NIZARLIMITLESS

THE FREE GUIDE

The Rewired *Playbook*

How to actually rewire your brain. The exact method my clients pay five figures for.

VISION · AUDIT · AWARENESS · RELEASE

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Read this first

If you're reading this, you commented REWIRE on one of my videos.

Maybe it was the one about hitting your goal and feeling nothing. Maybe it was the one about scrolling for 2 hours after you swore this week would be different. Or the one about the sales call you keep putting off.

Different videos. Same reason you're here.

From the outside it looks like you've got it together. The results are on paper. But inside, there's a part of you that still feels not enough. And you're tired of the war with yourself.

This playbook is the exact method I use with my 1:1 clients. Not motivation. The actual process of how you rewire your brain.

How to use it:

1. Find your pattern on the next page. It takes 2 minutes.
2. Read the 4 phases. Each one has a *why*, the exact steps, a worksheet and a journal prompt.
3. Follow the 14-day plan. Print the worksheets or copy them into a notebook. Paper works better than your phone.

Reading this won't change anything. Doing it will.

> *"I'm ready to stop fighting myself."*
>
> Say that out loud before you turn the page. I mean it.

Which pattern brought you here?

Tick every one that sounds like you. Most entrepreneurs I work with tick at least three.

1. The Empty Win. You hit your goal. The number's there. And you feel... nothing. Two days later you're already chasing the next one.

2. The Not-Enough Loop. It doesn't matter what you make, it's never enough. You see someone on your feed and you feel behind again.

3. The Numb-Out. You finish work and 3 hours disappear. Scrolling, drinking, junk food, staying busy. You call it relaxing.

4. The Self-Sabotage Switch. A good month hits and you pull back. You go quiet, call it a needed break, and the run ends.

5. The Hide. Posting content or hopping on a sales call feels unsafe. You rewrite the DM five times, then don't send it.

6. The Waiting Room. You already know what to do, but you still don't do it. You're waiting to feel ready. You procrastinate and call it planning.

7. The Chaos Maker. The week finally goes quiet and you check the numbers every 5 minutes. You start a problem that wasn't there, just to feel normal again.

Got yours? Circle the one that hit hardest. That's your **main pattern**. Keep it in mind for every phase.

Here's what nobody told you

Seven different patterns. **One root.**

Your results come from your actions. Your actions come from your habits, and habits are automatic drivers. They run without asking you. And your habits come from who you believe you are: your identity, and the beliefs underneath it.

So you don't lack discipline. You're running an identity you never chose, on beliefs you don't even know are there.

And most of those beliefs aren't even yours. They were put on you by your parents, teachers, the kids at school, the world around you. You picked them up before you could choose.

YOUR PATTERN	WHAT YOU CALL IT	THE BELIEF UNDERNEATH
The Empty Win	"Just staying hungry"	"If I stop chasing, I'm nothing."
The Not-Enough Loop	"High standards"	"I have to earn being loved."
The Numb-Out	"Relaxing"	"I can't handle what I'd feel."
The Self-Sabotage Switch	"A needed break"	"I don't deserve this. I'm going to lose it all."
The Hide	"Waiting for the right time"	"If they reject it, they reject me."
The Waiting Room	"Planning"	"If I try and it fails, I'm exposed."
The Chaos Maker	"Ambition"	"Calm means something bad is coming."

That's why the same method works whichever video brought you here. You're not fixing seven problems. You're rewiring the identity and the beliefs underneath all of them.

The Rewire Method NAME TO CONFIRM

Four phases. In this order.

PHASE	THE QUESTION	WHAT YOU DO
1. Vision	Who do I want to become?	Build your map, your car and your fuel.
2. Audit	Who have I been, and who am I now?	A 14-day, 15-minute time audit, then an honest look at your current identity.
3. Awareness	What am I not aware of?	5 minutes of meditation morning and night, until you find the gap.
4. Release	How do I let it go?	The Color Release: locate it, color it, name it, breathe it out.

The map, the car and the fuel. Your vision has three parts. The **WHAT** is the map: where you're going. The **WHO** is the car: the person who can actually drive there. The **WHY** is the fuel. A map with no car goes nowhere. A car with no fuel stops. All three have to be in symbiosis.

