

KUCH KAAM KAR LO

By **COACH AMIT PREMIT (CAPt)**



BlueRoseONE.com
S t o r i e s M a t t e r
New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

Copyright © Coach Amit Premit (CAPt) 2025

All rights reserved by author. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the author. Although every precaution has been taken to verify the accuracy of the information contained herein, the publisher assumes no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

BlueRose Publishers takes no responsibility for any damages, losses, or liabilities that may arise from the use or misuse of the information, products, or services provided in this publication.



For permissions requests or inquiries regarding this publication,
please contact:

BLUEROSE PUBLISHERS
www.BlueRoseONE.com
info@bluerosepublishers.com
+91 8882 898 898
+4407342408967

ISBN: 978-93-7542-545-8

Cover design: Daksh
Typesetting: Tanya Raj Upadhyay

First Edition: December 2025

Prologue

This book is not a product of literary perfection. It is not polished by a team of ghostwriters or filtered through the lens of elitist vocabulary. No. This book is written by a real person - for real people.

I didn't write this to impress critics. I wrote this to impact lives.

Why? Because I've lived through confusion, frustration, and the long nights of "yeh sab mere saath hi kyun ho raha hai?" moments. I've walked the corridors of corporate power and sat with omelette vendors outside office buildings to gather the wisdom that no MBA course can teach you.

This book is a part of my vision. A legacy movement. A raw, honest attempt to tell you - "Kuch Kaam Kar Lo." Stop waiting for life to fix itself. If you don't know something, seekh lo. If you feel stuck, move. If life punches you, punch back with growth.

Every page is packed with stories, sarcasm, soul, and strategies. Real stories - inspired by true events (yes, names, places have been changed because I still like being alive and un-sued).

If you are tired of motivational fluff and want someone to tell you the truth like a mentor would - welcome.

Table of Contents

Introduction	1
1. Wake Up. Stop Thinking. Start Doing.	2
2. If You Don't Know It, Learn It	7
3. It's Not a Money Problem, It's a Thinking Problem	11
4. If You Want a Career, Do Some Work	16
5. Jobs Don't Define You. You Define the Job	20
6. Update Your EQ, IQ, and SQ – Your Life Needs a System Upgrade	24
7. No Work is Small. Only Small is the Thinking.....	29
8. A Mentor Can Change Your Life – Let Me Be Yours	33
9. The Digital World Is Your Playground	38
10. Rewrite Your Story – Nobody Else Will.....	42
11. Everyone Has Problems. Only a Few Seek Solutions	46
12. No Focus, No Future	50
13. Fear Is the Gatekeeper to Success	54
14. You're Not Alone – Everyone's Life is Messy	58
15. Yes, You Can Make It – Skills That Pay.....	62
16. Make Money While You Sleep	67
17. The World Is Your Teacher – Learn from Everything.....	72
18. Do It Now – Tomorrow Won't Show Up.....	76
19. People Will Judge You Anyway – So Win Anyway	80
20. Learn, Do, Earn, Scale – Repeat.....	84

21. To Become Rich, Start Thinking Rich	89
22. Work Is Worship – Learn the Art of Karma Yoga	93
23. Early Retirement Is Not a Dream – It’s a Plan	97
24. It’s Okay to Fail. Just Don’t Quit	101
25. Your Time Won’t Come. You’ll Have to Create It	105
26. Final Chapter: How Coach Amit Premit Can Transform Your Life – Millionaire Rewired	109
27. About the Author	114

Introduction

This book is for every student who feels lost.

For every housewife who thinks “what can I do now?”

For every corporate warrior who wonders why their talent still doesn’t get them a seat at the table.

For every business owner, freelancer, or entrepreneur who dreams of scaling up, breaking limits, and living a financially free and fulfilling life - not someday, but now.

This book is for **YOU** - if you’ve ever felt stuck between potential and progress.

I’ve written this not as a writer, but as a “life practitioner”. As someone who has failed, learned, evolved, and now mentors others.

You won’t find “once upon a time” here.

You’ll find:

- Truths your teachers didn’t tell you
- Lessons your bosses forgot to teach you
- And challenges your own mind is too scared to accept

I’ve used bolchal ki bhasha - because life doesn’t speak Oxford English. It speaks in hunger, heartbreak, hustle.

You’ll laugh. You’ll get angry. You’ll feel exposed.

But most importantly - “you’ll act.”

This book is your mirror. Your compass. Your jolt.

Let’s rewire your life. Not later. Now.

“Seekh lo. Kuch Kaam Kar Lo.”

1. Wake Up. Stop Thinking. Start Doing.

It was 10:00 AM. Ritesh was glued to his phone screen, scrolling through reels filled with success quotes, million-dollar startup stories, and self-made billionaires. One reel flashed, “Quit your job, start a business.” Another read, “You’re one skill away from changing your life.” He nodded, inspired, maybe even a little pumped.

He locked his phone. Stared at the ceiling. Then unlocked it again.

Back to Instagram.

This was his daily routine.

“Are you like Ritesh?”

You’ve got dreams. You’ve got ideas. But you’re not doing anything about it. Days go by thinking you’ll start tomorrow. Nights end with guilt - “I wasn’t productive today.”

“Let’s break it here. Stop thinking. Start doing.”

—

>>> The Truth Nobody Tells You

Overthinking is a comfort drug. It makes you feel productive, but in reality, you’re standing still.

You plan. You research. You download apps. You visualize. But there’s no action.

Thinking alone will never change your life. Only action will.

Tony Robbins nailed it: “The path to success is to take massive, determined action.” But Ritesh? He was stuck in a loop - motivated, then distracted, then defeated.

“Sound familiar?”

—

>>> The Psychology of Procrastination

Procrastination isn't laziness - it's a defense mechanism. Your brain hates discomfort, so it feeds you pleasure in small doses: reels, memes, daydreaming.

But lasting pleasure - real joy - only comes from progress.

There's a powerful NLP tool called "Future Pacing".

Close your eyes. Imagine yourself 5 years from now.

If nothing changes, if you keep putting things off - what does your life look like in 2029?

Feel that lump in your throat? That's your wake-up call.

Good. Now let's use it.

>>> Ritesh's Turning Point

One day, Ritesh's college friend pinged him: "Bro! Just landed my first freelance gig - \$300 for 5 days of work!"

His jaw dropped. "What?! We studied the same thing. How?!"

His friend replied, "Learned a skill on Udemy. Practiced. Made a profile on Fiverr. Started pitching."

Ritesh had a choice: doubt or do.

He opened his laptop and started building his Upwork profile.

That day, he did more than he had in the past 6 months.

>>> Lesson 1: If You Want Change, Begin

People who do - move forward. People who think - stay stuck.

You don't need permission to start. You need a decision.

What do you want?

- More money?
- A business of your own?
- Freedom from your job?
- Respect from family?
- Peace in your mind?

Then stop thinking. Do something.

>>> Action Step: The Micro Step Challenge

Don't wait for Monday. Don't wait for January 1st. Start now.

“Do ONE small thing today:”

- Create a free account on Upwork
- Watch a 10-minute video on a new skill
- Start a journal and write “WHY I MUST START NOW”

One action. Ten minutes.

That's how every journey begins.

>>> Your Brain's Favorite Excuses

““I don't have time.””

Everyone has 24 hours. It's not time. It's priorities.

““I'm not an expert.””

No one starts as an expert. You BECOME one through action.

““What if I fail?””

What if you succeed?

>>> Learn It. Do It. Grow.

At any moment, you can say: “Enough. I’m doing something today.”

Not for likes. Not for applause. Just for YOU.

Ritesh took one online course. Then one free gig. Then a small paid client.

Confidence exploded. Momentum built.

And now? He’s earning, learning, and mentoring others.

—

>>> Journal Prompts for You:

1. What fear is stopping me from starting?
2. If I take one small action today, what could my life look like in 30 days?

—

>>> Real-World Story: Jyoti the Homemaker

Jyoti was 38. A housewife since marriage. Life was between the kitchen and TV.

One day, she watched a video: “How to Teach Spoken English Online.”

She thought, “I speak English. Can I teach?”

Three months later, she had 10 regular students. Zoom classes, worksheets, and ₹25,000/month income.

She learned. She worked. She transformed.

—

>>> Final Thought:

Your greatest enemy is not society, not lack of money, not time - it’s YOU when you hold yourself back.

Your greatest friend? Also YOU - when you say:

““Let’s go. No more excuses.””

“Learn Something. Do Something. Kuch Kaam Kar Lo.”

*You are what you do, not what
you say you'll do.*

CARL JUNG

2. If You Don't Know It, Learn It

Do you remember how many times you said, “I wish I could do that”?

You saw someone editing videos, giving a TEDx talk, selling products online, or coding an app, and thought - “Yeh mere bas ka nahi hai.” You admired it. Maybe even envied it a little.

But did you ever try to “learn” it?

Let's be brutally honest - it's not that you can't. It's that you haven't. Yet.

—

>>> Learning is not a Privilege. It's a Decision.

Most people think learning is for school kids or toppers. But in the real world? “Learning is survival.”

If you're not learning, you're dying - mentally, emotionally, financially.

Let's take a look at Jyoti from Chapter 1 again. She didn't go to IIM. She didn't have a business background. But she decided to “learn”. And that one decision rewired her life.

You too can learn anything - design, finance, content, marketing, coding, digital ads, YouTube, trading - “IF you decide to learn”.

—

>>> Skill > Degree

Let me repeat this: “Skills pay the bills. Degrees don't.”

Ramesh had an engineering degree. Still jobless.

Priya had no degree. But she learned Canva, freelancing, copywriting - and now she earns ₹60,000/month from her room.

See the difference?

Don't let your background be your excuse. Let it be your story.

>>> Your Mindset is the Real Obstacle

When you say “I don't know it,” what you're really saying is “I don't want to go through the uncomfortable process of learning it.”

Let that sink in.

Because truth is: discomfort is temporary. But regret is permanent.

Whenever you hit that wall of “I can't do this,” just pause and ask:

““Can I learn this if I give it time?””

The answer is almost always YES.

>>> The Author's Voice: Let Me Be Your Mentor

I've mentored 1000+ people to shift from stuck, broke, confused to skilled, earning, and fulfilled.

Not with magic. But with systems. With the mindset tools, action plans, skill maps, and inner rewiring that takes you from survival to domination.

If you're stuck and don't know where to start - I'll walk with you.

If you're confused about your path - I'll help you find clarity.

If you're tired of motivational quotes and want “real transformation”
- I'm your guy.

>>> Tools You Can Use Today

1. “YouTube University”: Almost any skill is free to learn.
2. “Courses under ₹500”: Udemy, Skillshare, Graphy - goldmines!

3. “AI Tools”: Use ChatGPT, Canva, Notion, Grammarly to 10x your work.

4. “Skill Ladder”: Make a 3-level plan - Beginner, Intermediate, Expert. Start with one.

—

>>> Exercise: Build Your Skill Stack

Take 5 minutes. Write down:

- Skills you already have
- Skills you’re interested in
- What skill, if learned today, can double your income in 6 months?

Now go find the first lesson on YouTube. Watch it.

That’s your starting point.

—

>>> Real Story: Aliya the Virtual Assistant

Aliya was a college dropout from Bhopal. No English fluency. No laptop. But she had a smartphone and curiosity.

She learned Google Sheets, email writing, and social media scheduling - all from free tutorials.

Today, she’s a virtual assistant for 3 global clients. She earns more than her engineer cousin.

She didn’t know. So she learned.

—

>>> Don’t Complain About What You Didn’t Even Try to Learn

You’re not stuck because you’re unlucky. You’re stuck because you’re unwilling to “learn what you don’t know.”

Success is not owned. It’s rented. And rent is paid every day - through learning, applying, failing, trying again.

