

TRUMP CARD

Everyday NLP

For Peace, Purpose, and Progress

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Unconscious mind is a super power. Awakening the mind is a simple process when it is done in a structured manner. This book is an easy practice manual which anyone can master with the help of a mentor in the beginning of the practice.

You can continue the practice on your own once you become familiar with the process. Even then, it is advised to practice in smaller groups along with people who support each other.

You can practice at least once out of the five times practice in a team setting everyday. Initially, take help of a mentor, continue in a team setting and then you become a mentor to many people.

TRUMP CARD is the short form of a structured NLP practice. CARD is the short form of four of the most important NLP Practices. TRUMP is the combination of processes. Trigger to Purpose, Reflect to Map, and Unconscious Competence are the processes. Triggers are disturbances in normal cases. We may get angry on a trigger. NLP practices help you to make positives outcomes instead of getting lost in such triggers.

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Practice Makes You Perfect

(Practice 5 Times Everyday)

Triggers normally create fear, anxiety or anger. It causes unnecessary outbursts. Later, we may feel bad about ourselves. NLP Trains and helps us to abstain from a negative response and to develop a positive outcome from such triggers.

For eg; We can train our mind to choose not to get angry when triggered by something. Instead, we can opt for positive outcomes. NLP suggests to opt for three blessings when we quit any of the unwanted behaviours. Getting angry is an unwanted behavior. There are many behaviors that can be converted into great blessings.

TRUMP CARD is an easy formula that connects the best practices in NLP with one another. Take time to practice them in simple steps. Eventually you will understand them as you master NLP.

TRUMP! Draw an imaginary line between T & P and Read it 'Trigger to Purpose'. Similarly draw a line from R to M and read it 'Reflect & Map'. U at the centre is about Unconscious Competence.

CARD is a 4 Step Practice. C for Concentration building, A for Anchoring, R for Reframing and D for Dissociation or Dis Association. Do this four steps 5 times every day and see the difference in a month's time. Achieve excellence in life.

*This book is dedicated to my
Mentors and the Brilliant Youth.*

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NLP

MERGING MINDS

NV Paulose with Ram Sir and Clement Sir (NLP Mentors),
Dr. Pandu Naik and Dr. Ishwar Prasad at Pamban Bridge.



- The conscious mind is the part of you that thinks. It helps you make decisions and take action. It works with your attention and your will. You use it when you plan, speak, or choose. The unconscious mind runs deeper. It stores your memories, emotions, and habits.

The unconscious mind holds the patterns you follow each day. It works quietly in the background. Even when you sleep, it remains active. You can merge both minds.

Often, these two minds do not work in harmony. The conscious mind may say, "I want to stay calm," while the unconscious mind brings up anger from the past. You may want to wake up early, but your body does not respond. This disconnect causes stress, guilt, and inner conflict.

When both minds begin to work together, life becomes easier. This connection is called merging the minds. The process is simple. The outcome is powerful. When your thoughts and instincts are aligned, your actions feel natural. You do not have to struggle. Growth happens with ease.

Imagine learning to drive a car. At first, you are unsure. You try to control many things at once. An expert sits beside you, ready to step in. As you practice, your confidence grows. With time, driving becomes effortless. This is how it feels when your unconscious mind begins to support you. It becomes a quiet helper, always ready, always steady. When the two work as one, life becomes peaceful and purposeful. You no longer fight yourself.

The conscious mind is your guide. It is the part that plans, chooses, and questions. It is aware of the present moment. It says things like, "I want to learn," or "I wish to be peaceful."

The unconscious mind works silently. It stores habits, emotional responses, and deep memories. It does not judge or decide. It only follows what it has learned through repetition and feeling. It is fast and always alert. The relationship between these two minds is like that of a guide and a strong companion. The conscious mind sets the direction. The unconscious mind follows with power and loyalty. It cannot make choices on its own, but it responds to what you feed into it.

This is why clear thinking is important. Many people suffer not because their unconscious mind is broken, but because their conscious mind gives unclear or harmful instructions. If you often say, "I am not good enough," your unconscious mind takes it in and acts on it. If you say, "I am improving every day," it believes that too.

The unconscious mind does not know if something is true or false. It only accepts what is repeated with emotion and belief. It follows patterns that are stored within.

When you learn to give it positive and clear direction, it will begin to support you in powerful ways. This is the key.

Take another example. Think of a child learning to ride a bicycle. At first, there is fear. Someone holds the child steady. They fall, rise, and try again. In time, the body learns to balance on its own. That is how your unconscious mind also learning and remembering. It achieves the target set.

Or picture a strong horse and a calm rider. The horse is your unconscious mind. The rider is your conscious mind. If the rider is nervous or unsure, the horse may behave wildly. But if the rider is confident and focused, the horse moves with grace and power. Together, they move forward with harmony.

Merging these two parts of your mind requires practice and intention. The TRUMP CARD method offers simple tools to help you shape your thoughts, train your focus, and give clear direction to your inner self. With consistent practice, your conscious mind becomes a wise leader. Your unconscious mind becomes a faithful supporter. You walk forward with strength and clarity. You begin to live the life you are truly meant to live. This book helps you to do that in an easy manner.