Most people try to skip straight to changing their habits with willpower. But you can't change what you can't see. First you get clear on where you're going, then you look honestly at where you are, then you become aware, and only then do you release.

The pillars behind it: **meditation, awareness and reflection, and bodily awareness.**

PHASE 1 OF 4

Vision

01

WHY

You can't become someone if you don't know who that is. Most entrepreneurs have a number. Very few have a vision of the person who lives that life every day.

THE STEPS

1. **Start with the WHAT.** The outcome you want. Start here because it sits on the surface of your consciousness. It's the easiest thing to answer.
2. **Then the habits.** What do I need to do, every day, to get that outcome?
3. **Then the WHO.** Who do I need to be to establish those habits? Write down the identity and the traits of the person you need to become.
4. **WHY comes last.** Your why is deep inside of you. It's been there since birth, but other people told you what to do, what to want and who to be, and that's why it's foggy now. Once you take autonomy and say, *"This is actually what I want. This is where I want to go,"* the why shows up.
5. **Question your why.** Make sure it isn't superficial. *"Proving others I can do it"* is not your why. That's an underlying belief that other people or the world put on you. Keep asking *"and why do I want that?"* until it feels like yours.

JOURNAL

If nobody was watching and nobody would ever know, what would I still want? And why?

WORKSHEET

My vision

WHAT: the map. The outcome I want (be specific: the number, the life, a normal Tuesday):

The habits. What I need to do every day to get there:

WHO: the car. Who I need to be to keep those habits. My identity and my traits:

WHY: the fuel. Why I actually want this:

The why check. Is any part of my why about proving someone wrong, or getting approval? Whose belief is that?

> *"This is actually what I want. This is where I'm going."*

PHASE 2 OF 4

Audit

02

WHY

Your current outcome isn't random. It was created by thousands of small, unconscious actions that were programmed into you by your environment. When you put them on paper, you finally see who you've actually been, not who you think you've been.

THE STEPS

1. **Run a 14-day time audit.** Set an interval timer for every 15 minutes, all day. Every time it goes off, write down what you did and who you were in those 15 minutes. Don't judge it. Just write it down.
2. **Look at the paper.** You'll see the unconscious actions that created your current outcome. The scroll after the sales call. The "quick check" of the numbers. The task you kept moving.
3. **Fill in who you are now.** Using the same structure as your vision: the result you've gotten, the habits that have been automatically pulling you to it, your current identity, and your superficial beliefs. Those are the surface reasons behind your actions: what you think you should be, and why you think you should be doing what you're doing. You'll feel resistance doing this. That's normal. Your body is just trying to keep you safe in the familiar.
4. **Ask the honest question.** *Can the person I am right now actually achieve the outcome in my vision?* Be honest. If the answer is no, good. Most of what you find here can't come with you, because it's exactly what created the results you have today. Now you know exactly what has to change.

JOURNAL

Which of my current traits would the person in my vision not have? What have they been protecting me from? And how have they been serving me?

WORKSHEET

My 15-minute audit

Use a notebook, or just open the notes app on your phone and start right away. That's how I like to do it. One page per day, for 14 days.

TIME	WHAT I DID	WHO I WAS IN THOSE 15 MINUTES
09:00	*Checked Stripe, then Instagram*	*The one who needs proof it's still working*
09:15	*Wrote the sales email, didn't send it*	*The one waiting to feel ready*

End of day (optional): the action I did most on autopilot today was:

WORKSHEET

Who I am now

The result I've gotten so far:

The habits pulling me to it (my automatic drivers):

My current identity. Who I've been, and which traits don't serve the person I want to become:

My superficial beliefs. The surface reasons behind my actions: what I think I should be, and why I think I should be doing what I'm doing:

The honest question. Can the person I am right now achieve the outcome in my vision? What would have to change?

PHASE 3 OF 4

Awareness

03

WHY

You first need to become aware of what you're unaware of. You can't release a belief you can't see, and right now most of it runs on autopilot.