>>> Journal Prompts:

1. What skills do I admire in others but haven't tried learning?
2. What's stopping me - time, fear, ego, laziness?
3. How will my life change if I commit to learning one powerful skill now?

>>> Author's Message

There's no magic pill. Just a magical moment when you say: "That's it. I'm learning this. No matter what."

You don't need to be extraordinary to begin. But you do need to begin to become extraordinary.

And if you ever need guidance, a system, or someone who's walked the path - I'm here for you.

"Learn it. Apply it. Earn from it. Kuch Kaam Kar Lo."

~~"Why is this happening to me?"~~

What is this teaching me?

3. It's Not a Money Problem, It's a Thinking Problem

How many times have you said, “I don’t have money,” when deep down, the real issue was - “I don’t know how to create value”?

We blame lack of money, but the truth is - “money is a byproduct of mindset”. It doesn’t fall from the sky, it flows to those who think, act, and grow differently.

Let me tell you this loud and clear: “You don’t have a money problem. You have a mindset problem.”

—

>>> It's Not About Being Born Rich

You can’t control where you started - but you can control what you do next.

A rickshaw puller’s son became India’s biggest business tycoon. A tea seller became the Prime Minister. And you’re still saying “But my situation is different”?

You need to change your programming.

Because what you think you deserve... is what you’ll accept.

—

>>> Growth is Not a Cakewalk - But It Can Be a Habit

Let’s get real. “Doing it won’t be easy.”

Building skills. Starting over. Facing rejections. Learning new tools. Handling doubt. These things will test you.

But once you “change your mindset”, growth becomes your natural state. You don’t chase it anymore. You live it.

Stop looking for shortcuts.

Stop asking, “How can I get rich fast?”

Start asking, “How can I make growth my habit?”

The truth is: “Rich is not a goal. It’s a routine.”

>>> Work Doesn’t Tire You. Your Mindset Does.

Ever notice how business owners work 12–14 hours and still feel pumped?

But employees? They wait for 6 PM like it’s freedom.

Why?

Because when you’re working “for a salary”, hours matter. The outcome doesn’t benefit you directly.

But when you’re working “for yourself” - every minute invested brings you one step closer to freedom, ownership, and wealth.

If the outcome benefits YOU, you’ll find the energy.

That’s why people hustle harder when there’s a reward, a bonus, a personal gain.

“If you’re doing work that grows your worth - it won’t feel tiring.”

>>> Real-Life Story: Tanmay the Designer

Tanmay used to work 9 to 5 as a graphic designer earning ₹25,000/month. He was drained. Tired. Irritated.

One day he asked: “What if I used these same skills to get my own clients?”

He spent nights building a Behance profile, reaching out on LinkedIn, and upskilling with new tools.

Within 6 months, he quit his job and started earning ₹80,000/month from global clients.

Same skills. Different mindset. Drained → Driven.

>>> Your Mindset = Your Money

If you keep thinking:

- “I’m not lucky”
- “People like me can’t be rich”
- “This is too hard”

You’re right. Because your brain listens.

But if you say:

- “Let me learn this skill”
- “Let me make ₹10,000 first, then scale”
- “Let me find what value I can give”

Then everything changes.

Because “money chases value”. And value comes from a rewired mind.

>>> The Author’s Role: Let Me Rewire You

I’m not here to inspire you. I’m here to “REWIRE YOU”.

I’ve seen broke people become builders. Quiet people become public speakers. People with zero digital knowledge earn in dollars.

You don’t need magic. You need a “mental upgrade”.

Let me show you the map. I’ve been where you are.

>>> Exercise: Find Your Current Money Beliefs

Take a notebook. Answer honestly:

1. What's the biggest lie I believe about money?
2. How did my family or school shape my money mindset?
3. What belief do I need to install today to start growing?

Replace:

- "I can't afford it." → "How can I afford it?"
- "Money is hard." → "Money is earned with value."
- "Only lucky people get rich." → "I CREATE my own luck."

—

>>> You Deserve More - But You Must Think Differently

You can't have a millionaire life with a minimum wage mindset.

You can't live freely if you think like a slave.

If you keep working only for others, building their dreams - yours will die.

Build something for YOU.

Think in terms of:

- Equity, not just salary.
- Assets, not just savings.
- Freedom, not just holidays.

—

>>> Journal Prompts:

1. What's my current relationship with money?
2. Do I feel guilty for wanting more? Why?
3. What action can I take this week that will benefit ME directly?

—

>>> Let's Work Together

If you want to:

- Rewire your thinking for wealth
- Shift from salary mindset to ownership mindset
- Create value and get paid for it
- Stop waiting and start building

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

“Mindset first. Money next. Growth forever. Kuch Kaam Kar Lo.”

There are 4 types of wealth:

1. Financial wealth (money)
2. Social wealth (status)
3. Time wealth (freedom)
4. Physical wealth (health)

Be wary of jobs that lure you in with 1 and 2, but rob you of 3 and 4.

4. If You Want a Career, Do Some Work

Let's cut the fluff.

Everyone says, "I want a great career," "I want to do something big," "I want respect, money, recognition."

But how many are really willing to "do the work"?

"Wanting is easy. Working is rare."

This chapter is not for those who want instant success. It's for those ready to roll up their sleeves and say:

""Let's do some real work.'""

—

>>>> Stop Saying "Career Banani Hai" - Start Doing "Career Wali Mehnat"

You cannot have a long-term career with short-term effort.

If you're applying to one job per week, watching Netflix daily, learning a skill half-heartedly, and complaining about competition - you're not building a career. You're wasting time.

Real career growth comes from:

- Showing up daily
- Doing what others won't
- Becoming "so good" they can't ignore you

—

>>>> Story: Shreya the Copywriter

Shreya was passionate about writing. But she didn't just say "Mujhe writing pasand hai." She treated writing like a job.

She wrote daily.

Read daily.

Posted on LinkedIn.

Applied for internships and gigs.

In 8 months, she turned her ₹5,000/month internship into a ₹70,000/month freelance writing business.

Was it easy? No.

Was it worth it? Hell yes.

—

>>> Career is Not Found. It's Built.

People keep waiting for their dream job to appear magically.

But careers don't come gift-wrapped. They're "built like houses" - brick by brick.

Start with what you know. Learn what you don't. Do what most won't.

Success will follow you when you stop chasing shortcuts.

—

>>> If You're Serious About Growth, Treat It Like a Job

If you want a career in design - design something every day.

Want to become a YouTuber - upload consistently and get better.

Want to be a coach - coach people for free till your results speak.

No one becomes a pro by thinking. They become pros by doing - again and again.

"Consistency beats talent. Every time."

—

>>> Your Career = Your Asset

Stop building other people's dreams blindly.

Start asking:

- What do I want to be known for?
- What am I willing to work for daily?
- How can I become so skilled that people seek me out?

When you work like your career is your business - your results change.

>>> Mindset Break: Stop Waiting for Opportunities. Create Them.

You're not "too early" or "too late." You're just waiting.

And waiting kills careers.

"Start today. Build your portfolio. Network. Apply. Learn. Fail. Repeat."

You're not behind - you're just delaying the version of you the world needs.

>>> Author's Voice: Let Me Help You Build Your Career Map

I've worked with students, professionals, homemakers, and dreamers.

All they needed was "clarity, structure, and a nudge".

I don't give gyaan. I give systems.

Career blueprints.

Skill stacks.

Weekly accountability.

If you're confused, stuck, or don't know what to do next - "I'm here to walk the journey with you."

>>> Exercise: Build Your Career Action Plan

Take 10 minutes. Write down:

1. What are the top 3 skills I already have?
2. What are 3 careers where these skills can be used?
3. What's one step I can take TODAY to move forward?

Now do it. No more delays.

—

>>> Journal Prompts

- What's one career I secretly want but never dared to explore?
- What daily habit can I build that will take me closer to it?
- What limiting belief is holding me back?

—

>>> Let's Work Together

If you want to:

- Build a career you're proud of
- Turn your skills into income
- Stop wasting years in confusion
- Build a roadmap to job offers or self-employment

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

“Want a career? Do the work. Build it. Live it. Kuch Kaam Kar Lo.”



5. Jobs Don't Define You. You Define the Job

Raise your hand if you've ever heard someone say, "I'm just a clerk," or "It's just a call center job," or "I only manage data."

That word - *just* - is dangerous.

It's not the job that limits your growth. It's your perception of it.

Let me tell you something powerful: "Jobs don't define people. People define jobs."

>>> Stop Underestimating Your Role

Every job, no matter how small, is a platform. What you do with it is what matters.

A security guard once started greeting every person with kindness and remembered names. Soon, the office culture changed - and the CEO gave him a raise to train others in hospitality.

Your energy defines the work.

Do you show up as a task-doer or as someone who wants to own outcomes?

>>> From "Employee" to "Entrepreneur Mindset"

Even if you're employed, start thinking like an owner:

- How can I make this process better?
- How can I bring in more value?
- How can I save time or improve quality?

This mindset shift alone can 10x your growth - even if you never switch jobs.

Owners think in terms of outcomes. Employees think in terms of hours.

>>> Story: Rahul the Store Cashier

Rahul worked as a cashier at a retail store. He noticed customers always struggled to find good combo offers. So he created a “combo-of-the-week” suggestion board and started upselling.

In six months, the branch revenue improved. The manager took notice. Rahul became a regional supervisor - not because of a degree, but because he brought *ownership* to his job.

>>> Your Title Doesn't Limit Your Potential

You are not your job title.

You're the energy, mindset, skills, and courage you bring to it.

If you're waiting for a “big break” to prove yourself - stop waiting.

“Make wherever you are, your ground zero for greatness.”

>>> What Would Happen If You Treated Your Job Like It Was Your Startup?

You'd innovate more.

You'd track performance.

You'd care about results.

You'd make it personal.

And you'd grow faster.

>>> Author's Note: I've Seen Janitors Become Managers

In my mentorship programs, I've seen people from humble jobs become confident, skilled, and respected professionals.

What changed? Their mindset.

They stopped seeing their job as a trap and started using it as a trampoline.

Let me help you reframe and rewire your approach - so you no longer work for survival but build for significance.

—

>>> Exercise: Reframe Your Current Job

Answer this:

1. What's ONE thing I can do in my current role to add more value?
2. What process, system, or idea can I initiate this month?
3. If this was my own company, how would I handle it differently?

Now implement just ONE of those. Small steps. Big shifts.

—

>>> Journal Prompts

- What part of my job do I secretly resent, and why?
- How can I transform frustration into ownership?
- Who in my office is respected - and what habits make them stand out?

—

>>> Let's Work Together

If you want to:

- Stop feeling stuck in your job
- Learn how to grow *within* your role and beyond

- Transform your job into a launchpad
- Develop your personal power at work

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“You are not your job. You are the power behind the job. Kuch Kaam Kar Lo.”



6. Update Your EQ, IQ, and SQ - Your Life Needs a System Upgrade

Imagine trying to run the latest apps on a phone from 2010.

It crashes. It freezes. It lags. That's exactly what's happening with your life - if you haven't upgraded your internal system.

The world has changed. Careers, relationships, money, communication - everything is evolving. And you?

“You need an update. A total system upgrade.”

Let's talk about the three core systems inside you:

1. “IQ – Intelligence Quotient”

2. “EQ – Emotional Quotient”

3. “SQ – Spiritual Quotient”

—

>>>> IQ: Learn How to Learn

IQ is not about being a topper. It's about adaptability and problem-solving.

Are you learning fast enough for today's world?

Can you Google, apply, test, and grow quickly?

“IQ today = Information Application”

Memorizing is useless. Applying is priceless.

If you learn how to learn, you can pivot to any career, survive any crisis, and ride any wave.

—

>>> EQ: Master Your Emotions

Let's get real. If you can't manage your emotions, you can't manage your life.

