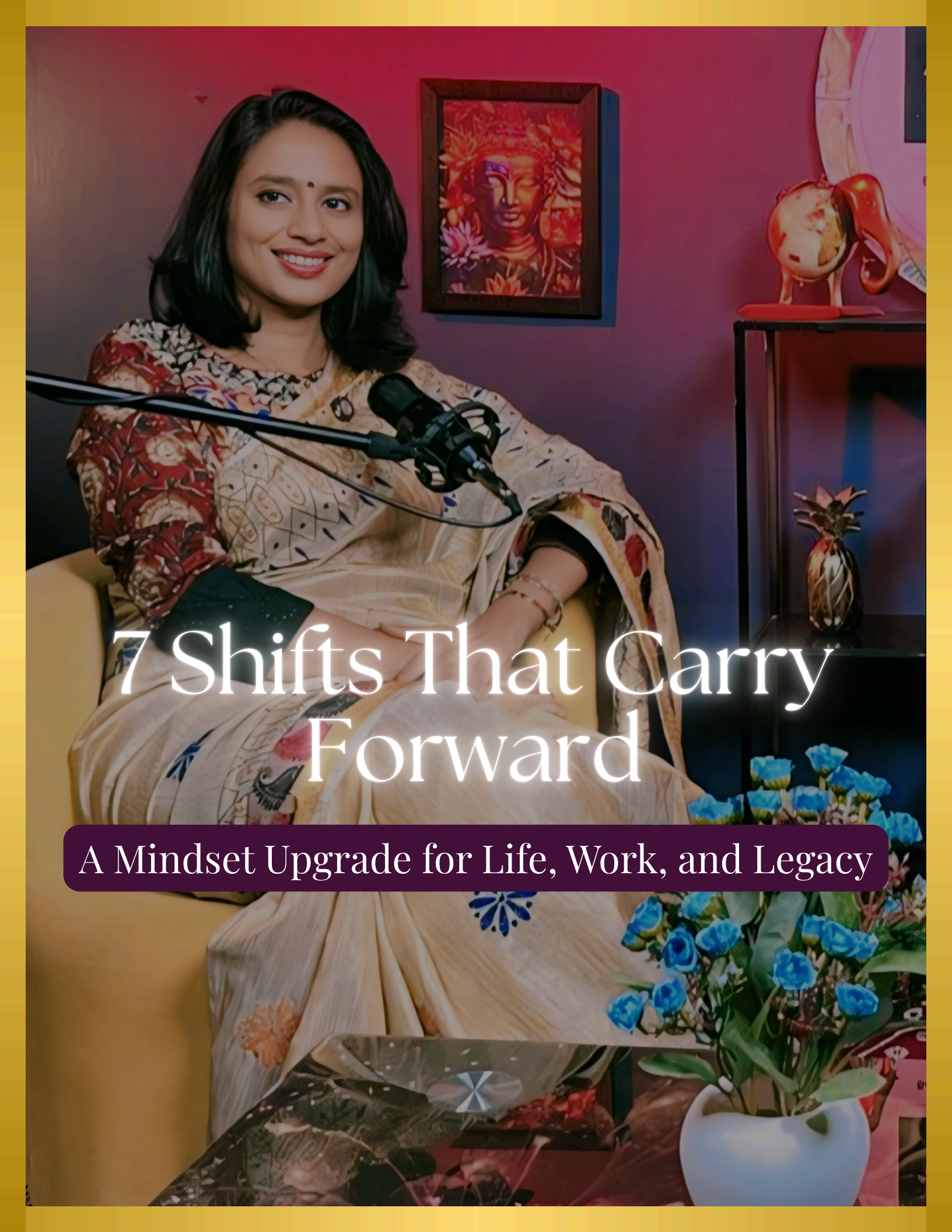


A woman with dark hair and a bindi is seated, wearing a cream-colored sari with a colorful floral and geometric pattern. She is smiling and speaking into a professional microphone. The background is a warm-toned wall with a framed painting of a Buddha's face. To the right, a small shelf holds a golden elephant figurine and a pineapple. In the foreground, a white vase contains blue flowers.