THE STEPS

1. **Meditate 5 minutes in the morning and 5 minutes before bed.** Sit, close your eyes, breathe slowly. When a thought pulls you away, notice it and come back to your breath. That's the rep. Then consciously relax every part of your body, starting from the top of your head, all the way down to your feet.
2. **Wait for the gap.** Around the 1-week mark, you start to notice a gap before you act. That gap is the key. In it you can look at yourself from a third-person view and ask: *"Do I want to take this action or not?"* You start becoming aware of specific actions as they happen.
3. **Week 2: go into the body.** In your meditation, question why these things are there and where you feel them in your body. Is it a tight chest? A knot in your stomach?
4. **In real life, notice the physical feeling.** Where it sits, and what action it pulls you towards. Because that action is what creates the result.
5. **Don't change anything yet.** Just become aware. That's the whole job of this phase.

JOURNAL

Today I noticed the gap when _____. The feeling sat in my _____, and it was pulling me towards _____.

If writing this feels like too much friction at the beginning, leave it out and just become aware during the day. If you feel you can, do it.

WORKSHEET

Meditation log

Fill in one line after every session.

DAY	AM	PM	THE GAP: WHAT I NOTICED BEFORE I ACTED	WHAT'S THE STORY THE FEELING IS TELLING ME?
1	☐	☐		
2	☐	☐		
3	☐	☐		
4	☐	☐		
5	☐	☐		
6	☐	☐		
7	☐	☐		
8	☐	☐		
9	☐	☐		
10	☐	☐		
11	☐	☐		
12	☐	☐		
13	☐	☐		
14	☐	☐		

PHASE 4 OF 4

Release

04

WHY

The Color Release is a mix of NLP, Focusing and Taoist principles. NLP gives the feeling a color, Focusing names what it's saying, and the Taoist healing sounds breathe it out with "shhh".

Once you're aware of a belief, you can let it go. And the beautiful part: you release it without doing anything in real life. Every belief that depended on it, that can't be true if this one isn't, releases too, along with the habits tied to them. One belief releases all the beliefs tied to it. And once you become aware of something, you cannot unsee it.

THE STEPS: THE COLOR RELEASE

NAME TO CONFIRM

1. **Rehearse the situation in meditation.** The sales call, the quiet Sunday, the good month. Your mind won't want to look at it. Consciously look anyway.
2. **Find the feeling.** Observe it and where it sits in your body. Become very present with it.
3. **Give it a color.** Take the first color that pops up, immediately. Don't think about it.
4. **Name what it's telling you.** The belief. Again, take the first thought, because your mind will jump to something else. Labelling it makes it external. It's not you anymore.
5. **Pull it up and breathe it out.** Pull it up, up, up through your throat and push it out of your mouth with a long *"shhhh"*, and visualise the color leaving your body.
6. **Repeat 2 to 4 times** in a session, and keep coming back to it in your meditations. Once you're aware of it, you'll notice it immediately when it comes back. After a while you don't feel it anymore, and you aren't pulled towards the same actions.

How long does it take? There's no fixed day. It's different for everyone, and it depends on how much that belief has been reinforced throughout your life. You start once your awareness is built, and you keep going for as long as each belief needs.

JOURNAL

The color was _____. It was telling me _____. After I let it go, I felt _____.

Your 14-day rewire

About 20 minutes of focused time a day, plus the timer. This builds your awareness. The release comes after.

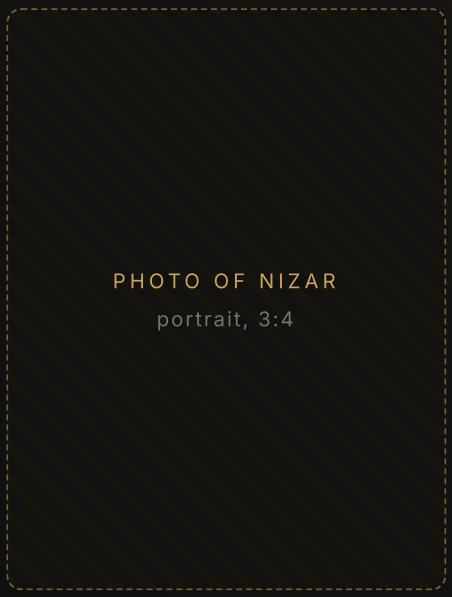
DAY	FOCUS	WHAT TO DO
1	Vision	Fill in "My vision". Start the 15-minute timer. First 5-minute meditations, AM and PM.
2–7	Audit + awareness	Timer all day, every day. 5 + 5 meditation. Log every session. Don't change anything.
~7	The gap	Notice the gap before you act. Ask: *"Do I want to take this action or not?"*
8–13	Bodily awareness	Keep the timer and the 5 + 5. In meditation, ask why it's there and where you feel it. In real life, notice the feeling and what it pulls you towards.
14	Who I am now	Read your audit sheets. Fill in "Who I am now". Ask the honest question. Read it next to your vision.