EQ is your ability to:

- Handle pressure
- Communicate with calm
- Understand people
- Resolve conflicts
- Stay grounded in chaos

You want to be a leader, a boss, a creator?

“Start by upgrading your emotional control.”

>>> SQ: Your Inner Alignment

SQ is not about religion. It's about “purpose”.

Why do you wake up every morning?

What are you really chasing?

Do your actions align with your values?

When your spiritual quotient is weak, you feel lost even when you're “successful.”

But when it's strong - you walk with clarity, direction, and power.

>>> Story: Neha's Upgrade

Neha was a techie. Smart, capable, but emotionally reactive and spiritually numb. She kept burning out, jumping jobs, and blaming the world.

In one coaching session, she realized - her IQ was high, but her EQ and SQ were lagging.

She started meditating, journaling, improving her relationships, and aligning her work with her purpose.

Today, she leads a team, sleeps peacefully, and feels fulfilled - not just employed.

“That’s a full-system upgrade.”

—

>>> The Author’s Insight: Rewiring Isn’t Optional Anymore

I’ve seen people with great degrees crash because they lacked EQ.

I’ve seen hustlers go nowhere because they lacked SQ.

I’ve seen passionate souls quit because they lacked IQ in real-world skills.

Don’t let that be you.

You’re not too old. You’re not too late.

You’re one upgrade away from a new life.

Let me help you redesign it from the inside out.

—

>>> Exercise: Your System Audit

Take a sheet and rate yourself (1-10) in these areas:

“IQ”

- Can I learn new tools quickly?
- Can I problem-solve independently?

“EQ”

- Do I manage anger and stress well?
- Do I communicate clearly with others?

“SQ”

- Do I feel purposeful?
- Do I know why I do what I do?

Wherever your score is low - that's your signal to evolve.

—

>>> Journal Prompts

- What habits of mine need a system upgrade?
- What emotional patterns hold me back?
- What value system am I living by - and is it mine or someone else's?

—

>>> Let's Work Together

If you want to:

- Master your emotions under pressure
- Think clearly in chaos and adapt with speed
- Align your daily actions with deep personal purpose
- Upgrade your life from confused to clear

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

**“Upgrade your inner system. Watch your outer world transform.
Kuch Kaam Kar Lo.”**

"You need 3 daily wins:

1. A physical win: Walking, running, lifting, swimming.
2. A mental win: Reading, writing, creating, learning.
3. A spiritual win: Praying, meditating, studying, growing.

Be a complete winner!"

7. No Work is Small. Only Small is the Thinking

When was the last time you said, “This work is too small for me”?

Maybe you ignored a freelance gig because it didn’t pay much. Maybe you avoided a task because it didn’t “feel important.”

Let’s kill that mindset right now.

“No work is small. Only small is the thinking.”

—

>>> Every Big Thing Starts Small

Do you know how most CEOs started? Selling something. Serving someone. Doing grunt work.

Jeff Bezos packed boxes himself. Dhirubhai Ambani sold bhajiyas. Steve Jobs cold-called clients.

They weren’t above work. They were above ego.

If you’re too proud to do small things, you’re too weak to build big things.

—

>>> Real Story: Ravi the Delivery Boy

Ravi started as a Zomato delivery boy. Rain or shine, he delivered on time - always polite, always presentable.

One regular customer noticed his discipline and offered him a full-time logistics assistant job at a startup.

Today, Ravi manages supply chain operations and leads a team of 12. Same work ethic. Bigger results.

>>> The Problem with “Log Kya Kahenge”

So many dreams die because someone was too worried about society’s judgment.

“Oh, you’re doing THAT job?”

“Bas yeh hi kar rahe ho?”

“Kuch aur nahi mila?”

Forget them.

“Work is dignity. Action is pride. Effort is noble.”

Don’t let someone’s ignorance stop your income.

>>> Humility is the Hidden Power of Success

When you start with humility:

- You learn faster
- You connect better with people
- You appreciate growth

Some of the richest people I know never forget their roots - and they still hustle with gratitude.

Success doesn’t come to the proud. It comes to the grounded.

>>> Author’s Take: I’ve Seen Gig Workers Become CEOs

In my journey mentoring thousands, I’ve seen people go from:

- Driving autos → building cab businesses
- Selling crafts → owning D2C brands
- Managing kitchens → launching food tech apps

It always started with *respecting the work they had.*

Let me help you go from “whatever I can get” to “whatever I want to build.”

>>> Exercise: Flip the Work Script

Take a job or task you usually look down on. Ask:

- What can I learn from this?
- How can I do this better than anyone else?
- How can I turn this into a launchpad?

Then take one bold step: do that task with pride today.

>>> Journal Prompts

- What kind of work do I fear or avoid because of ego?
 - Who in my life do I secretly admire for their work ethic?
 - How would I act if I believed every task was sacred?
-

>>> Let's Work Together

If you want to:

- Destroy the ego that's blocking your growth
- Learn how to turn small gigs into big careers
- Build your brand from the ground up
- Get respected not just for what you do, but how you do it

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Respect your hustle. Master your mindset. Kuch Kaam Kar Lo.”

If your parents are not rich, but you got a good education, be grateful for their sacrifices.

8. A Mentor Can Change Your Life - Let Me Be Yours

In every hero's journey, there comes a guide - someone who sees your future before you can.

Call them Guru. Call them Mentor. Call them the Voice of Reason.

You don't always find them in coaching centers or on Instagram with a ring light. Sometimes they're right next to you - a senior, a teacher, a stranger with the right sentence at the right time.

—

>>> Real Life Moment That Changed My Life

Let me give you a small, simple reference from my own journey - but it changed my life forever.

Midway through my career, I was frustrated.

I felt overlooked, underpaid, and invisible. My performance was high. My contribution was clear. But growth? Recognition? Nowhere in sight.

I seriously considered quitting.

One fine day, I was standing outside our office building in Gurgaon (now Gurugram), eating an omelet from a local vendor - the kind of break that helps you reset your brain.

That's when it happened.

My senior, who was also my first boss and someone I still consider my life mentor, joined me. He wasn't a "professional coach" - just someone with clarity, vision, and care.

He said something that seemed absurd at the time:

““Why are you worried? You could be sitting in our USA Head Office as Risk Head. Just keep doing your job with a positive mindset. Focus on long-term goals, not short-term frustration.””

I laughed. Seriously - me? A junior staff in an Indian branch? Sitting in HQ in the USA?

But I didn't laugh for long. Something inside me clicked. I decided to trust him and follow his advice.

One year later, I was working in the “Singapore office” - Asia HQ.

And no, I didn't play politics. I didn't pull strings. I just followed the path - with clarity, performance, and that mentor's voice in my mind.

—

>>> Then Again, in Singapore...

I hit another wall. I started doubting myself again - “Maybe I need more degrees. Maybe I'm underqualified for bigger roles.”

Enter another mentor. Another boss. Another guide.

He told me:

““You don't need another degree. You need to sharpen your people skills, your leadership presence, your communication. That's what takes you to the next level.””

Again, it was simple. But it was gold.

I followed that path too. I worked on soft skills, leadership, conflict resolution, and strategic thinking.

Soon enough, I received the biggest shift of my life - an offer to move to the “USA Head Office”... the same one my first mentor once mentioned as a distant dream.

I was now walking into the same room he envisioned - years ago, while eating an omelet in Gurgaon.

—

>>> The Lesson? Mentorship Isn't Magic. It's Alignment.

You don't need a celebrity mentor.

You need someone who:

- Sees your blind spots
- Speaks truth (even when it hurts)
- Helps you make the uncomfortable decisions
- Wants *your* growth, not theirs

I've had many mentors - in jobs, in business, in life.

Each one showed me a piece of the puzzle I couldn't see.

And today? I'm not an employee anymore.

I left the system. I build systems.

I employ others. I take full ownership of success AND failure.

And I guide others just like you - with the same fire.

—

>>> Not Every Advisor is Your Well-Wisher

This is critical.

“Some people give advice to help themselves, not you.”

They might sound sweet. But their guidance is rooted in ego, control, or convenience.

You need to choose your mentor like you choose a doctor:

- Based on alignment, not just authority
- Based on truth, not just comfort
- Based on clarity, not just charisma

—

>>> Author's Offer: Let Me Be Your Mentor

I don't give "one-size-fits-all" tips. I give perspectives that "fit YOU."

I won't sugarcoat, I won't overpromise, but I will always show you a clear mirror and a possible path.

Because I've walked the frustration, the loneliness, the self-doubt - and I've found systems that work.

Let me walk that path with you.

>>> Exercise: Identify Your Mentors

Think of 3 people in your life who:

- Give you honest feedback
- Make you feel hopeful AND accountable
- Push you toward growth, not comfort

Now think of 3 people who sound like mentors but often leave you drained, confused, or stuck.

Keep the first category close. Keep the second at a distance.

>>> Journal Prompts

- Who has been a mentor figure in my life and what did I learn?
 - What advice changed my path, even if it seemed small?
 - Am I listening to people who truly want my growth?
-

>>> Let's Work Together

If you want to:

- Find clarity in chaos
- Get real advice tailored to your journey

- Accelerate personal and career transformation
- Build a mindset that wins - inside out

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

Who can bring, Confusion to Clarity

**“The right mentor won’t give shortcuts - they’ll give directions.
Kuch Kaam Kar Lo.”**



Amit Premit @AmitPremit · 04/06/25 ...

The victim mindset says “Why me?”
The growth mindset says “What now?”



Shift your energy from questions to
action. That’s how you win.

9. The Digital World Is Your Playground

Let's make one thing clear: The internet is not just for scrolling. It's for building.

The digital world isn't just a place to consume - it's a place to "create, connect, and cash in".

Your career, your business, your influence, your wealth - all of it can explode if you learn to "use the tools available today."

Welcome to your new playground - the Digital World.

—
>>> From Corporate to Creator: My Personal Transformation

After years in the corporate world - across India, Singapore, and the USA - I hit a point where I wanted more.

Not just more money.

More meaning.

More autonomy.

More impact.

And here's the truth: I didn't walk into a perfect plan.

I walked into "courage".

I left my job. Walked away from the comfort, the salary, the title.

And I started creating - using digital technologies, AI, and content platforms - to build a "legacy movement."

From building digital assets to offering guidance via social platforms...

From working alone to now employing others...

From consuming social media to now using it to build a “mentorship ecosystem”...

“This playground became my empire.”

>>> Digital is Not the Future - It's the Present

Every industry is being rewritten:

- Doctors are on YouTube
- Teachers are building courses on their phones
- Housewives are selling crafts on Instagram
- Teenagers are earning from reels and affiliate links

You don't need permission. You need “presence” and “practice”.

>>> Real Story: Ayaan the Editor

Ayaan was a dropout. But he had a smartphone, Canva, and a passion for editing.

He learned transitions on YouTube. Reached out to influencers. Started editing reels and thumbnails.

In six months, he was earning ₹60,000+ per month - more than his dad's government job.

What changed? Just his understanding of the digital world.

>>> Tools You Can Use Right Now

1. “ChatGPT” – Content writing, ideas, scripting, learning
2. “Canva” – Design anything without design knowledge
3. “Notion” – Organize your thoughts, build digital products
4. “Anchor/Spotify” – Start a podcast

5. “Instagram Reels/YouTube Shorts” – Share knowledge, reach millions

>>> Author Insight: You’re 1 Account Away from Opportunity

You don’t need to launch a business. Just start showing up:

- Share your ideas
- Teach something
- Offer a service
- Start consulting, creating, collaborating

Don’t worry about going viral. Worry about going “valuable”.

Once you’re valuable, the game changes.

>>> Exercise: Claim Your Digital Identity

Pick one platform and ask:

- What problem can I help solve?
- What story can I share?
- What service or skill can I offer?