7 Shifts That Carry Forward

A Mindset Upgrade for Life, Work, and Legacy

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Introduction

You are not being asked to change everything at once. You are not being asked to become someone new. You are not being asked to push past where you are.

You are being asked to see clearly.

Each day in this book explores one way of relating to **time, effort, responsibility, risk, and identity**. These are presented as lived experiences that show up in everyday situations.



Introduction

The value of this work comes from attention rather than intensity.

As attention changes, choices become simpler.
As choices become simpler, movement becomes steadier.

Read one day at a time. Let the ideas settle at their own pace. **Notice what stays with you after you close the page.**

Clarity develops gradually through repetition and observation. This is where lasting change begins.



Introduction

More Than 7 Days.

This book is organised into seven days, but it is not limited to a week.

Each day represents a way of relating to life that can be returned to again and again.

These are not steps to complete or ideas to move past. They are perspectives that integrate gradually through lived experience.

Over time, the way you think, decide, and respond becomes familiar



Introduction

When practiced consistently, these ways of thinking influence more than individual outcomes.

They shape how stability, responsibility, and clarity are carried forward over time.

Small shifts repeated over years create lasting impact.

You may notice these ideas showing up in how you speak, how you plan, how you relate to work, and how you respond during uncertainty.



Introduction

This is how patterns change across a lifetime.
The intention is not to master these ideas in seven days.

The intention is to let them become part of how you live.

Return to them when needed. Apply them when they feel relevant. Allow them to integrate at their own pace.

This is how clarity becomes a long-term inhe

Nehaa Goyal



Day 1

Think in Systems, Not Events

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Most people live event to event.

A bad meeting.

A missed opportunity.

A sudden expense.

A conflict that “came out of nowhere.”



They react emotionally, recover, and move on — until the same thing happens again.

Top 1% thinkers don't waste energy reacting to isolated moments.

They ask a more uncomfortable, more powerful question:

“What system is producing this outcome again and again?”

If something repeats, it is not bad luck.

It is not timing.

It is not fate.



It is a system behaving exactly as designed.



How Survival Thinking Shows Up

Survival thinking stays zoomed in.

- “Why did this happen to me?”
- “Why does this always happen?”
- “What did I do wrong this time?”

This keeps the nervous system alert, emotional, and busy — but not effective.

Example:

You keep running out of money at the end of the month. Each time, you blame expenses, people, circumstances, or timing.

But you never examine the structure of how money flows in and out of your life.

So the event changes.

The result doesn't.



Domini Yegini

How Scale Thinking Works



Scale thinking zooms out.

It assumes repetition is information.

Instead of asking “Why now?” it asks:

“What loop is operating here?”

Top 1% thinkers treat patterns the way engineers treat systems — not emotionally, not personally, but precisely.

Example:

Instead of reacting to financial stress each month, they look at:

- income structure
- decision timing
- emotional spending
- avoidance patterns
- reliance on urgency instead of planning

They redesign the system.

The stress disappears without motivation or willpower.



The Core Reframe (Read Slowly)



This is not a problem.

This is a system behaving as designed.

Say it again.

Most people try to fix outcomes.

The top 1% redesign inputs.

Daily Upgrade Action (Non-Negotiable)

Today, identify one repeating issue in your life.

Not the dramatic one.

The boring, familiar one.

Examples:

- last-minute stress
- overworking and under-earning
- starting strong, finishing weak
- saying yes, then resenting it
- waiting too long to act



Write one sentence only:

“This keeps happening because the system currently rewards it.”

Do not fix it yet.

Observation comes before control.

Internal Calibration Question

If I stopped reacting to this emotionally,
what structure would I need to change instead?

Sit with the discomfort of that question.

That discomfort is the edge between survival thinking
and scale thinking.

You don't rise to the top 1% by being more
motivated. You rise by seeing clearly.

Tomorrow, we upgrade how you relate to time itself.



Long-term Patience, Short-term Intensity

Most people struggle with time more than effort.
They want results quickly.
They want signs that they are on the right track.
They want their effort to feel rewarding early.
So they begin with energy.
They stay consistent for a short while.
Then they start checking for outcomes.

