



**Ali Baha Kutan** | Conscious Life Designer

REMINDING \* PURIFYING \* EMPOWERING

## 12 WEEK LIFE TRANSFORM

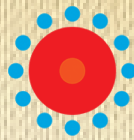
***"THE PLAN"***  
INTRO



**"AWAKEN THE HEALER WITHIN"**

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## WHO IS THE MOST VALUABLE PERSON IN YOUR LIFE?

*Absolutely... It is YOU! The most powerful and transformative step you can take is to INVEST in yourself. Just like a flower unfurling its petals, when you dedicate time and energy to nurturing your personal growth, health, and well-being, you ignite a profound transformation that reverberates through every aspect of your life, uplifting and inspiring those around you. By prioritizing yourself, you unlock the gateway to deeper fulfillment, a sense of purpose, and meaningful connections, cultivating Physical Wellness, Emotional Harmony, Mental Clarity, and Spiritual Alignment.*

## “AWAKEN THE HEALER WITHIN”

*"The honor contribution for the services I offer is a heartfelt exchange that supports and elevates the sacred nature of our work together. This investment opens the gateway to a deeply transformative journey, while also paying tribute to the sacred space, energy, and wisdom that will be shared throughout our sessions. It is more than a transaction; it is a commitment to your own growth and healing, creating a balanced flow of giving and receiving, nurturing the journey toward your highest potential."*





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## SESSIONS

ONE TO ONE  
TIME: 1 Hour and 30 Minutes,  
12 Sessions - 1 Session per week

### 12 WEEK LIFE TRANSFORM

In "12 Week Life Transformer" we will be going on a life changing and transforming journey together for 12 weeks. Meeting once a week and our session time will be 1 hour and 30-minutes. Baha will GUIDE you and rise from your negative physical, emotional, mental, and spiritual states, and transform you to positive, to your full potential with love, joy, harmony, and ease. We will observe deeply with awareness of your "4 BODIES", INTERNALLY and EXTERNALLY.

We start our process with TAKING-OUT and BRINGING-IN, continuing with reminding, purification, and empowering in a HOLISTIC approach. We will look deeply into with awareness of the restrictive barriers, patterns, and addictions that limit, disconnect, and disturb you. We will process them with amazing tools and techniques and remember how to use them in your daily life for your transformation into your greatest version.

Baha gives advisory services on a wide spectrum varying from:

**INTERNALLY** by servicing on a wide spectrum varying from re-designing four bodies; re-calibrating your thinking habits, transforming your emotions, updating your eating habits, and daily physical movements, and introducing soul communication.

**EXTERNALLY** by redesigning your personal living and working spaces: cleansing and enhancing your whole house, updating and re-organizing your kitchen, living room, bedroom, and bathroom, and creating a powerful wardrobe.

**TAKING-OUT** what is not serving you and  
**BRINGING IN** what is serving you on your  
physical, emotional, mental,  
and spiritual bodies.

*Baha's aim is for you to remember and implement the most appropriate formulas and tools for your life plan to become your greatest version. Achieving and maintaining a conscious state of being your full potential and authentic self in your daily life.*





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## SESSIONS

ONE TO ONE  
TIME: 1 Hour and 30 minutes

# 12 WEEK LIFE TRANSFORM “PLAN”

Session 1\*  
**+ Living in the FOUR BODIES**  
*Conscious Living*

Session 2\*\*  
**+ 12 Week Life Transformer Plan**  
*Vission, Intentions and Responsibilities*

Session 3  
**+ TAKE OUT - TAKE IN**  
*Physically*

Session 4  
**+ Conscious Eating**

Session 5  
**+ Emotional Body**  
*What Are My Negative Emotions?*

Session 6  
**+ Looking and Seeign My Negative Emotions**

Session 7  
**+ TAKE OUT - TAKE IN**  
*Emotional Awekening*

Session 8  
**+ Transform My Negative Emotions**

Session 9  
**+ Mental Body**  
*What Are My Negative Mental Thoughts?*

Session 10  
**+ Looking and Seeign My Negative Mental Patterns**

Session 11  
**+ TAKE OUT - TAKE IN**  
*Mental Awekening*

Session 12  
**+ Updating Your Mental Patterns**  
*Transfoming Your Mental Thoughts*

## “AWAKEN THE HEALER WITHIN”

*Please buy a Notebook and a pen...*

*\*General Blood test is required, including B12 and D results.*

*\*\*List of Supplements need to be purchased.*





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## **“AWAKEN THE HEALER WITHIN”**

### **TAKE OUT**

#### **“12 WEEK LIFE TRANSFORMER”**

In our “12-Week Life Transformer” journey, we will begin with a mindful cleansing of everything that limits you, does not serve you physically, and prevents you from reaching your best self. We will step into a process of REMOVING all elements that cause inflammation, weigh you down, drain your energy, and make you feel weak, tired, and restless. This cleansing process will be specially tailored to your needs and intentions, creating a foundation that supports your transformation toward health and inner balance.