Then create your profile, bio, and first post.

No overthinking. Just do it. Build your voice.

>>> Journal Prompts

- What’s stopping me from building online?
 - What message or value do I wish the world knew about me?
 - Who online inspires me, and why can’t I do the same?
-

>>> Let's Work Together

If you want to:

- Build your presence and value in the digital economy
- Learn how to use AI and digital tools for real-world income
- Start a side hustle or passion brand using today's platforms
- Become the creator, not just the consumer

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

Also you can try MyAiBaba.com a Futuristic Guru, your first hand mentor

—

“Don't just use the internet. Own your space in it. Kuch Kaam Kar Lo.”

Fix these 5 habits first:

- Chaos mornings
- Endless yes
- Escaping discomfort
- Empty talk
- Comparison traps

If you don't fix them, success will
always slip through your hands.

10. Rewrite Your Story - Nobody Else Will

There's a story running in your head right now.

It says who you are. What you're capable of. What you "can't" do. Why you're stuck. Why things haven't worked out yet.

Here's the punchline:

"You didn't even write it."

Most of that story came from your environment, your upbringing, society, failure, fear, and other people's opinions.

But now it's time to take the pen back.

Because "nobody else will rewrite your story. That's your job."

—

>>> You Are Not Your Past

Let's clear the record:

You are NOT your childhood struggles.

You are NOT your exam results.

You are NOT your bad career start.

You are NOT the one mistake you made five years ago.

You are who you choose to become today.

This is not motivation. It's a manual for transformation.

—

>>> The Inner Child Still Rules You

There's a little version of you inside - the one who was told "you're not good enough," "you talk too much," "you'll never be successful."

That voice still affects your decisions today.

This is called “Shadow Work” - healing the hidden beliefs that run your life from behind the scenes.

Start talking to that inner child. Start reparenting yourself.

Say: “I hear you. But I’m not that scared kid anymore. I’m in charge now.”

>>> Story: Aarti’s Rewrite

Aarti was told she was “too average” for success. She believed it for years - took safe jobs, avoided big dreams.

Until she joined a small mastermind and realized that her story was never hers - it was society’s story inside her head.

She quit her 9–5, started consulting for small businesses, and in two years became a published author and business coach.

Not because she changed the world.

Because she changed her story.

>>> Author Reflection: I Had to Rewrite Too

Even after getting big job offers, international promotions, and a shiny CV - I still doubted myself.

In the quiet moments, I asked, “Who am I to lead people? To be a mentor? To start something of my own?”

Then I looked back - and saw a pattern.

Every time I listened to *my mentors*, not my doubts, life moved forward.

That’s when I knew - my story was not written by fear.

It was written by choice. And I was the author now.

>>>> You Can Start a New Chapter Anytime

There's no "right time." There's just **this** time.

So what if you're 25, 35, or 50?

So what if you've failed 5 times?

Start a new chapter. New habits. New skills. New direction.

You don't need to erase your old story.

You just need to change how it ends.

>>>> Exercise: Rewrite Your Personal Bio

Write your life story in 3 paragraphs:

1. Where you come from (facts only)
2. What beliefs you've carried so far
3. Who you're becoming now and what you're creating

Keep it. Read it daily. Live into it.

>>>> Journal Prompts

- What part of my story no longer serves me?
 - What truth about myself am I finally ready to accept?
 - If I was my own hero, what would I do next?
-

>>>> Let's Work Together

If you want to:

- Break free from old beliefs and toxic self-talk
- Heal your inner dialogue and find clarity
- Build a powerful personal story you can be proud of

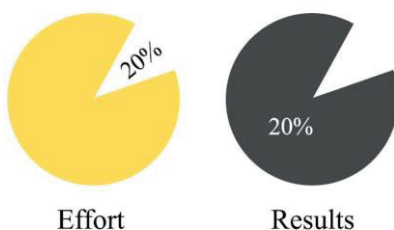
- Start creating, earning, and leading with confidence

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

“They gave you a story. Now write your own. Kuch Kaam Kar Lo.”

Pareto's law



80% of results stem from 20% of actions. Prioritise and focus on what's important.



11. Everyone Has Problems. Only a Few Seek Solutions

Let's be real - problems are universal.

No matter how perfect someone looks on Instagram or how successful they sound on LinkedIn, "everyone is struggling with something."

Financial stress. Career confusion. Emotional baggage. Self-doubt. Family pressure. Lack of direction.

But here's the twist:

"Some people drown in problems. Others build boats."

—

>>> Problems Don't Discriminate - But Your Response Can

You can't choose whether life throws you challenges.

But you can choose whether you become a complainer, a critic, or a "solution-seeker".

Here's a powerful mindset shift:

"Every problem is either a wall or a window."

You get to decide what you look at.

—

>>> Real Story: Saira the Single Mom

Saira lost her job during the pandemic. Two kids. No backup. No fancy degree.

She cried. She panicked. She paused.

And then... she acted.

She joined a 10-day digital skills bootcamp. Learned content writing. Offered her services to 20 small brands. Got 3 clients.

Today, she works from home, earns more than before, and spends more time with her kids.

She didn't wait for motivation. She moved with urgency.

>>> Most People Complain Because It's Easier Than Creating

You'll hear it everywhere:

- "The market is bad."
- "The system is broken."
- "People don't support me."
- "I don't have resources."

But those who rise always ask:

- "What can I do with what I have?"
- "What skill can I learn now?"
- "What's my next small step?"

That's the difference.

Not talent. Not luck. Not background. "Perspective."

>>> Author Insight: Problems Are Not a Sign to Quit

Every phase of my journey - from India to Singapore to the USA to entrepreneurship - had its own problems.

Visa delays. Toxic bosses. Office Politics, Health issues. Loneliness. Fear, What People Think, Bureaucracy, Corruption, cheaters, rouge employees, scamsters ... the list goes on

But you know what helped?

Not “positive thinking.”

“Proactive thinking.”

I looked for mentors, tools, strategies. I journaled. I took small steps.
I asked better questions.

You can too.

—

>>> The 3-Part Problem Solving Framework

1. “Pause Emotionally” – Step back. Take a breath. Don’t react.
2. “Define the Real Problem” – Is it money? Skill gap? Self-doubt? External pressure?
3. “Take Micro Action” – One email. One call. One course. One conversation.

Do this daily and watch how chaos turns into clarity.

—

>>> Exercise: The Solution Journal

Next time you feel stuck, write:

- What’s the actual problem?
- What’s my story about this problem?
- What are 3 things I can try, even if they fail?

Repeat this for a week. Watch your brain transform from helpless to hopeful.

—

>>> Journal Prompts

- What problem in my life keeps repeating - and what pattern is causing it?
- Who’s someone I admire who solved a similar issue?

- What's one bold action I've been avoiding?

—

>>> Let's Work Together

If you want to:

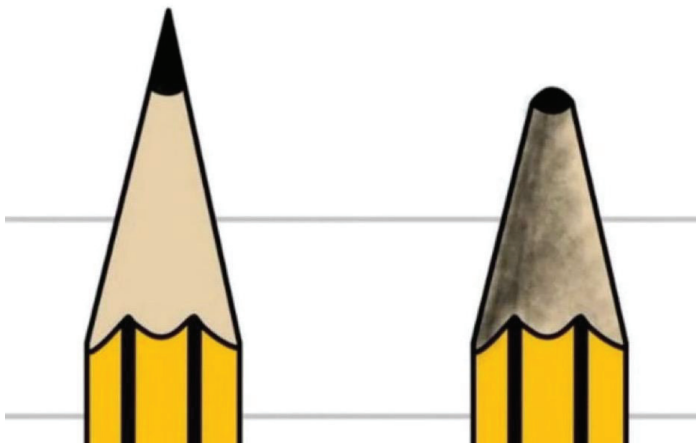
- Get unstuck and think clearly under pressure
- Turn problems into projects
- Build mental muscles that make you a solution magnet
- Stop reacting and start building

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

“Everyone has problems. Leaders look for solutions. Kuch Kaam Kar Lo.”

It's easy to look sharp when you haven't
done anything.



12. No Focus, No Future

There's no sugar-coating this one:

“If you can't focus, you can't win.”

No matter how smart, talented, or driven you are - if your energy is scattered across apps, opinions, and distractions - you will stay stuck.

Your future is directly tied to your “ability to focus.”

—

>>> Attention is the New Currency

In the digital age, your attention is the most valuable thing you own.

Everyone is fighting for it - ads, apps, influencers, Netflix, headlines.

And if you're not careful, you'll spend your entire life giving your attention away... and wonder why your goals didn't happen.

The truth is:

“If you don't control your focus, someone else will.”

—

>>> Real Story: Karan the Coder

Karan had potential. Smart, driven, ambitious. But every day he would switch between coding tutorials, Twitter, crypto YouTube, Instagram reels, and random newsletters.

Guess what? One year later, he had started 10 things... and finished none.

It wasn't a motivation issue.

It was a focus leak.

Once he cut the noise and committed to ONE thing - web development - he landed a job in 3 months.

Same talent. New discipline.

>>> Why Most People Stay Distracted

Because distraction is easier than discipline.

It feels like movement. But it's just motion without progress.

We chase dopamine. We fear boredom. We avoid deep work.

But real success - building wealth, scaling a business, growing skills - comes from boring, focused consistency.

>>> Author Insight: Focus Built My Career

From India to Singapore to the US... to finally building my own brand and legacy - every leap happened when I “doubled down” on one thing.

Whether it was learning financial systems, improving soft skills, or building digital assets - focus was the secret weapon.

Even now, when I mentor others, I always say:

“Don’t do more. Do less, better.”

>>> Focus is a Skill - Not a Trait

You’re not “bad at focusing.”

You’ve just never trained for it.

Start treating focus like a muscle:

- Use timers (Pomodoro Technique)
- Block distractions (website blockers, airplane mode)
- Build focus stamina (start with 20 minutes)

Train it daily. It gets sharper. Stronger. Smarter.

>>> Exercise: The 90/1/1 Rule

For the next 90 days:

- Spend the first 1 hour of your day
- On your 1 most important goal

No scrolling. No chatting. No multitasking.

Just pure focus on ONE goal.

Track your results. Thank me later.

>>> Journal Prompts

- What steals my focus the most?
 - What am I avoiding by staying distracted?
 - What could I achieve in 3 months if I stayed focused daily?
-

>>> Let's Work Together

If you want to:

- Build laser-sharp focus in a noisy world
- Finish what you start and create results
- Find clarity in your life goals
- Create a system that protects your focus like a fortress

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Focus is the superpower of this decade. Master it. Kuch Kaam Kar Lo.”

Consistency looks like
nothing is happening

Until everything
changes

13. Fear Is the Gatekeeper to Success

Let's face it - fear isn't the enemy. Avoiding fear is.

Every person you admire today - the entrepreneur, the artist, the leader, the changemaker - had to walk through fear to reach their next level.

“Fear isn't in your way. It IS the way.”

—

>>> Fear is a Signal, Not a Stop Sign

Fear shows up when something matters.

When you're about to grow, speak up, risk, try, show up.

The problem isn't fear.

The problem is how you've been taught to run from it.

In truth, “fear is the gatekeeper standing at the door of your next breakthrough.”

—

>>> Real Story: Neeraj and the Mic

Neeraj was a brilliant marketer - on paper. But put a mic in front of him, and he froze.

He turned down every speaking opportunity. Avoided team meetings. Stayed in the shadow.

One day, he was told: “You're next to present at the client pitch.”

He panicked. He almost quit.

But he didn't. He faced the fear. Fumbled. Finished.

And guess what? The client loved the authenticity. That day, Neeraj earned not just a deal - but new confidence.

>>> What Are You Afraid Of?