When results are slow, restlessness appears.
They question the action.
They doubt themselves.

They either push harder or quietly stop.
This pattern repeats across work, money, health, and personal growth.

People who reach the top 1% relate to time very differently.





They think in decades.

They plan with the future in mind.

But their daily actions are focused and disciplined.

Their intensity is not emotional.

It is deliberate.

They do small things every day that matter long-term,
even when those actions feel unrewarding in the
moment.

How This Pattern Shows Up

A person starts building a habit.

They wake up earlier.

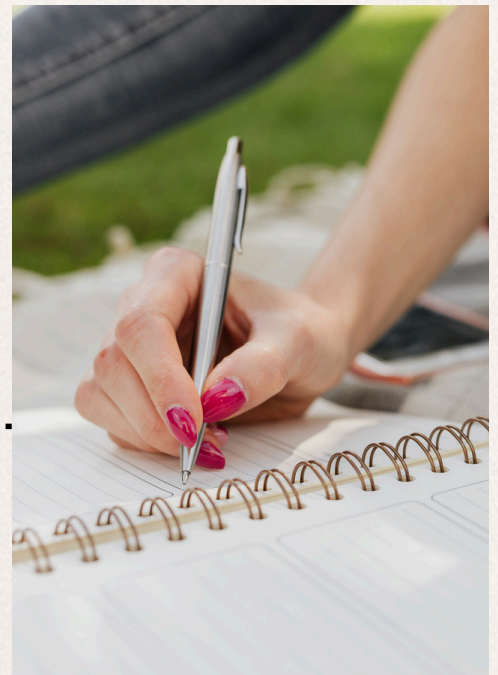
They plan better.

They stay consistent for a few weeks.

Nothing dramatic changes yet.

Life looks mostly the same.

So they feel it is not working.



Another example:

Someone begins learning a skill that could change their career.

The early phase feels slow.

Progress feels invisible.

Confidence drops.

They assume they are not good at it and move on.

In both cases, the action was correct.

The expectation from time was misplaced.

How High-Level Thinking Engages Time

People who build long-term success separate action from immediate reward.

They do not demand proof every day.

They do not rely on motivation to stay consistent.

They focus on actions that can be repeated calmly, even when results are not visible yet.





They trust the process more than mood.
They trust discipline more than excitement.
This is why their growth looks quiet, steady, and reliable.

The Core Reframe (Read Slowly)

If this mattered in 10 years,
what would I do today without drama?

Read it again.
Urgency feels productive.

But calm repetition is what actually builds lasting results.

Daily Upgrade Action (Non-Negotiable)



Today, do one thing that will pay off in five years
and gives you no dopamine right now.



Domini Yogi

Not something impressive.
Not something dramatic.

Examples:

- learning a foundational skill
- organizing something you usually avoid
- building a simple system instead of reacting
- improving consistency without reward

Do it quietly.

Do it cleanly.

Do not check if it worked.

Internal Calibration Question

Can I repeat this action
even when it feels unrewarding today?
Sit with that question.



Your relationship with time decides how far your effort can actually take you.

Tomorrow, we look at effort itself and why working harder often creates exhaustion instead of momentum.



Leverage Over Effort

Most people grow up believing that effort is the answer to everything.

If something is not working, they push harder.

If results slow down, they add more hours.

If life feels unstable, they stay busy.

Effort gives a sense of control.

It creates movement.

It feels responsible.

Over time, effort becomes the main way people feel safe.

The problem appears when everything depends on constant effort.

The moment effort stops, progress stops.

This is why many people feel exhausted but stuck at the same time.

People who reach the top 1% still work hard, but they do not rely only on effort.



They think about leverage.

Leverage means doing things once that continue to create results over time.

It is not about avoiding work.

It is about designing work that lasts.

How Survival Thinking Shows Up

Effort becomes the only tool.

People feel anxious when they rest.

They feel guilty when they slow down.

They feel unsafe if they are not doing.

Example:

Someone earns only when they are actively working.