### **TAKE IN**

#### **“12 WEEK LIFE TRANSFORMER”**

In our “12-Week Life Transformer” journey, we will begin with an awareness of the elements that support you, nurture your inner strength, and elevate your life energy. We will proceed with the intention of BRINGING into your life all the valuable components that strengthen your alkaline balance, making you feel light, relaxed, powerful, and at peace. Throughout this journey, we will follow a plan specifically designed according to your individual needs and goals to help you reach your best version.

#### **“YOUR CHOICE: AS NATURAL AND ORGANIC AS POSSIBLE”**

*In this transformational journey, your choices will be as natural and organic as possible, creating a living space that supports both your physical body and your soul. This approach will help you establish the optimal balance for inner peace and health.*





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## TAKE IN PART 2

### "12 WEEK LIFE TRANSFORMER"

Once you receive the test results, incorporating the following supplements will be essential to support your journey toward optimal health and vitality.

#### SUPPLEMENTS AND FASTING

A personalized supplement regimen, thoughtfully crafted based on blood test results and tailored for a life in optimal harmony... (PRIMARY SUPPLEMENTS are recommended for a continuous 3-month period, after which another blood test will be conducted to assess progress and refine the approach)

##### PRIMARY SUPPLEMENTS:

Probiotics \*\*  
Spirulina Powder  
Green Blend - Chlorella, Wheatgrass, Baobab, Moringa Powder  
Moringa Powder  
Acai Plus Blend  
Turmeric Blend  
Hulled Hemp Seeds  
Camu Camu Powder  
Raw Cacao Nibs  
Maca Powder  
Lucuma Powder  
Resveratrol \*\*  
Selenium  
Berberis Vulgaris  
Alpha Lipoic Acid \*\*  
Collagen  
Magnesium  
Liquid Vitamin D3 + K2 (1 drop per 10 kg)  
Liquid Vitamin B12  
Omega 3 (Krill Oil)  
Coenzyme Q10

*\*The specific supplements and recommended timings will be shared in detail within the "SUPPLEMENTS" file.*

*\*\*Supplements begin with fasting periods.*

##### FASTING

+ **1-DAY FAST** (once a week) - Supports a strong immune system  
+ **3-DAY MENTAL CLEANSE FAST** - Cleanses the large intestine, mind, and body **\*\*Supplements**  
+ **7-DAY GREEN VEGETABLE & FRUIT JUICE FAST** - Purifies the liver, blood, and organs, rejuvenates **\*\*Supplements**  
+ **30-DAY GREEN FAST** - Cleanses and strengthen **\*\*Supplements**  
+ **30-DAY CANDIDA CLEANSE FAST** - Detoxifies... Candida thrives on sugars and pro-inflammatory components that damage our gut and lead to inflammation. The Candida diet is designed to improve gut health, reduce inflammation, and boost immunity. **\*\*Supplements**





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## TAKE IN *PART 3*

### “12 WEEK LIFE TRANSFORMER”

#### MOVEMENTS

The key to transformation lies in the willingness to release what no longer serves you while cultivating new practices that nourish your body, mind, and spirit. By committing to conscious action and aligning with your highest potential, you create a fluid, natural flow that supports growth and well-being. Here are several ways to make this shift seamless: What steps can be taken to effectively break free from old patterns and effortlessly weave new, empowering ones into the fabric of your daily life?

##### **Consistent Movement**

Incorporating movement into your routine is vital for breaking old habits and embedding new ones. Whether it's gentle yoga, invigorating dance, or focused exercise, physical activity strengthens not only the body but also the mind and spirit, creating space for new patterns to emerge.

##### **Daily Mindful Meditation**

Meditation is a powerful tool to recalibrate your mind and emotions. It allows you to dissolve old thought patterns, ease mental clutter, and develop greater awareness. Integrating breathing exercises and visualizations helps to center the mind, calm the emotions, and make space for clarity and peace.