Let's name it:

- Rejection
- Judgement
- Failure
- Looking foolish
- Not being perfect

Here's the truth: "None of these can kill you. But running from them slowly kills your potential."

The more you avoid fear, the more you shrink.

The more you face it, the more you expand.

>>> Author Reflection: I Walked Through Fire

From walking into unfamiliar boardrooms... to moving countries... to starting from scratch as an entrepreneur... to speaking on camera...

I've felt fear. Real fear.

But I've also learned this:

"Everything I want is on the other side of discomfort."

And so is yours.

>>> Reframe Fear with This NLP Technique

Next time fear hits, ask:

1. What is the worst-case scenario?
2. Can I handle it if it happens?

3. What's the cost of NOT doing it?

You'll often realize that "doing the thing you fear is safer than avoiding it."

>>> Exercise: 5 Seconds of Courage

Choose one thing you've been avoiding:

- Making a call
- Posting a video
- Asking for help
- Sending that email

Now, count down: 5-4-3-2-1 - and do it.

Courage doesn't need an hour. Just 5 seconds.

>>> Journal Prompts

- What fear has kept me stuck for the past 6 months?
 - What would my life look like if I wasn't afraid?
 - Who am I if I stop hiding and start showing up?
-

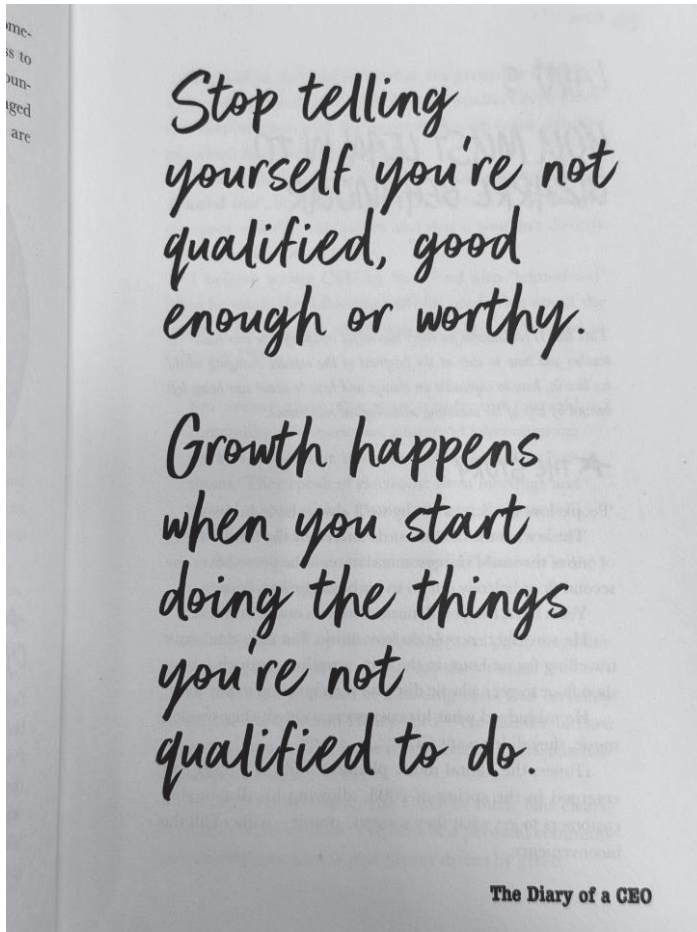
>>> Let's Work Together

If you want to:

- Break your fear loop and unlock action
- Use NLP and mindset rewiring to develop courage
- Move from anxious to assertive
- Build inner confidence to own your career, voice, and goals

"Talk to your Life Mentor, Coach Amit Premit (CAPt)"

“Fear isn’t blocking you. It’s inviting you. Step in. Kuch Kaam Kar Lo.”



14. You're Not Alone - Everyone's Life is Messy

There's a silent lie that ruins more lives than failure ever could:

““I'm the only one going through this.””

When you scroll through curated social media feeds, see people smiling in offices, and hear motivational speakers on stage - you assume their lives are sorted.

Truth bomb: “everyone's life is messy. Including theirs. Especially theirs.”

>>> Behind Every Highlight Is a Struggle

That influencer posting travel photos? Battling anxiety.

That entrepreneur celebrating funding? Facing burnout.

That friend who looks happy? Maybe crying herself to sleep.

The more successful people get, the better they get at hiding pain.

So stop assuming you're behind just because you can see your own chaos and not theirs.

>>> Story: Arjun the Overachiever

Arjun had a great job, great salary, great LinkedIn profile.

But behind the scenes? He was in therapy, dealing with imposter syndrome, a breakup, and panic attacks.

He thought he was broken - until he realized “almost everyone in his circle was silently going through the same.”

That awareness didn't fix everything. But it did one powerful thing:
"It made him feel human again."

—

>>> We're All on a Journey

Life isn't linear.

Healing isn't one-size-fits-all.

Growth isn't always visible.

Sometimes success looks like:

- Getting out of bed despite depression.
- Saying "no" to one more toxic favor.
- Journaling through the chaos.
- Not quitting when quitting feels easier.

You're not late. You're living.

And that's progress.

—

>>> Author Reflection: My Life Looked Perfect - But It Wasn't

People saw me moving from city to city, from roles to recognition,
from paycheck to purpose.

But behind that story were:

- Doubts I couldn't express.
- Personal sacrifices I had to make.
- Quiet struggles with identity and direction.

What kept me going?

"Real conversations. Real people. Real support."

That's what I aim to be for you - not just a mentor, but a mirror.

>>> You Don't Have to Do This Alone

Isolation creates illusion.

Connection creates clarity.

Talk to someone. Share your struggle. Join a community. Find your tribe.

Being vulnerable is not weakness - it's a superpower in disguise.

>>> Exercise: Connection Map

Draw three circles:

1. Inner circle - people who truly get you
2. Support circle - people who care and can listen
3. Growth circle - mentors, books, tools that help

Now ask:

- Who do I need to talk to today?
- Who do I need to spend less time with?

You are not meant to carry this alone.

>>> Journal Prompts

- What pain have I been hiding and why?
 - Who in my life might be struggling too - and how can I show up for them?
 - What does "real support" look like for me?
-

>>> Let's Work Together

If you want to:

- Stop feeling alone in your journey
 - Build emotional resilience and clarity
 - Connect to your power, purpose, and people
 - Create real change with honest, structured support
- “Talk to your Life Mentor, Coach Amit Premit (CAPt)”
-

“You’re not broken. You’re becoming. Kuch Kaam Kar Lo.”

Nobody claps for discipline.

Nobody cheers for consistency.

But one day, everyone will
notice.

Show up every day to fix your
life.

Do it alone. Do it broke. Do
it tired. Do it scared. Just
do it.

15. Yes, You Can Make It - Skills That Pay

Let's destroy the myth once and for all: You don't need luck to succeed - you need "skills that pay".

If you're waiting for some magic opportunity, someone to notice your potential, or the "perfect" timing to arrive... stop.

Your breakthrough is hiding inside a skill you haven't mastered yet.

—

>>> The Real Power is Skill, Not Background

You might not have a top-tier degree. You might not have a big family name.

But if you can:

- Solve a problem
- Provide value
- Deliver results

You can earn. Anywhere. Anytime.

"Skill is the new social currency."

It doesn't care about your past. It rewards your present.

—

>>> Author's Insight: I Was Paid for What I Knew How to Do

At every stage of my life - in corporate, in international roles, and later as an entrepreneur - my biggest jumps happened not from networking, but from knowing how to solve key problems.

- I learned financial systems and risk frameworks.
- I sharpened my communication and leadership skills.

- I mastered the art of strategy and problem-solving.

And each time I upskilled, “my value increased” - not just in salary, but in identity.

>>> Top “Skills That Pay” in Today’s Market

These aren’t theories - these are income machines:

- Content Writing (SEO blogs, social media copy, scripts)
- Video Editing (Reels, YouTube, Ads)
- Social Media Management
- Digital Marketing & Performance Ads
- Public Speaking & Communication Coaching
- UI/UX Design (No-code tools like Figma)
- Data Analytics & Visualization
- AI Tools & Prompt Engineering
- Copywriting (Sales funnels, landing pages)
- Virtual Assistance & Automation Setup

You don’t need to learn all 10.

Just “master one. Monetize it. Then scale.”

>>> Real Story: Meenal the Editor

Meenal was a stay-at-home mom. She had an eye for good Instagram reels.

Her friend asked her to edit one. She did it on her phone using free tools. That reel went viral.

Today, she manages social media content for 5 influencers, working 3 hours a day and making ₹45,000/month.

“From hobby → to skill → to service → to success.”

—

>>> Your Skill Stack = Your Power Stack

Don't just rely on one skill. Build a “stack”:

Example:

- Learn content writing → Add Canva design → Add basic SEO →
Become a full-stack content expert.

Or:

- Learn communication → Add coaching tools → Learn Zoom tech
→ Become a digital trainer.

This is how you become “irreplaceable.”

—

>>> Don't Confuse Learning with Earning

Learning is the foundation. But application is where money starts.

Don't get stuck in YouTube university.

Choose one skill.

Create projects.

Build a portfolio.

Offer it in the market.

“Action turns learning into income.”

—

>>> Exercise: Build Your Skill Roadmap

Step 1: List 3 skills you're naturally curious about.

Step 2: Choose ONE to go deep on.

Step 3: Find a beginner course (YouTube, Udemy, Coursera)

Step 4: Commit to 30 minutes a day for 30 days.

Step 5: Share your journey online. Show your work.

—

>>> Journal Prompts

- What skill am I afraid to pursue, but secretly admire in others?
- What's the cost of NOT learning anything new this year?
- If I had to earn ₹50,000 from my skills in 90 days, what would I do?

—

>>> Let's Work Together

If you want to:

- Discover your high-income skill zone
- Build a skill stack that turns into income streams
- Learn how to market and monetize your knowledge
- Stop waiting for jobs and start creating opportunities

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

“Yes, you can make it. But first, make yourself valuable. Kuch Kaam Kar Lo.”

**“One moment can
change a day, one
day can change
a life and one life
can change the
world.”**

-Buddha

16. Make Money While You Sleep

Warren Buffett said it best:

““If you don’t find a way to make money while you sleep, you will work until you die.””

Let that sink in.

If all your income depends on your time and energy, your life will always be controlled by exhaustion, emergencies, or employer decisions.

But there’s good news - today, more than ever before, it’s possible to earn even when you’re offline.

Welcome to the power of “passive income” and “multiple income streams”.

—

>>> The 5 Types of Income You Should Know

1. “Active Income” – What you earn from working (salary, freelance, consulting)
2. “Passive Income” – Earnings from efforts already done (royalties, investments, online products)
3. “Portfolio Income” – Returns from investments like stocks, mutual funds, real estate
4. “Business Income” – Income from running a business or owning a brand
5. “Residual Income” – Ongoing income from one-time efforts (e.g. online courses, ebooks)

The wealthy don’t rely on one type. They build “a portfolio of income.”

>>> Why You Must Build a Second Income

One job = one risk.

If you lose that income, your entire lifestyle collapses.

But a second income gives you:

- Stability
- Freedom
- Choice
- Growth

It's not about greed. It's about "peace of mind".

>>> How to Start Your 2nd Income (Even While in a Job)

1. "Freelancing" – Use skills like writing, editing, social media to earn on the side
2. "Affiliate Marketing" – Promote products and earn commission
3. "Online Courses" – Package what you know into a sellable course
4. "Stock/Mutual Fund Investing" – Use SIPs to create long-term wealth
5. "Print on Demand/Ecommerce" – Sell digital or physical products globally

You don't need to quit your job.

You need to start "creating value outside your job."

