sentence that supports your intention from Day 4. Recall it before one relevant action today, then act in line with it.

[] I completed today's practice

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DAY 7 OF 7

Make It Part of How You Live

A sustainable practice is small enough to repeat and flexible enough to return to after a missed day. You can keep practising independently and consider the 24-week programme only if structured support feels appropriate.

WHAT TO OBSERVE TODAY

Look back across the week and notice which exercise fitted naturally into your life, which required effort and which you would willingly repeat.

YOUR REFLECTION

Which simple daily practice would help you keep choosing your attention and actions deliberately?

ONE PRACTICAL ACTION

Choose one practice from these seven days, set a realistic time for it tomorrow and decide when you will review whether it still serves you.

[] I completed today's practice

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