##### **Intentional Breathing Practices**

Breathing is the bridge between the body and mind. By engaging in breathwork, you can release tension, regulate your nervous system, and shift into a state of calm alertness. Different breathing techniques can be used to energize, relax, or clear the mind, helping you stay grounded while aligning with your true self.

##### **Cultivating Flexibility and Balance**

Yoga practices such as Yin Yoga or Ashtanga Yoga not only increase physical flexibility but also encourage mental and emotional balance. As your body becomes more fluid and adaptable, so too does your ability to navigate the challenges of life with greater ease.

##### **Nourishing the Energy Body**

Tapping into energy healing practices such as Tapping (EFT) and Shaking helps to release emotional blocks and stagnant energy. These practices awaken vitality, restore balance, and support the integration of new patterns by working on a deep, energetic level.

##### **Grounding to the Earth**

Earthing, or walking barefoot on the earth, allows you to reconnect with nature's healing energy. By grounding yourself, you release accumulated stress and open up to fresh energy, which helps clear the mental and emotional clutter that often holds you back.

##### **Engaging in Restorative Practices**

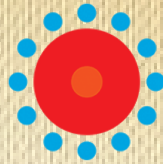
Practices like swimming, walking, and restorative yoga bring the body into a state of deep relaxation, where healing and transformation can occur naturally. Regular immersion in these practices helps to reinforce new neural pathways, creating new, supportive habits that take hold with ease.

##### **Embracing the Power of Cold Therapy**

Cold exposure is a potent practice for breaking through fear and resistance. It strengthens the immune system, enhances mental resilience, and shifts your mindset, allowing you to step into new ways of thinking and being with courage and clarity.

Incorporating these practices into your daily life creates a ripple effect, shifting your energy, mindset, and actions to support the transformation you seek. As you break free from old, limiting patterns, you pave the way for a more vibrant, harmonious life filled with new possibilities.





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# **Taking Responsibility for Myself**

*The Greatest Gift I Can Give Myself*

*Taking responsibility for myself, remembering my worth at every moment of my life, and integrating this value into my daily life are the cornerstones of my transformation journey.*

*The respect and self-worth I have for myself shape every decision and action I take in my life. This 12-week journey is a deep transformation process that encompasses not only external successes but also my inner strength, self-confidence, and continuous growth. Every day, by remembering my value, I design my life in a way that further unveils myself and my potential. This journey is a commitment I make to live more powerfully, consciously, and harmoniously, as well as a plan I create to serve a greater purpose in my life.*

## **“AWAKEN THE HEALER WITHIN”**

*"Allow me to guide you on your life journey, reminding, purifying, and empowering you to recognize that you are ultimately your own guide."*





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**"When You Fail to Plan,  
You Are Planning to Fail"**

Benjamin Franklin

# THE PLAN

*I deeply recognize that my beliefs are the architects of my experiences, shaping the reality I live within. With this heightened awareness, I take purposeful ownership of my vision, intentions, and the responsibilities that come with them. I am committed to strategic planning and actionable execution, translating my responsibilities into a structured weekly plan.*

*This approach ensures alignment between my intentions and actions, vcreating a roadmap for continuous growth and meaningful progress.*

## **1. Beliefs as the Foundation of Experience**

*"I fully embrace that my beliefs act as the foundational pillars upon which my entire experience is built."*

+ Your beliefs shape and determine the reality you live in. Recognizing this gives you the power to take control of your life.

## **2. Awareness and Ownership of Vision and Responsibilities**

*"With this profound understanding, I take conscious ownership of my vision, intentions, and the responsibilities they carry."*

+ With awareness, you accept the responsibility for your vision and intentions. This means you are in charge of how your life unfolds, giving you a sense of agency over your journey.

## **3. Alignment with Higher Purpose**

*"This awareness is a powerful catalyst, aligning me with the higher purpose of my existence, as I recognize that I am the deliberate creator of my reality."*

+ By becoming aware of your beliefs, you connect with a higher purpose, knowing that you are actively shaping your life through conscious decisions.

## **4. Strategic Planning as a Blueprint**

*"Strategic planning becomes the sacred blueprint for bringing my vision to life, where each step is meticulously aligned with my deepest values and aspirations."*

+ Planning is not just a task but a deeply meaningful process that aligns your daily actions with your values and goals, acting as a guide toward your vision.