>>> Passive Income Ideas That Actually Work

- Rent out digital assets (templates, designs, eBooks)
- YouTube (ad revenue, brand deals)

- Blogs (SEO traffic + affiliate links)
- Real estate (if managed well)
- Dividend stocks or mutual funds
- Automate consulting/coaching funnels

The goal: “Work once. Earn many times.”

—

>>> The Role of a Financial Advisor

Managing money is a skill - just like making it.

A good financial advisor helps you:

- Save taxes
- Build long-term investment strategies
- Plan for retirement, insurance, and emergencies
- Avoid emotional money decisions

“BUT... choose wisely.”

—

>>> How to Avoid Financial Scams

With growth in digital income, scams have also increased. Stay alert.

- ⊗ If it promises “guaranteed high returns” - run.
- ⊗ If there’s no clear product/service - run.
- ⊗ If it pressures you to act fast - pause.

Always:

- Do research
- Consult trusted experts
- Understand where your money is going

“Earning is not enough. Protecting it is power.”

>>> Author Insight: I Built Income That Didn't Need Me

After years of trading time for money, I started shifting:

- Built digital products
- Created coaching systems
- Invested in the markets
- Automated content and brand offers

Today, even if I take a break, the value I've created keeps working.

And that's what I want for you.

>>> Exercise: Build Your Income Map

Draw 3 columns:

1. Current income sources
2. Income ideas based on your skills
3. Long-term passive income goals

Now choose ONE idea to start testing this month.

>>> Journal Prompts

- What's my relationship with money? Scarcity or growth?
 - What skill/value can I turn into a product or service?
 - Who can I learn from to manage my money better?
-

>>> Let's Work Together

If you want to:

- Discover your second and third income stream

- Build assets that pay you passively
 - Create a real wealth strategy, not just savings
 - Learn how to protect and grow your money
- “Talk to your Life Mentor, Coach Amit Premit (CAPt)”
-

“Money that doesn’t sleep is great. But money that works while you sleep? That’s freedom. Kuch Kaam Kar Lo.”

**The calmer you are,
the clearer you
think. Let your
decisions come from
a place of peace, not
from reaction.**

17. The World Is Your Teacher - Learn from Everything

We often think learning happens only in classrooms, courses, or corporate seminars.

But the truth is, the “world itself is the greatest teacher.”

Every moment. Every mistake. Every conversation. Every challenge.

Life is teaching you - if you're paying attention.

—

>>> The Lesson I Learned Driving a Jeep

Once, I was driving my grandfather in our old jeep.

I casually told him, “I haven’t driven it in a while, so it’ll take me a few kilometers to get used to the clutch and brakes again.”

He smiled and said something simple but unforgettable:

““That’s the importance of practice. Even if it’s mechanical, if you don’t do it regularly, it feels difficult. But if you practice enough, even the hardest tasks become effortless.””

That stuck with me.

It wasn’t just about driving. It was about life.

Skills. Habits. Discipline. Relationships.

“Without practice, even the basics slip. With practice, the impossible becomes routine.”

—

>>> Every Situation Carries a Lesson

Are you stuck in traffic? Patience.

Arguing with someone? Listening.

Feeling lost? Awareness.

Every moment holds a mirror. Either you react... or you learn.

The world doesn't need to be perfect to teach you.

You just need to be "present".

—

>>> Story: Tanvi and the Tea Stall

Tanvi was a management student. One day she forgot her notes before an important viva. She panicked.

She went to grab chai to calm down.

The tea seller was busy. But despite 15 customers around him, he remembered everyone's order, managed payments, and handled jokes from regulars - all with a smile.

Tanvi watched, mesmerized. "That chaiwala was showing live case study of customer management, memory, multi-tasking, and empathy."

She returned with more confidence and cracked her viva.

That day, chai taught more than a textbook.

—

>>> Author Reflection: I've Learned More Outside the Office Than In

Don't get me wrong - my corporate experience gave me structure, strategy, and skills.

But life outside boardrooms taught me:

- How to lead people
- How to read energy
- How to solve problems without a rulebook

- How to handle chaos with calm

From street vendors to security guards, from cab drivers to junior colleagues - I've been humbled by the wisdom that lives outside official titles.

>>>> Learn from People, Not Just Positions

Everyone you meet knows something you don't.

The maid managing four kids and a job - time management.

The old uncle feeding stray dogs - compassion without credit.

The small business owner doing marketing and customer care - hustle and heart.

Observe. Listen. Reflect.

"You're in life school 24/7."

>>>> Exercise: Life-as-a-Teacher Journal

Every night, ask yourself:

- What did life teach me today?

- Who did I learn something from?

- How can I use this tomorrow?

Build this habit and watch your growth multiply.

>>>> Journal Prompts

- What was a non-academic moment that taught me something big?

- Who in my everyday life teaches me without even knowing?

- How can I become a better learner in daily situations?

>>> Let's Work Together

If you want to:

- Learn how to learn from your real world
 - Build observation, reflection, and self-mastery
 - Gain wisdom faster by seeing patterns others miss
 - Grow not just by books, but by lived experience
- “Talk to your Life Mentor, Coach Amit Premit (CAPt)”
-

“The world isn’t against you. It’s teaching you. R you ready to learn? Kuch Kaam Kar Lo.”

“The goal is not to be perfect by the end.

The goal is to be better today.”

— Simon Sinek

18. Do It Now - Tomorrow Won't Show Up

There's a dangerous lie we all tell ourselves:

““I'll do it tomorrow.””

But tomorrow isn't guaranteed. It's a myth. It's a trap.

And it's the #1 reason why most people stay stuck in the same place for years.

The truth? “All progress lives in the present moment.”

—

>>> Procrastination Is Self-Sabotage in Disguise

You're not lazy. You're not useless.

But when you say, “Not today,” again and again - you become your own roadblock.

Procrastination feels safe. But it's silently killing:

- Your momentum
- Your self-trust
- Your future

It doesn't matter what your excuse is.

“Action delayed is transformation denied.”

—

>>> Real Story: Rohit and the Startup Idea

Rohit had a great startup idea. For two years, he talked about it, refined it, thought about the perfect logo and pitch deck.

Then one day, he saw someone else launch the exact same idea... and go viral.

He was shattered. “That could’ve been me.”

But it wasn’t. Because thinking doesn’t build. Doing does.

—

>>> The 3 Lies of “Tomorrow Thinking”

1. ““I’ll start when I’m ready.””

You’ll never feel fully ready. Start scared.

2. ““I’ll do it after this busy phase.””

There’s always a next phase. Life doesn’t slow down.

3. ““I’ll wait for motivation.””

Action creates motivation - not the other way around.

—

>>> Author Reflection: Momentum Changed My Life

There were so many moments in my journey - job decisions, promotions, entrepreneurship - where I wanted to delay.

But every time I acted before I felt 100% “ready,” life rewarded me.

One email. One call. One move.

That’s all it took to change direction.

Success doesn’t wait for perfect. It respects motion.

—

>>> Build the “Now Muscle”

If you train yourself to do uncomfortable things “now”, you become unstoppable.

Try this:

- Set a 5-minute timer
- Pick a task you’ve delayed for weeks

- Start it NOW - not finish, just start

You'll notice resistance melting, ideas flowing, confidence rising.

It's not magic. It's motion.

>>> Exercise: The 3-2-1 Countdown

When in doubt:

- 3: What are 3 things I'm avoiding?
- 2: What are 2 small actions I can take?
- 1: What's 1 thing I'll do "right now"?

No waiting. Just doing.

>>> Journal Prompts

- What's one decision I've been avoiding for weeks?
 - What fear is hiding behind my delay?
 - How would my life change if I took action now?
-

>>> Let's Work Together

If you want to:

- Break free from overthinking and build momentum
- Learn how to beat procrastination with systems
- Take bold, strategic action daily
- Stop dreaming and start doing

"Talk to your Life Mentor, Coach Amit Premit (CAPt)"

"Tomorrow is not your strategy. Now is. Kuch Kaam Kar Lo."



KuchKaamKarLo-K3L @ku... · 12/06/25 ...

You'll always wish you started younger.
But today is the youngest you'll ever be.
Start now. Build now.
Waiting won't make it easier. Action will

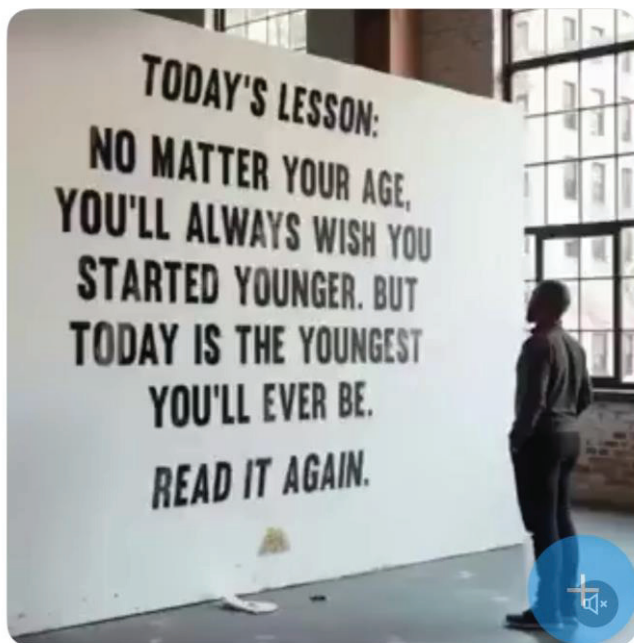
💡 Read it again

[#StartNow](#) [#NoExcuses](#)

[#GrowthMindset](#)

[#MillionaireRewired](#) [#KuchKaamKarLo](#)

[#MentalRewiring](#) [#SuccessMindset](#)



19. People Will Judge You Anyway - So Win Anyway

Let's get one thing straight:

“People will judge you - no matter what you do.”

If you take risks, they'll say you're reckless.

If you play it safe, they'll call you weak.

If you fail, they'll laugh.

If you succeed, they'll say you were lucky.

So why are you still letting their opinions write your story?

>>> Judgment Is Not a Stop Sign

It's just noise.

You're not here to please the world. You're here to fulfill your purpose.

And guess what? The world judges what it doesn't understand.

When you start doing things they're too scared to try - they'll mock you first. Then follow you later.

>>> Story: Shruti the Dreamer

Shruti left a stable government job to start a small design studio.

Everyone - her relatives, friends, even neighbors - had something to say.

“Log kya kahenge?”

“Koi ladki business karti hai kya?”

“Stability chhod ke pagal ho gayi hai?”

She didn't argue. She built.

One year later, her brand was featured in an international art magazine.

Same people? They were now asking for internships and advice.

“Let your success be louder than their doubt.”

—

>>> Why You Care What Others Think

Because you were conditioned to.

School. Society. Family. Culture.

Everyone taught you to “fit in” - not to stand out.

But success comes from standing out.

Impact comes from breaking rules - not blindly following them.

—

>>> Author Reflection: I Was Judged Every Time I Leveled Up

From leaving a an excellent job, to moving countries, to starting over, to becoming a mentor - I've been judged more times than I can count.

But the truth is - the people who judged me weren't even living their own dreams.

So why should I let them hold me back from mine?

—

>>> Their Opinions Don't Pay Your Bills

Ask yourself:

- Will their judgment pay your EMIs?
- Will their laughter build your legacy?

- Will their approval give your kids a better life?

No?

Then stop living for them.

Live for your mission. Your growth. Your peace.

>>>> Exercise: Flip the Script

1. Write down 3 judgments you've faced.
2. Write how each one made you shrink.
3. Now reframe each one as your strength.

Example:

- "You're too aggressive." → "I'm a natural leader."
 - "You're too emotional." → "I have empathy and awareness."
-

>>>> Journal Prompts

- What judgment still lives rent-free in my mind?
 - Who do I fear disappointing - and why?
 - What would I do if I wasn't worried about opinions?
-

>>>> Let's Work Together

If you want to:

- Break free from people-pleasing paralysis
 - Build unshakable confidence and identity
 - Learn to move forward despite criticism
 - Lead your life with inner clarity, not external noise
- "Talk to your Life Mentor, Coach Amit Premit (CAPt)"

“They will judge you anyway. Might as well win. Kuch Kaam Kar Lo.”

