

■ CourseDekhlo Guided Bonuses (Free for Our Readers)

To help you apply the concepts shared in **Dr. Meghana Dikshit's Ultimate Success Builder Workshop**, CourseDekhlo is offering the following guided, beginner-friendly bonuses — completely free.

These bonuses are designed to support mindset awareness, habit change, and brain rewiring at a practical level.

Bonus 1: Guided Success Blocker Awareness Exercise (Self-Reflection Guide)

- Recognize patterns of overthinking, procrastination, and self-doubt
- Understand how past experiences may still be influencing your decisions
- Write down your top 3 mental blockers affecting your career or life

Purpose: Awareness is the first step toward change — this guide helps you become conscious of invisible mental blocks.

Bonus 2: 7-Day Guided Mindset Reset Plan (Beginner-Friendly Routine)

- A short awareness prompt
- One mindset-focused question
- A small action to break autopilot thinking

Purpose: Helps you gradually move out of negative thinking and bring clarity without feeling overwhelmed.

Bonus 3: Guided Habit Awareness & Rewiring Sheet (Brain Autopilot Concept)

- How to spot habits running on autopilot
- Why willpower alone doesn't work
- How to consciously pause and choose a better response

Purpose: Helps you understand and slowly rewire habit patterns instead of forcing change.

Bonus 4: Guided Focus & Thought-Clarity Exercise (RAS Concept)

- Notice where your attention goes daily
- Filter unnecessary thoughts
- Redirect focus toward meaningful goals

Purpose: Helps train your brain's filtering system so you focus less on noise and more on what truly matters.

Bonus 5: Guided Self-Talk & Intention Practice (Mind-Body Awareness Exercise)

- Observe your daily self-talk
- Replace negative inner dialogue with supportive language

- Build a habit of conscious communication with yourself

Purpose: Encourages emotional awareness and a healthier relationship with your thoughts.

■ Important Note

These bonuses are **independently created by CourseDekhlo** for educational and awareness purposes. They are **not medical or psychological advice** and are meant to support personal growth at a beginner level.

■ Who Should Use These Bonuses?

- Beginners in mindset or self-growth
- People dealing with overthinking or self-doubt
- Anyone who wants to apply workshop concepts practically
- Readers who want value beyond the paid workshop