

**A TRANSFORMING
STORY WITH MIND
SKILLS
STRENGTHENING**





There was a girl who reached out to life coach Ritu Singal, she was facing an issue of criticism.

She was around 23 years of age and was the peak of her career. She felt that everything she does never comes back in a positive way to her.

Either she is giving an exam, preparing food for a loved one, or maybe working hard in her office, she said everyone in my life find problems in me and keep poking me up for things.



Ritu was also shocked, she took it as a mission to solve that girl's problem to help her find the right perspective of life.

She practiced some tools and techniques that are required to identify the root of her problems.

After this procedure, she discovered that it was not people who blame her, it was her own mind.

Ritu Singal identified that the girl was not confident enough and she always put a question mark on everything that she do.



THE QUESTION WAS - CAN I DO IT?



AND WHEN FAILED, SHE PUT THE BLAME ON OTHERS THAT THEY DON'T LIKE HER THAT IS WHY THEY NEVER APPRECIATE HER.

SHE WAS NOT READY TO FACE THE CRITICISM. AFTER IDENTIFYING THE ROOT OF HER PROBLEM, LIFE COACH RITU SINGAL HELPED HER USING HER MIND SKILLS STRENGTHENING PROGRAM AND TAUGHT HER TO IMPROVE HER THOUGHT PROCESS AND HER PERSPECTIVE OF LOOKING AND UNDERSTANDING THINGS.

RITU SINGAL SAYS, 'YOU CANNOT CHANGE THE PEOPLE AROUND YOU OR THE SITUATIONS. BUT, YOU CAN CHANGE YOURSELF AND BUILD YOURSELF SO STRONG THAT YOU CAN HANDLE AND FIGHT SUCH ISSUES EASILY'.

HER STRAIGHTFORWARD APPROACH OF POSITIVITY AND SKILL STRENGTHENING AIMS AT BUILDING MENTAL IMMUNITY. THIS HELPED THE GIRL BUILD HERSELF IN SUCH A WAY THAT IT DIRECTLY RESULTED IN HER SUCCESS.

SHE LATER BECAME THE CEO OF HER COMPANY AND DISTRIBUTED HER POSITIVITY AND HER SKILLS STRENGTHENING FORMULA WITH HER EMPLOYEES AS WELL.

**IF YOU THINK YOU ARE FACING THE SAME FEAR OF
CRITICISM AND WANT A MIND SKILL STRENGTHENING TEST.**

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