Mind Gym

PRACTICE SUMMARY



Esteemed Mentors on a Global TV Shooting Session with
Tushar Gandhi, Great Grandson of Mahatma Gandhi

- Neuro Linguistic Programming (NLP) gives us tools to understand how our mind works and how we can guide it to work better. One clear way to do this is to build a 5 Times daily practice that strengthen our thoughts, feelings and actions. Practice it for 3 Weeks to make it a habit.

TRUMP CARD is the acronym for this practice module. It is an easy way to train the mind to stay positive, calm and clear. The word CARD shows the core daily exercise.

TRUMP helps you keep the practice steady and meaningful. Before you start with CARD, it is helpful to understand what TRUMP is. You will begin practicing TRUMP after you learn to guide both your conscious mind and your unconscious mind. With daily practice, you will start to feel calm and relaxed. The TRUMP CARD method is easy to learn and follow.

The mind works by following patterns.

Anyone Can practice it with a single learning session.

These patterns are formed over time through our thoughts, memories, and daily feelings. When we choose good patterns and repeat them, we grow stronger from within. When we step away from old patterns that no longer help us, we begin to feel free and light. New practices help us strengthen the mind, just like exercise builds the body. The TRUMP CARD method gives you an easy way to build good patterns and gently let go of the old ones. Just pick what helps you and drop what holds you back; day by day.

How TRUMP CARD Works?

Begin the daily practice from CARD. These are the four Powerful Words that can do great transformation in your life. They are Concentration, Anchoring, Reframing and Dissociation. A daily concentration practice will help to build the muscles of your mind enormously. Start with the first two.

C and A put together are Concentration and Anchoring. They are interconnected.

Train your mind to stay in concentration with good thoughts. Anchoring links good feelings with concentration through a simple action like keeping your palm on a surface. Palm of your Arm is a powerful sensory system. The right and the left are equally powerful in the following Palm Exercise.

Make it a Regular Practice:

Place your palm on a table or on your lap. With your other hand, gently hold your wrist using two or three fingers. Now, bring to mind a joyful memory. Feel it fully. Picture the details, the sounds, the feelings. Once your mind is fully focused on this joyful memory, try to lift your palm. You will notice that your palm stays steady when your mind is clear and focused. Science says, body is firm when mind is focused.

Keep measuring your concentration

Measure your concentration on a scale from zero to ten. The more firm your palm feels, the stronger your focus is. Bring more good memories one after another. Keep measuring until you cross 8 out of 10.

Each time you do this exercise, you build your concentration and fix the anchor. Placing your palm becomes your signal to positivity, calm and focus which you can achieve instantly anytime you wish.

Anchor is a very powerful state where you are positive, firm and strong. You become as firm as a ship anchored on a birth.

R is Reframing

Reframing helps you give a new meaning to an old memory. When you change the frame, you change the picture, sound, feeling and everything associated with that. You start to see things in a way that are strengthening your mind and take you towards growth, strength and positivity. We can grow by nurturing our strengths only. Reframe everything that are not in your favor. Give them new meanings. Take learnings from every small things.

Make it a Weekly Practice:

Think of a small irritation from the past. Pause and ask what else can this mean. Maybe the traffic delay gave you time to think. Maybe harsh words from someone show that they are stressed inside. Hold the new meaning and feel how your mood shifts. Also check old memories. Give new meaning that are worth and useful for you to fast progress in your life's mission.

D for Dissociation

Dissociation helps you step back from strong feelings that disturb you. It lets you look at them without getting pulled inside. What is happening to you is seen like something happening to a third person. Someone beating you is different than you see someone beating someone else.

Make it an Occasional Practice:

Bring to mind a small unpleasant memory. Now see it on a very distant screen far away from you. Watch yourself in that scene but stay outside it. Notice how the feeling becomes softer when you watch instead of experiencing it for yourself.

The event is over. It is not happening now. Hence see it as a movie and place you as an actor. This simple step will help you to step back from painful memories anytime and stay calm. It is very important.

Feeling is different and watching is different. We need not experience a bad experience anytime before or after. We can avoid both by taking right steps in our life at the right time. When you can, avoid a pain from taking place. When it happens beyond your control, watch it carefully. Everything is happening with a purpose. Grab it and grow beyond.

Dissociation is disassociation, disconnection or distancing.

Let us come to the realities of life. Things keep happening right in front of us and things may not happen the way you wish always. Sometimes you misunderstand things as well. Many things get cleared when you have a relook upon them.

TrumP is to Convert the Triggers towards your Purpose in life. tRuMp is to Reframe things to create a favourable Map for you. trUmp is to develop your Unconscious Competence.

T and P (The first and last letters) Trigger and Purpose

Each day we face triggers. A word, a look, a memory, or a thought can push us to react. Many times, these triggers move us away from what we really want. NLP helps us notice our triggers and connect them to a better purpose and to convert a disadvantage into an advantage.