**HUMANS WERE
DESIGNED TO
CREATE. THIS IS
WHY YOU GET
DEPRESSED
WHEN ALL YOU
DO IS CONSUME.**

20. Learn, Do, Earn, Scale - Repeat

There's a simple 4-step formula that has built brands, transformed careers, and made ordinary people rich and fulfilled.

“Learn. Do. Earn. Scale. Repeat.”

It's not complex. But most people skip steps or try to reverse the process.

Let's break it down.

—

>>> Step 1: Learn – The Ignition Switch

Before you do anything, “you must learn.”

Learn what?

- A marketable skill
- A mindset framework
- A business model
- A digital tool

This is the phase where most people either over-consume or overthink.

The goal is NOT to be an expert - it's to be just skilled enough to start.

Learn with urgency. Not perfectionism.

—

>>> Step 2: Do – The Application Phase

This is where the game changes.

Apply what you learn:

- Build a small project
- Take on a real client
- Volunteer your service
- Practice in public

Most people stay in learning mode for years and call it “research.”

Real learners apply what they learn. Fast.

>>> Step 3: Earn – Turn Skill Into Value

Once you do something well, someone WILL pay for it.

You don’t need to be famous or certified - you need to be “useful”.

Package your value:

- Freelance gig
- Workshop
- Digital product
- Service offering

Even earning ₹500 from your skill is proof - you’ve started the engine.

>>> Step 4: Scale – From Hustler to Builder

You’ve validated your value. Now multiply.

That means:

- Automating systems
- Delegating tasks
- Building a brand
- Raising prices

- Teaching others

This is where you shift from income → to impact → to influence.

>>> Then What? Repeat.

Go back to Step 1 - Learn something new.

Reapply. Rebuild. Reposition.

You grow with each cycle.

This is how lifelong careers and sustainable wealth are built.

>>> Real Story: Yash the Canva Creator

Yash learned Canva on YouTube.

He made Instagram posts for friends.

Then started freelancing on Fiverr.

Earned his first \$100.

Then packaged templates and sold them online.

Built an Instagram page. Now earns passive income every week.

He didn't start big. He started in the cycle.

“Learn → Do → Earn → Scale → Repeat.”

>>> Author Insight: My Career Grew in Cycles

From corporate life to mentorship, I've repeated this model across roles and industries.

Even now - I constantly learn (AI tools, coaching tech), apply fast, monetize smart, and scale sustainably.

This cycle works. For anyone. At any age.

>>> Exercise: Audit Your Current Cycle

Ask yourself:

- What am I learning right now?
- Am I applying it practically?
- Have I tried earning from it yet?
- What's one way I can scale this skill?

Write your own 90-day Learn-Do-Earn-Scale roadmap.

>>> Journal Prompts

- Which phase do I usually get stuck in?
 - What's one skill I can move to the next phase this week?
 - What would my life look like if I ran this cycle every quarter?
-

>>> Let's Work Together

If you want to:

- Get unstuck and move from learning to earning
- Build systems to scale your skills
- Develop a repeatable career and income cycle
- Be mentored through each phase personally

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Don't break the cycle. Master it. Kuch Kaam Kar Lo.”

what people think consistency is



what consistency actually is



21. To Become Rich, Start Thinking Rich

Most people chase riches with a poor person's mindset.

They want wealth, but think like employees.

They want abundance, but fear investing.

They want freedom, but stick to comfort.

“Here's the truth: You can't become rich with a poor mindset.”

It doesn't start in your bank account.

It starts in your “belief system”.

—

>>> Rich Thinking vs. Poor Thinking

Let's compare:

Poor mindset: “I can't afford it.”

Rich mindset: “How can I afford it?”

Poor mindset: “Money is evil.”

Rich mindset: “Money is a tool.”

Poor mindset: “I just want to survive.”

Rich mindset: “I want to scale, invest, and grow.”

The difference is not intelligence - it's “intentional thinking.”

—

>>> Author Insight: My Money Mindset Was Rewired Over Time

I didn't grow up rich. I didn't study finance.

But I was hungry to learn.

From mentors to market insights, I realized the game was simple:

- Think in assets
- Think long-term
- Think in growth, not guilt

Once I shifted from “salary mindset” to “wealth mindset,” everything changed - income, peace, clarity, and confidence.

>>> Rich People Ask Better Questions

Instead of “How much does it cost?” they ask:

- What’s the ROI?
- What will it help me become?
- How can I use this to build leverage?

It’s not about spending more.

It’s about spending “smart” - on skills, systems, and scalability.

>>> Real Story: Ayesha the Coach

Ayesha charged ₹500 per coaching session.

She thought, “Who will pay more than this?”

Until she rewired her mindset.

She invested in a business mentor, raised her rates, improved her branding, and focused on solving “real” client problems.

Today, she charges ₹15,000/session and has a waitlist.

Her secret? She stopped thinking “cheap” and started thinking “value.”

>>> The 3 Levels of Money Mindset

1. “Survival” – Just make ends meet.

2. “Stability” – Save, budget, stay secure.

3. “Scalability” – Multiply income, invest, create freedom.

Ask yourself: Where am I now? And where do I want to be?

>>> Exercise: Rewire Your Money Beliefs

Write down 5 things you believe about money.

Now ask:

- Are these helping or harming me?
- Where did these beliefs come from?
- What do rich people believe instead?

Then replace old beliefs with intentional, empowering ones.

>>> Journal Prompts

- What money belief did I inherit that no longer serves me?
 - If I had no fear, how would I manage and grow my income?
 - What does “rich” mean to me - emotionally, not just financially?
-

>>> Let’s Work Together

If you want to:

- Shift from salary dependency to wealth building
- Create a rich mindset rooted in value, not vanity
- Learn financial tools and strategies that actually work
- Build confidence to charge more and earn with purpose

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Before you earn like the rich, think like the rich. Kuch Kaam Kar Lo.”

Just be consistent for 6 months.

Show up every day.

Show up when you feel like it.

Show up when you don't.

Can't give two hours? Give one.

Can't give one hour? Give 30 mins.

30 mins feels impossible? Give 10.

The goal isn't perfection.

It's the momentum.

22. Work Is Worship - Learn the Art of Karma Yoga

We live in a time where work is either glorified or hated.

Some hustle endlessly. Others want instant success with minimal effort.

But there's an ancient Indian concept that brings a deeper balance to all this:

“Karma Yoga – The path of action without attachment to results.”

Translated:

“Do your work with full integrity. Let go of obsession with outcome.”

>>> Why Work Becomes Suffering

Work feels painful when:

- You do it only for salary
- You hate what you do
- You attach your self-worth to rewards

But when you shift your perspective to:

“I'm growing through this. I'm becoming stronger through this.”

Work becomes power.

“Karma Yoga teaches us to act from purpose, not pressure.”

>>> Author Insight: My Best Growth Came From Work I Didn't Want to Do

There were phases in my career where the work was boring. Or thankless. Or heavy.

But I showed up. With focus. With intention. With responsibility.

And slowly, the way I worked made me stand out - not the work itself.

“How you do the work matters more than what the work is.”

—

>>> Real Story: Ramesh the Bank Clerk

Ramesh had a routine job, filing reports. He was frustrated.

Until one day, an elderly client thanked him for patiently explaining a process when no one else cared.

That moment hit him.

He started doing the same job - but now with pride, focus, and care.

Three months later, his manager nominated him for internal leadership training.

“Same desk. Same files. But a new mindset changed everything.”

—

>>> Karma Yoga in Simple Words

1. “Give your best in the present moment.”

2. “Detach from the fruits of your labor.”

3. “Let results unfold on their timeline.”

This doesn’t mean being passive or indifferent. It means being “powerful in action, peaceful in outcome”.

—

>>> Work Is a Mirror

How you work reflects who you are becoming.

- Do you skip corners?
- Do you procrastinate?
- Do you work with resentment?

Or...

- Do you honor time?
- Stay committed even when unnoticed?
- Take pride in your output?

“Spirituality doesn’t require chanting mantras. It requires showing up fully.”

—

>>> Exercise: Reframe Your Work

Write down:

- 3 things you resent about your work
- The opportunity each one gives you to grow (patience, learning, discipline)

Shift the story from “I have to do this” → to “I get to evolve through this.”

—

>>> Journal Prompts

- Am I attached to outcomes in my work? How does that affect me?
- What lesson is my current role trying to teach me?
- How can I bring more purpose into my daily tasks?

—

>>> Let’s Work Together

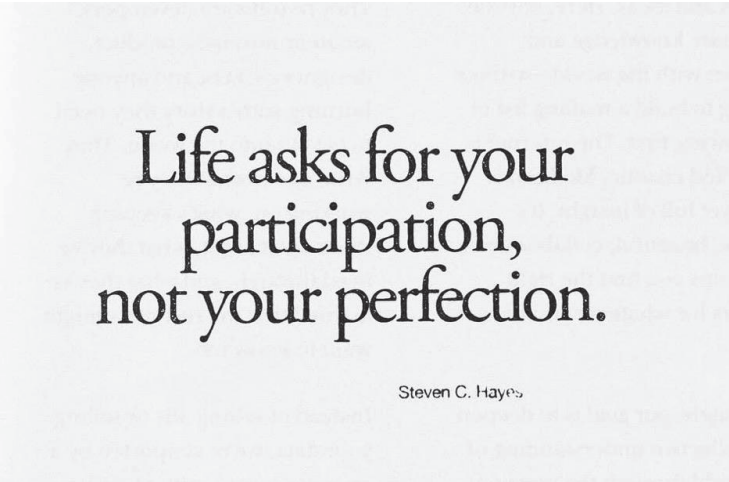
If you want to:

- Find peace in pressure and meaning in effort

- Build excellence in how you work - not just what you work on
- Develop spiritual and emotional mastery through career growth
- Transform your mindset from job to joy

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Work is not a burden. It’s your bridge to growth. Kuch Kaam Kar Lo.”



Life asks for your
participation,
not your perfection.

Steven C. Hayes

23. Early Retirement Is Not a Dream - It's a Plan

When most people hear “retire early,” they laugh.

“Is that even possible?”

“Only the rich can do that.”

“Main toh zindagi bhar kaam karunga.”

But let me tell you something:

“Early retirement is not a dream. It's a strategy.”

You don't need to win a lottery. You need to win the money game - with planning, discipline, and clarity.

>>> What Early Retirement Really Means

It's not about sitting on a beach forever. It's about “freedom”.

Freedom from:

- Living paycheck to paycheck
- Working jobs you don't enjoy
- Stressing over money
- Being forced to work for survival

It means:

- You can work because you want to, not because you have to
 - You control your time, location, and energy
 - You live with purpose, not pressure
-

>>>> FIRE: Financial Independence, Retire Early

The FIRE movement has become global. The formula is simple:

1. Earn aggressively
2. Save and invest strategically
3. Build multiple income streams
4. Exit the rat race early

It doesn't happen in a day. But it can happen in 5–10 years - if you're intentional.

>>>> Author Insight: I Chose to Exit the Job Cycle

After years in the corporate world, earning well, I realized - it wasn't just about salary.

It was about time. Ownership. Mental freedom.

That's when I planned my exit. Built my systems. Invested. And rewired my identity.

Today, I don't live to work. I work to lead, mentor, and grow - on my terms.