## **5. Actionable Execution as the Engine**

*"Actionable execution, then, is the engine that transforms ideas into lived experiences, moving me from intention to realization with clarity and focused effort."*

+ Taking action on your plans is what drives progress. Your execution turns abstract ideas into reality, propelling you forward with clear and focused energy.

## **6. Structured Weekly Plan**

*"As I translate my responsibilities into a thoughtfully crafted weekly plan, I create a structure that supports growth, balance, and progress."*

+ Organizing your responsibilities into a weekly plan creates a framework that ensures continuous growth and balanced progress. The plan provides stability and direction in your daily life.

## **7. Mindful and Intentional Living**

*"This approach is not simply about managing time but about mastering the art of intentional living."*

+ It's not just about organizing tasks; it's about living purposefully. Each moment and action is chosen with mindfulness, adding depth and meaning to your routine.

## **8. Alignment of Inner and Outer Worlds**

*"With each passing week, I witness the alignment of my inner world with my outer reality, as my beliefs become the fertile soil from which my dreams grow."*

+ As you integrate your beliefs, intentions, and actions, you'll notice your external reality beginning to reflect your inner desires and aspirations.





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## THE PLAN

### 9. Transforming Challenges into Opportunities

*"Challenges become stepping stones, and opportunities expand, as I move forward with unwavering commitment."*

+ Challenges are seen not as setbacks but as opportunities for growth, pushing you closer to your goals. With focus and commitment, you transform obstacles into progress.

### 10. Living with Purpose and Fulfillment

*"Through this harmonious blend of belief, intention, strategy, and action, I not only create but also elevate my life to its highest potential, embodying a state of flow, achievement, and inner peace."*

+ By blending your beliefs with actionable planning and strategic execution, you elevate your life, reaching your highest potential and living with purpose, peace, and fulfillment.

*This breakdown highlights how each component contributes to a holistic approach to creating a life of intentionality, growth, and alignment with your higher purpose. To further amplify this journey, the 12-Week Life Transformer program offers a powerful framework for accelerated transformation. This program is designed to help you implement these principles through structured guidance and focused action, ensuring sustainable change across all areas of life—physical, emotional, mental, and spiritual.*

### 12-Week Life Transformer: The Path to Sustainable Change

*Each week is designed to build momentum, guiding you step-by-step through the process of transforming beliefs, refining intentions, and executing with purpose. You'll learn to:*

#### Week 1-4: Foundation & Awareness

Develop a deep understanding of your core beliefs and how they influence your life. Set clear intentions and begin strategic planning aligned with your higher purpose.

#### Week 5-8: Actionable Execution & Growth

Implement a structured weekly plan that prioritizes your responsibilities and aligns with your goals. Focus on transforming ideas into lived experiences, nurturing growth in every aspect of life.

#### Week 9-12: Mastery & Integration

As you fine-tune your planning and execution, you will learn to overcome challenges, harness opportunities, and align your inner and outer worlds. The final phase emphasizes living with purpose and achieving a harmonious flow that elevates every area of your life.

#### How the 12-Week Program Works:

**1. Holistic Planning:** Tailored plans that integrate your physical, mental, emotional, and spiritual goals, ensuring alignment in all aspects of life.

**2. Accountability:** Weekly check-ins to maintain progress, offering support and adjustments as needed.

**3. Reflection & Adjustment:** Reflect on wins and challenges, making necessary adjustments to ensure continuous growth.

**4. Celebration of Milestones:** At the end of each phase, celebrate achievements, recognizing how far you've come while staying focused on the future.

*By the end of the 12 weeks, you'll experience a profound transformation, not just in the way you think, but in how you act, feel, and live each day. This structured, intentional journey will help you break free from limiting patterns, align with your highest potential, and live a life of clarity, purpose, and fulfillment.*





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# THE PLAN

*Strategic Planning and Actionable Execution*

## Weekly Plan

### **Set Clear Intentions:**

Begin the week by setting specific, measurable goals aligned with your vision of being visible, abundant, and in harmony. Each goal should have a clear purpose and timeline for completion.

### **Daily Focus:**

**Divide your tasks based on key areas:**

#### **EXAMPLE:**

**Visibility:** Engage in activities that boost your public presence, whether through social media, networking, or outreach.

**Business Growth:** Prioritize actions that support business development, such as client meetings, collaborations, or strategy sessions.

**Leadership and Personal Development:** Dedicate time to sharpening leadership skills, staying aligned with your purpose, and maintaining clarity.