If they fall sick, income pauses.

If they take a break, progress stops.



Their nervous system learns that rest equals risk.
So they keep pushing, even when tired.
The work gets done.
The pressure never leaves.

How Scale Thinking Works

Attention shifts from doing more to building better.
Questions change.

Instead of asking how to work harder, the focus moves to how to structure things differently.



Example:

Instead of solving the same problem repeatedly, systems are created so the problem does not return.

Instead of starting from zero each time, skills and processes are reused.

Effort is still present, but it compounds.
Results continue even when energy is low.

The Core Reframe (Read Slowly)

Effort creates movement.
Leverage creates momentum.

Say it again.
Movement keeps you busy.
Momentum carries you forward.



Daily Upgrade Action (Non-Negotiable)

Today, observe where effort is being used.
Notice one area where progress stops the moment you stop working.

Notice one area where you are fixing the same issue again and again.

Ask yourself one question only:

What am I repeatedly doing that could be designed once?

Do not fix it yet.

Awareness comes before change.

Internal Calibration Question

If I could not rely on effort tomorrow,
what would I need to build today?
Sit with that question.

Asymmetric Bets

Most people are careful in ways that quietly limit their growth.

They try to avoid loss at all costs.

They avoid situations where they might look foolish.

They avoid decisions that feel uncertain.

They avoid being seen before they feel ready.

This creates a life that feels safe but small.

People who reach the top 1% evaluate risk differently.

They look for actions where the downside is limited and manageable.

At the same time, they allow the upside to be large.

These are called asymmetric bets.

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They are not reckless.

They are calculated.

How This Pattern Shows Up

Most hesitation is not about real danger.
It is about discomfort. Embarrassment. Fear of judgment.

Example:

Someone has an idea or opinion but keeps it to themselves.

They wait to be more prepared.

They wait to sound perfect.

Nothing changes. The cost of waiting quietly adds up.

Opportunities pass without notice.



How Asymmetric Thinking Works

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Risk is looked at calmly.

Two questions matter most.

If this fails, what is the worst that can realistically happen?

If it works, how far could this take me?

Example:

Sharing an idea publicly may cause brief embarrassment. But it can also create connection, opportunity, and momentum.

The downside is small.

The upside is open-ended.

This is where growth accelerates.



The Core Reframe (Read Slowly)

Limited downside.

Unlimited upside.

Say it again.

Growth comes from choosing actions where risk is contained and potential is large.

Daily Practice (Non-Negotiable)

Take one small action this week where the biggest risk is embarrassment.

Not money.

Not safety.

Not stability.

Something visible.

Something honest.

Something you have been postponing.

Do it once.

Let the experience teach you more than imagination ever could.

Optional Body Awareness Practice

Notice how your body reacts when you are visible.
Tightness, heat, restlessness, or breath changes.
Name the sensation without explaining it.
This builds capacity for visibility over time.

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Internal Calibration Question

What action have I avoided because the upside feels big and the discomfort feels unfamiliar?

Sit with that question.

This is how small, smart risks begin to change direction.

Clear Thinking at the Root

Most limits people live with are not created by lack of ability. They are created by beliefs that were never questioned.

These beliefs form early and stay quietly in the background. They influence decisions, choices, and reactions without being noticed.

Over time, they start feeling like facts.



People who reach the top 1% spend time examining their thinking.

They do not accept every belief as truth.

They check whether it is useful, accurate, or outdated.

This creates freedom long before results change.

How Survival Thinking Shows Up

Beliefs operate silently.

People assume struggle is necessary.

They assume rest must be earned.

They assume success creates problems.

Example:

Someone keeps working harder instead of questioning the rule they are following.

They believe effort alone will fix everything.

So they push more.

The pattern repeats.
Nothing really shifts.

How Scale Thinking Works

Beliefs are brought into awareness.

They are written clearly instead of being lived unconsciously.

Once visible, they can be examined.

Example:

Instead of saying “this is how life is,” the question becomes “is this actually true?”

Old assumptions lose power.

New options appear.

Energy is no longer wasted fighting invisible rules.