>>>> How to Plan Your Early Retirement (Even If You're Starting Late)

1. "Track Expenses Ruthlessly" – Know where your money leaks.
 2. "Increase Income" – Use high-income skills and side hustles.
 3. "Invest Monthly" – Mutual funds, stocks, index funds, gold.
 4. "Cut Toxic Debt" – Pay off high-interest loans fast.
 5. "Automate Finances" – So discipline doesn't rely on motivation.
-

>>> Real Story: Vishal the Mid-Level Executive

Vishal earned ₹80,000/month. He lived like most people - EMI, expenses, no savings.

Then he discovered FIRE. In 5 years:

- Cleared his credit card debts
- Built a ₹15L investment portfolio
- Started earning ₹25k/month passive income

At 37, he quit his job and now consults part-time while pursuing travel photography.

—

>>> Early Retirement Doesn't Mean No Work - It Means Freedom of Work

You can:

- Travel and freelance
- Write a book
- Start a foundation
- Mentor young minds
- Spend time with family, health, passions

You work “when and where” you choose.

—

>>> Exercise: Your FIRE Starter Sheet

Write down:

- Monthly expenses
- Monthly income
- Savings rate (% of income saved)
- Target retirement amount (25x your annual expenses)

Now reverse-engineer your 5-year plan.

>>> Journal Prompts

- What does “retirement” mean to me - fear or freedom?
 - What belief is stopping me from saving and investing?
 - What’s one habit I can change this month to begin this journey?
-

>>> Let’s Work Together

If you want to:

- Break free from paycheck dependency
- Design a roadmap to financial independence
- Learn investing basics and income automation
- Build a work-optional life you love

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Retirement isn’t age-based. It’s goal-based. Kuch Kaam Kar Lo.”

Confidence is not,
"Will they like me?"

CONFIDENCE IS

"I'll be fine even if they don't!"

24. It's Okay to Fail. Just Don't Quit

Failure. The one word we all dread, yet the one word that defines every success story.

Let's get this straight:

“It's okay to fail. What's not okay... is quitting on yourself.”

Every champion, every innovator, every leader you admire - they failed. Repeatedly. Publicly. Painfully.

But they didn't quit.

—

>>> Failure Is a Sign You're Moving

If you're failing, it means you're trying.

It means you stepped out of the comfort zone.

It means you dared to dream.

Failure is feedback.

It says, “This didn't work. Now try smarter.”

—

>>> Story: Nidhi the Side Hustler

Nidhi tried to start a handmade jewelry business.

Her first batch didn't sell. Her designs got copied. Friends stopped supporting her.

She thought about quitting. But instead, she studied trends, improved packaging, learned Instagram marketing.

Three years later, she was making more money from her side hustle than her full-time job.

Her secret? She failed forward. Not backward.

—

>>>> Why People Fear Failure

Because we were taught:

- Mistakes = shame
- Failure = rejection
- Quitting = peace

But failure is not the opposite of success. It's part of it.

The only people who don't fail are those who "never try."

—

>>>> Author Insight: I've Failed More Than I've Succeeded

Failed ideas. Missed deadlines. Wrong partnerships. Lost money.

But each failure taught me:

- Who I was
- What mattered
- What needed to change

It made me tougher, clearer, more intentional.

And today, those failures became case studies I use to mentor others.

—

>>>> Quitting Is the Real Failure

When you quit on your dream, your vision, your truth - that's when regret starts eating you from the inside.

You don't have to win today.

You just have to stay in the game.

"Adjust the path. But never abandon the mission."

>>> Exercise: The Failure Reframe

Write down:

- A failure you still carry emotionally
- What it taught you
- What you could do differently next time

Now thank that failure for its lesson - and move forward.

>>> Journal Prompts

- What failure have I been avoiding facing?
 - How has that failure actually made me stronger?
 - Who do I need to become to turn that failure into fuel?
-

>>> Let's Work Together

If you want to:

- Rebuild after failure with strength and clarity
- Turn breakdowns into breakthroughs
- Stop quitting when life tests you
- Build your identity beyond one moment

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

“Failure is a bruise, not a tattoo. Get up. Kuch Kaam Kar Lo.”



25. Your Time Won't Come. You'll Have to Create It

How many times have you heard someone say,

“‘Mera time aayega’” – My time will come.

It sounds hopeful. It sounds powerful. But truthfully?

It's incomplete.

Because “your time doesn't come. Your time is created.”

By action. By intention. By consistency.

>>> Time is Not Given. It's Claimed.

The world doesn't wake up one day and decide to reward you.

You rise. You show up. You earn your space.

Every artist, entrepreneur, leader, or changemaker created their own time - by preparing when nobody was watching.

If you're waiting... you're delaying.

>>> Author Insight: I Didn't Wait for My Moment - I Built It

Nobody handed me opportunities. No magical moment arrived.

I studied. I served. I stayed patient. I made bold moves.

And slowly, momentum became power. Power became position.

Today, I'm living the reality that I once dreamed of - not because of luck, but because I “took charge”.

>>> Story: Aniket the Quiet Coder

Aniket was quiet, introverted, underpaid.

He kept waiting for a raise. For recognition. For someone to say
“Your time is now.”

That never happened.

Until he started working on open-source projects at night.
Contributed consistently. Built a strong GitHub. Got noticed.

Today, he works remotely for a US-based startup - earning 4x more.

He didn’t wait for his time. He created visibility, proof, and value.

—

>>> What Are You Waiting For?

- Confidence?

- Support?

- Perfect timing?

- Approval?

None of these will come without movement.

“Imperfect action creates perfect timing.”

—

>>> Step Into the Arena

Stop standing at the door of destiny waiting for an invitation.

Knock the door. Break it if you have to.

You don’t need permission.

You need “conviction”.

—

>>> Exercise: The “Now Plan”

Ask yourself:

1. What am I waiting for right now?
2. What action am I avoiding in the name of timing?
3. What can I do TODAY to move forward?

Take that one step. Momentum will follow.

—

>>> Journal Prompts

- What does “my time” mean to me, really?
- What belief is stopping me from starting now?
- What will I regret if I don’t act this year?

—

>>> Let’s Work Together

If you want to:

- Stop waiting and start creating
- Learn how to build momentum and visibility
- Take your skills, goals, and dreams seriously
- Show up like a leader in your own life

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

—

“Stop waiting. Start building. Your time is now. Kuch Kaam Kar Lo.”



KuchKaamKarLo-K3L @ku... · 05/06/25 ...

Burnout doesn't come from too much work — it comes from meaningless work.



When you work with [#purpose](#), even hard days feel worth it.



Follow [@kuchkaamkarlo](#) to reconnect with your mission.

[#millionaire_rewired](#) [#premitbrothers](#)

26. Final Chapter: How Coach Amit Premit Can Transform Your Life - Millionaire Rewired

Congratulations.

You've read 25 powerful, real-world chapters packed with truth, tools, and transformation.

Now, let me tell you something personal - and powerful.

“I'm not just a coach. I'm your ally in rewiring your entire financial, professional, emotional, and spiritual life.”

Let's talk about how “Millionaire Rewired” began and how it can shift your destiny too.

—

>>> From Risk Head to Rewiring Coach

After decades in high-level roles across India, Singapore, and the USA, I reached a point where success alone wasn't enough.

Something was missing - “freedom, purpose, clarity”.

I left the job world not because I had to... but because I was ready to lead in a different way.

And now?

I help people like you:

- Exit survival mode
- Build 2nd, 3rd, and 4th income streams
- Stop fearing change

- Start living a rich, aligned, conscious life

—

>>> What Millionaire Rewired Offers

This is not just mindset training. It's not motivational fluff.

This is a proven system where you:

- ✓ Learn high-income, scalable skills
- ✓ Rewire limiting beliefs using psychology and NLP
- ✓ Apply spiritual grounding through Karma and Dharma principles
- ✓ Build a roadmap to “financial independence”
- ✓ Grow as a “leader, not just a doer”

It's where:

- “EQ meets IQ”
- “Strategy meets purpose”
- “You meet the best version of YOU”

—

>>> Who Is This For?

- Ambitious professionals ready to break their limits
- Homemakers who want identity and income
- Entrepreneurs looking to scale with clarity
- Students who don't want to waste 10 years being lost
- Anyone who feels stuck, but knows they're meant for more

—

>>> Why This Works

Because I've lived through confusion, burnout, career ceilings, and silent suffering.

I didn't read this in books. I walked this path.

That's why this mentorship isn't generic - it's personal.

I know how it feels when:

- You want more, but don't know how
- You doubt yourself despite your talent
- You feel like you're late, behind, or confused

Let me say this:

“You are not late. You are right on time.”

But only if you act.

—

>>> You're Not Alone Anymore

I'm not here to inspire.

“I'm here to rewire.”

Not selling hope.

“Selling transformation.”

You've seen the mindset. You've read the tools.

Now let me help you build your roadmap, your income engine, your identity reboot.

—

>>> Work With Me

Ways I can personally help you:

1. “1-on-1 Mentorship (Career, Money, Mindset)”
2. “Skill Acceleration Programs”
3. “Digital Asset and Business Setup”
4. “Weekly Accountability Coaching”

5. “Millionaire Rewired Inner Circle”

This isn't for everyone. But it might be for you - if you're ready to grow with honesty and intensity.

“Let's connect now:”

Instagram | LinkedIn | YouTube

[Insert Contact Email or Link]

Confusion to Clarity

Rewiring minds for wealth

I don't inspire. I rewire.

Not selling hope-selling transformation

Mentor. Not just a motivator.

“You've done enough reading. Now let's do the real work.

It's your time. Kuch Kaam Kar Lo.”

>>> Let's Work Together

If you want to:

- Stop waiting and start creating
- Learn how to build momentum and visibility
- Take your skills, goals, and dreams seriously
- Show up like a leader in your own life

“Talk to your Life Mentor, Coach Amit Premit (CAPt)”

Confusion to Clarity

Rewiring minds for wealth

I don't inspire. I rewire.

Not selling hope-selling transformation.

Mentor. Not just a motivator.



KuchKaamKarLo-K3L @ku... · 25/05/25 ...

We're not just counsellors, coaches, or consultants — we're your out-of-the-box problem solvers.

Whatever the challenge, all it takes is one bold step:

Ask Us.    

27. About the Author



👤 Career Coach | 🚀 Wealth Strategist | 🔑 Life Mentor

Amit Premit - known as **CAPt (Coach Amit Premit)** - is not your typical motivational speaker or corporate guru. He's a **real-world transformer** who built his success from the ground up - from branch-level jobs in India to international leadership roles in Singapore and the USA. Today, he's on a mission to **rewire minds for wealth, purpose, and freedom.**

Having worked in high-stakes environments across continents, Amit realized one core truth:

Degrees don't define destiny - mindset does.

After walking away from the comfort of a secure career, he chose to build a new identity - as a **mentor, entrepreneur, and transformation architect.**

He doesn't just talk about growth. He builds it.

He doesn't just teach theory. He shares lived experiences.

He's not here to inspire. **He's here to rewire.**

His signature coaching framework blends:

💰 Strategic wealth building

🧠 Mindset transformation using NLP and practical psychology

🙏 Values from the Gita, Ramayan, and Karma Yoga

🔗 Real skills for today's digital world

Thousands have shifted from stuck to unstoppable under his guidance - from homemakers starting side businesses to professionals achieving early retirement and personal reinvention.

If you're looking for a no-nonsense guide who will call out your excuses, show you the tools, and walk beside you on your journey - Coach Amit Premit is your guy.

Follow him, talk to him, learn from him - but most importantly, start. Kuch Kaam Kar Lo.

<https://www.premitbrothers.com>

<https://x.com/AmitPremit>

<https://www.facebook.com/AmitPremit>

<https://www.linkedin.com/in/amitkumarpremi>

<http://www.linktr.ee/premitbrothers>

<https://www.premitbrothers.com/blogs>