The 14 days are the audit, the meditation and the awareness work. **Don't rush to change anything.**

Then the release. The Color Release starts once your awareness is built. There's no fixed day for it: it's different for everyone, and it depends on how much each belief has been reinforced throughout your life. Work on one belief at a time, keep releasing it in your meditations for as long as it needs, and re-read your vision every morning.

Why I built this

I didn't learn this from a book. I learned it because I needed it.



It starts with my dad.
He abused my mum, my sister and me.
When I was three, my mum took us and left.
When I visited him on weekends, he treated me like I didn't matter.
The last time I saw him, I was nine.

Other kids played football with their dads. I never had that.
My mum was the one who was there.

At eleven, we were forced out of the Netherlands.
One car. Everything we could fit. Germany. No plan.

In Germany, I got bullied. For my skin colour. For not speaking the language.
So I became the class clown.
If I made someone laugh, for that moment, I felt liked.
Then I'd go home, lock my door and game until midnight.

I wanted to belong. I found it in the wrong places.
By 17: weed, opiates, benzos. Selling drugs.
The more I had, the more people came around.
I thought that meant they cared.

By 2020, I hit my lowest point.
I went to rehab. I meant it.
The day I got out, I used again.

Where it turned

End of 2020, I followed my mum back to the Netherlands.
In 2021, I got clean.
Not in one go. I kept going back and asking for help, again and again.

At the beginning of 2022, I started working on myself.
I stepped into entrepreneurship. Found my first mentor and joined his community.
Went to the gym.
I read everything about psychology, beliefs and hypnosis, because I had one question:
How can I genuinely want a different life, and still keep doing the same things?

I tried everything online. For years on end.
Agency. E-commerce. Appointment setting. High-ticket sales.
Eventually: my first-ever sale.
But approaching people terrified me.
I was scared of rejection. And when things started working, I was scared of losing it.
I could sit in a mastermind full of people who wanted the same things as me, and still feel like nobody understood me.
Maybe you know that feeling.

So I went internal.
Meditation. Awareness. Reflection. Listening to my body instead of fighting it.
And I saw it.
Those fears weren't even mine. They were imposed on me.
Once I had the tools to release them, I stopped running from myself.
Those tools are what's in this playbook.

Then I started an online business with my mum.
We took her driving-theory school online. We scaled fast.
Within no time: 20K to 25K a month.
Now the biggest online Arabic driving school in Europe.

I've made it. Now my goal is to become the best, most transformational mindset coach in the world for entrepreneurs.

Your next step

You can do all 4 phases on your own, and it will help. Do them.

But there's one thing this playbook can't do. You can't see your own blind spot. The belief that runs your business is the one that feels like *"just how I am."* And the deepest ones are the ones your mind least wants to look at.

That's what we do 1:1. I guide you through your vision, read your audit with you, find the root belief that's holding up all the others, and take you through the release, so the habits tied to it fall away. We build the version of you who wakes up excited, feels worthy of what he's built, and takes bold action without fear running the show.

It's for entrepreneurs who already have results on paper but still feel not enough inside, and who are done with the war with themselves.

Book your call. Tell me which pattern brought you here, and we'll see if working together makes sense.

BOOK YOUR CALL →

[BOOKING LINK]

"This is actually what I want. This is where I'm going."

Nizar

This playbook is coaching and education, not therapy or medical advice. If you're dealing with trauma, addiction or a mental health condition, please work with a licensed professional alongside it.