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SUBCONSCIOUS

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MIND

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~ Experience. Reality. Unfiltered.



SUBCONSCIOUS  
**MIND**

**The Days That Changed Everything  
— From Today Until I Become  
Unstoppable.**

**"IF YOUR MIND IS THE PRISON — THIS IS THE BREAKOUT PLAN"**

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# Contents

## 1: Wake the F\*ck Up

- *Why most people are mentally asleep — and how their subconscious is controlling 90% of their life.*

## 2: You Are Not Your Thoughts

- *Your mind is a parasite until you take control. Thoughts ≠ Truth.*

## 3: Programmed Since Birth

- *Society, school, others — how they've trained your brain to stay average.*

## 4: Overthinking is Self-Harm

- *You call out the lie of “I’m not ready” and “I need clarity.”*

## 5: Kill the Old Identity

- *how to shed the version of themselves that's holding them back.*

## 6: How to Hack Your Subconscious Daily

- *Real tactics (visualization, movement, speech rewiring, no BS routines)*

## 7: Discipline vs. Dopamine

- *Why dopamine addiction is subconscious sabotage.*

## 8: Mind Rewire Challenge (7/21/30 days)

- *A simple plan to apply everything.*

## 9: Silence the Inner Loser

- *Inner critic, self-doubt — turn it into a warrior.*

## 10: Your Mind is the Battlefield — Win or Die There

- *No comfort talk. All straight-up grit.*

## 11: The World Doesn't Owe You Clarity

- *You earn belief. You build discipline in chaos.*

## 12: To Be Continued... . . .

# 1.

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# WAKE THE F\*CK UP

*Mentally Alive or Just Existing?*

“Most people aren’t tired — they’re just mentally asleep.”

Look around.

Everyone’s walking, talking, scrolling, posting — but hardly anyone is **mentally alive**.

They wake up, check their phone, repeat yesterday, call it progress.

They think because their heart beats, they’re living.

No, they’re just **existing**.

It’s like they’ve downloaded a script from society:

Go to school → Follow rules → Get a job → Stay safe →  
Retire tired → Die.

No questions. No risks.

No fire in the eyes. Just survival.

***Life isn’t draining you — your dead mindset is.***

Imagine this:

You’re in a dark room with a 1% light bulb flickering.

That’s how most people operate — barely conscious, avoiding discomfort, sleeping through life in “safe mode.”

But that room?

It’s **your mind**.

And the switch is in your hand — but you're scared to flip it  
because full light would expose all the things you're ignoring:  
Your fear.  
Your excuses.  
Your laziness.  
Your wasted time.

It's easier to stay dim.  
But easier never made anyone unbreakable.

Here's the real killer: **people don't even realize they're trapped.**  
They've become so numb to their own potential, they stop  
dreaming in color.  
They trade their hunger for comfort.  
They avoid silence because it reminds them of what they're not  
doing.  
They call it peace, but it's mental sedation.

You weren't born to just get through the week.  
You were born to leave fire behind when you walk.

### **Wake the f\*ck up.**

No one's coming to save your mindset. That's your job.

#### ***The Enemy Inside: Your Subconscious Mind***

“That voice in your head? It's not you — it's your  
programming.”

Your subconscious is like an ancient security guard.  
Its job? **Keep you safe** — even if it means keeping you small.

It's the reason you say:

“I'm not ready.”

“I'll start Monday.”

“What if I fail?”

“Let me think about it.”

That voice isn't your wisdom — it's your **programming**.  
From school. From others. From trauma. From failure. From fear.

Your subconscious doesn't care if you become successful.

It cares that you don't get hurt.

It runs on memory, not vision.

It's like having a GPS stuck on an old destination.

You want to go north, but it keeps pulling you south — to old habits, old thinking, old fear.

Here's the truth most books won't tell you:

***You will never win until you reprogram your default settings.***

It's not that you don't have potential — it's that your operating system is hacked.

And if you don't fix it, it'll reroute every win back to failure.

The worst part?

Your subconscious is smart.

It knows how to sound logical while keeping you limited.

Example:

"I'll just wait until the time is right."

Sounds smart, right?

But it's fear in disguise — wearing a suit and tie, whispering,

"play it safe."

Every time you silence your gut for safety, you feed your programming.

Every time you delay action, your subconscious grows stronger.

The only way to beat it?

**Face it. Challenge it. Rewrite it.**

This book isn't about changing your life — it's about breaking your script.

Not tomorrow. **Now.**

**Don't Just Manifest. Move.**

“You don't just manifest. You move. Then you manifest through that movement.”

Everyone's saying:

“Just believe. Just visualize. Just manifest.”

But nobody tells you the dark side of that.

If you only “visualize success” without movement, you become addicted to **daydream dopamine** — and allergic to real action.

You manifest by **moving through resistance**.

You manifest by **showing up when it's raining inside your head**.

You manifest by **punching your comfort zone until it breaks**.

Manifestation isn't magic. It's math:

**Thoughts + Action = Reality.**

Not:

“Thoughts + Vibes = Destiny.”

Stop lying to yourself.

You aren't blocked by the universe.

You're blocked by your own hesitation.

Let's be clear:

It's not that **manifestation is fake** — it's that you've misunderstood it.

The real manifestors? They move. They bleed. They push.

They act like it's already real, and then make it real with their steps.

Faith is nothing without fuel.

Belief without pressure is just fantasy.

You're not waiting for alignment — you are the alignment.



You want the universe to respond?

**Punch first.**

Take action so big, it shakes the invisible world awake.

***"Manifestation without motion is just mental masturbation"***

The universe doesn't reward your wishes — it rewards your **proof of seriousness.**

**FINAL SLAP OF THE CHAPTER**

“This book doesn't exist to motivate you.

It exists to **provoke your inner rebel.**

The version of you that's been screaming under years of silence.”

You're not here to repeat another week.

You're here to **wake the f\*ck up — and fight forward.**

This is the starting gun.

Not for a new habit — for a whole new f\*cking mindset.

## 2.

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# YOU ARE NOT YOUR THOUGHTS

*Your Thoughts Are Not law*

(You're not your inner voice — you're the one who hears it.)

Your mind is loud — but that doesn't make it right.

That voice in your head? The one that whispers, “*You're not good enough,*” “*You'll embarrass yourself,*” “*What if it all goes wrong?*”

Yeah — that voice is not truth. It's just familiar noise.

The brain throws out thousands of thoughts a day — most of them garbage. Some are echoes of your childhood, others are society's leftovers. Many are just your fears dressed up as logic. But the real problem isn't that the thoughts exist... it's that you believe them.

Your life becomes a reflection of which thoughts you obey. The more you trust your doubts, the more powerless you feel. But

## TO READ THE FULL eBOOK

## TAP THE LINK BELOW

<https://superprofile.bio/vp/f-ck-your-subconscious-mind---the-e-book-47>