The Core Reframe (Read Slowly)

A belief that has never been questioned
controls more than it should.

Say it again.

Awareness weakens automatic control.

Daily Upgrade Action (Non-Negotiable)

Write down one belief that guides how you work or
live.

Write it as a simple sentence.

Do not explain it.

Do not justify it.

Just see it clearly.

Clarity is the beginning of change.



Internal Calibration Question

If this belief were not true,
What would change first?

Sit with that question.

This is how thinking begins to reset at the root.



Ownership Mindset

Most people wait before they move.
They wait for permission.
They wait for clarity.
They wait for someone to guide them.
Waiting feels safe.
It feels responsible.
It feels like avoiding mistakes.
But over time, waiting creates dependence.

Progress slows down.
Confidence weakens.

People who reach the top 1% relate to responsibility very differently.

They assume responsibility by default.
Not because they know everything,
but because ownership gives them control over direction.



How Ownership Is Avoided

Decisions are delayed.

People look for reassurance before acting.

They collect opinions.

They seek approval.

They hope someone else will decide.

Example:

Someone knows what needs to be done but keeps waiting for confirmation.

Days pass. Nothing moves. Doubt increases.

The problem was never lack of ability.

It was lack of ownership.



How Ownership Actually Works

Responsibility is taken calmly.

A direction is chosen with the information available.

Action follows.

Adjustment comes later.

Example:

Instead of waiting to be saved, a person builds with what they have.

Feedback arrives.

Clarity improves.

Confidence grows through action, not certainty.

The Core Reframe (Read Slowly)

If no one saves me,
how would I build this?

Say it again.

Ownership turns waiting into movement.

Daily Practice (Non-Negotiable)

Stop outsourcing one decision today.

Choose something small but real.

Decide. Act. Adjust. No overthinking.

No permission.

Movement builds self-trust.

Internal Calibration Question

Where am I still waiting to be rescued instead of taking charge?

Sit with that question.

This is how ownership replaces hesitation.

Identity over Goals

Most people set goals and then struggle to reach them.
They focus on outcomes.

They measure success by what they achieve.
When results are slow, motivation drops.
Pressure increases.

People who reach the top 1% approach this differently.
They focus less on goals and more on identity.
They become the kind of person for whom outcomes
happen naturally. When identity is stable, actions align without
force.

How This Pattern Shows Up

A person wants confidence, success, or recognition.
They chase results.
They push harder.



They monitor outcomes constantly.

When things do not move fast enough, frustration appears.

Another approach begins with identity.
Instead of asking what they want, they ask who they are becoming.

Actions feel simpler.
Consistency improves.

Energy is conserved.

How Identity Actually Shapes Results

Identity influences daily behaviour.
Choices become automatic.

Effort decreases.

Example:

A person who sees themselves as disciplined does not debate daily habits.

They act because it fits who they believe they are.
Over time, results follow without pressure.

The Core Reframe (Read Slowly)

Instead of saying “I want X,” ask:
Who would naturally have X?

Say it again.
Identity creates outcomes before effort does.

Daily Practice (Non-Negotiable)

Act once today as your future identity would.

Even if it feels early.
Even if it feels uncomfortable.
Choose one small action.

Let action reinforce identity, not the other way around.

Optional Awareness Practice

Notice moments where you monitor how you are being perceived. Gently release that habit once today.

Allow yourself to act without performance.

Also notice one moment where you chose calm regulation over proving something. Acknowledge it before the day ends.



Internal Calibration Question

If this were already who I am,
What would feel obvious today?

Sit with that question.
This is how identity quietly replaces chasing.



Hi, I'm
Nehaa Goyal.



For over 15 years, I've worked with 10,000+ people who felt stuck - in emotions, work, relationships, or money - despite doing everything right.

I'm a trauma-informed coach, a DNA astrologer, a numerologist, and a tarot reader.

My work is about resolution and forward movement, not labelling problems or creating fear.

Most blocks didn't start with the person — they were formed early or carried through family patterns.

When these are resolved, clarity returns and action becomes steady, not forced.

I help life move forward, in collaboration with you



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