

**Review of “Making Quantum Leaps & Knowing Zero Limits” by B. K. Hayer
Aliya, Personal Trainer & Fitness Instructor/Body Builder**



I am preparing to compete in a Bodybuilding contest in May next year. To help me prepare for this B.K. helped me to break down the different stages by looking at my weaknesses and strengths and working to bring congruence between both the inner and the outer game of focus.

B.K. then helped me to work on eliminating my weaknesses one by one building my confidence. This also helped me to realise how I could work towards some of my other goals too.

We worked through different strategies like doing mind maps, reading articles, creating positive affirmations and SMART action plan timetable etc. This helped me to motivate and strengthen me mentally which was very important part as bodybuilding requires mental strength to stay focused.

This process allowed me to take one step at a time, while channelling my energies in the right direction and being in control, rather than over whelming myself and getting stressed as this will be my first time competing in Bodybuilding. There will be challenges ahead however thanks to B.K. I feel well equipped to face them head on now.