#### **Leverage Tools and Intuition:**

Use your tools and intuitive guidance to navigate decisions throughout the week, ensuring that joy and playfulness are part of the process. This keeps your energy flowing and enhances creativity.

### **Optimize for Efficiency:**

Look for opportunities to optimize your workflow—whether it's delegating tasks, automating routine activities, or simplifying processes. Like code optimization in production, aim to streamline operations for better efficiency and quicker results without compromising quality.

### **Execution Score:**

#### **Daily Review (Score 1-5):**

**At the end of each day, assess the following:**

**Goal Achievement:** Did you make significant progress toward your weekly intentions?

**Energy Alignment:** Were you able to maintain harmony, clarity, and joy while working?

**Efficiency:** How effectively did you use your tools and time?

### **Weekly Summary:**

On the final day, calculate an overall score based on daily reviews. Reflect on areas where you can improve efficiency, reduce stress, and enhance alignment between your beliefs and actions. Focus on the long-term vision, adjusting your strategies if necessary.

*This structure combines practical planning with a focus on harmony and leadership growth, keeping the execution optimized like a finely-tuned system for sustainable progress. How does this approach feel for your weekly plan?*





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# THE PLAN

*Strategic Planning and Actionable Execution*

## 12 Week Life Transformer

*An Excel Sheet titled "12 Week Life Transformer" will be provided to guide you through this transformative journey. This tool is designed with clarity and purpose, offering a step-by-step structure to help you integrate these powerful principles into your daily life seamlessly.*

### **The Excel Sheet will include:**

**Weekly Goals & Intentions:** Clearly define your goals for each week, broken down into actionable steps aligned with your vision and purpose.

**Daily Action Tracker:** A space to track daily actions, ensuring that your efforts are aligned with your intentions, offering a consistent, measurable way to monitor progress.

**Mindset & Belief Work:** Sections for reflecting on limiting beliefs, cultivating empowering thoughts, and how they influence your day-to-day actions and results.

**Emotional Mastery:** A dedicated space for tracking emotional patterns, helping you to identify shifts in your emotional body and align with higher vibrations of joy, peace, and clarity.

**Physical & Spiritual Well-being:** Track your health, movement, and self-care rituals while keeping space for spiritual practices like meditation, breathing exercises, or energy cleansing rituals.

**How to Use and Apply It:**

**Step-by-Step Guidance:** Detailed instructions will guide you on how to fill out the sheet, from setting weekly intentions to breaking them down into manageable daily tasks.

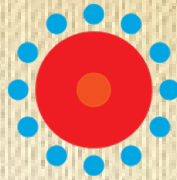
**Daily Review:** Set aside time each day to review and update your progress, ensuring that you're staying aligned with your goals.

**Reflection & Adjustment:** At the end of each week, review the week's successes and areas for improvement. Adjust your approach for the upcoming week, allowing for continual growth.

**Accountability & Commitment:** The sheet also serves as a powerful accountability tool, reminding you to stay committed to your vision and responsibilities.

*With the 12 Week Life Transformer Excel Sheet, you'll have a tangible, actionable roadmap, making the abstract process of transformation practical and achievable. This tool is a bridge between your intentions and results, empowering you to stay focused, track progress, and cultivate the life you are intentionally designing.*





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## WHAT ARE YOU CHOOSING TO SEE?

*It is not only with our eyes that we see. We see with our mind as well. The eyes are only one of the tools that we use to see. It doesn't matter what the eyes can see if the mind is blind. It doesn't matter if the eyes are blind if the mind can see.*

***If your mind is blind to the possibility,  
then your eyes will be blind to the opportunity.***

***Your VISION and INTENTION will only become clear  
when you can look into your own HEART and SEE.***

*Let me respectfully guide you and make you SEE...*

## “AWAKEN THE HEALER WITHIN”





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## **“AWAKEN THE HEALER WITHIN”**

### **Defining Your Life Purpose, Vision, Intentions, and Responsibilities**

*Integrate them seamlessly into your daily life with the "12-Week Life TRANSFORMER." This program guides you in discovering your true purpose, crafting a clear vision, and setting powerful intentions to transform your everyday experiences. By the end of these twelve weeks, you will have developed the tools and habits necessary to live a life aligned with your highest potential.*

***Discipline, passion, action, practice, focus, and willpower are crucial ingredients in fostering confidence and trust in your process.***

# **YOU GOT THIS**

**IT'S TIME TO CHANGE AND TRANSFORM**

***"Creating a Life of Fulfillment and Purpose with Holistic Precision."***

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