Make it an Instant Practice:

When you notice a trigger, pause for a moment. Take a slow breath. Ask yourself what purpose can I connect this to. For example, if someone's words make you feel angry remind yourself that your true purpose is to stay calm and clear. Why should someone's wrong behaviour pain you? Let it help to become stronger. By doing this you guide your energy toward what truly matters. Be the master of your mind than staying a slave to an angry mind.

R and M are to Reflect and Map

Reflection means looking back at your thoughts and actions. Mapping means finding a better path ahead. When we reflect, we learn. When we map, we act.

Create it in the way it suits you and helps you to grow. A common phrase in NLP is "Map is not the Territory." That is in another context. Here, it is to create your Map; the way you want to progress.

Keep this Practice on your dreams:

Before you sleep take five minutes to reflect. What thoughts shaped your day. Which ones helped. Which ones blocked you. Now map one small brilliant step for tomorrow. This tiny habit will build a clear progress in your life. Do it each day.

U is the middle letter in TRUMP. Build on to your Unconscious Competence;

Good practice builds a new way of thinking. It becomes so natural that you do it without effort. This is called unconscious competence. You act well without needing to think much. NLP tells us that this is a true sign of lasting change. Every positive thing you repeat often becomes your strength.

Regular Practice: Do the TRUMP CARD steps every day. Let them become part of you. With time, your new patterns will feel natural. They will become your second nature.

Putting It All Together

TRUMP CARD is a mind gym that keeps you clear and balanced.

- Practice concentration and anchoring using good memories.
- Practice reframing to find better and more helpful meanings.
- Use dissociation to stay calm, cool, free, and focused inside.
- Notice every trigger and redirect it toward a bigger purpose.
- Reflect on what you learn and map your next steps, little by little.
- Keep practising until you reach a level of unconscious competence.

Use the TRUMP CARD for yourself first. Let it become a part of your daily life. As you grow stronger inside, you will notice changes in how you think, feel, and act.

Your mind becomes focused and more calm. You begin to respond rather than react. You feel more in control and more connected to your deeper purpose. Once you experience the benefits, pass it on. Share it with those who may need support, clarity, or direction. Help them take small steps too.

These simple steps, when practised every day, lead to big results over time. Change does not have to be loud or fast. The most powerful growth often happens quietly. It comes through small actions that you repeat with care and intention. Steady progress builds strength that lasts.

As you grow, you will discover something beautiful. When you help others, you also help yourself. Teaching someone else makes your own understanding deeper. When you guide another person with care, you become more clear and strong inside. Giving support brings back a quiet joy and a sense of connection. You realise that we are all learning together.

Let the TRUMP CARD be more than just a tool. Let it be a friend on your journey. Use it to stay balanced and clear. Share it with others who need it. Every time you do, you grow stronger too.

May the TRUMP CARD lead you to live with more peace, with a deeper purpose, and with quiet inner power. Let it stay with you as you grow into the best version of yourself. And as you help others grow, you will see your own path becoming brighter.



Chapter 1

THE POWER WITHIN

- Unlocking the Unconscious Mind. There is a vast reservoir of power within each of us that often goes unnoticed. The unconscious mind works silently in the background, shaping our patterns, responses, and habits over time. While the conscious mind helps us think, decide, and act, it is the unconscious that holds the deeper layers of learning and memory.
- This chapter introduces the basics of Neuro Linguistic Programming, a simple and practical approach to understanding how the mind works. We will look at how thoughts and actions, when repeated, form strong patterns that become automatic. By bringing awareness to these patterns and practicing new ones with focus, we can reshape our inner world.
- At the center of this journey is a simple yet powerful practice called the TRUMP CARD. It offers a clear method to build inner strength, replace unwanted habits, and create a steady path toward a better and more peaceful life.

We all have a hidden power inside us. This power is called the unconscious mind. It quietly runs our life behind the scenes. It holds our habits, thoughts, memories, and emotions. Sometimes we do things without knowing why. We may react with anger or fear without thinking. That is the unconscious mind at work. It is strong and active even when we are not aware of it.

This mind can help us or hurt us. If we leave it as it is, it may lead us to stress or confusion. But if we train it gently, it can help us grow. It can become a friend that supports us.

This is where NLP comes in. NLP means Neuro Linguistic Programming. It helps us understand how our mind works. It gives us simple ways to guide our mind to stay calm, clear, and focused.

Practice Makes the Change

Many people want to improve their life. But they do not know how to start. Some people start but cannot continue. They give up too soon. An apple a day keeps the doctor away may not be a correct phrase; but practice makes you perfect.

This book gives you a simple method to follow every day. You do not need big books or long training. You just need to do small steps every day. That is enough to bring change.

The method in this book is called TRUMP CARD. It is based on long years of learning and teaching. It has helped many people already. It can help you too.

Why Training the Mind is Important

Let us take an example. If you want to play music, reading about music is not enough. You need to play the instrument every day. You must practice until your fingers move naturally.

Your mind is the same. You need to train it with daily steps. Thinking about calmness is not enough. You must practice calmness.

The TRUMP CARD gives you these daily steps. When you follow them, your mind starts changing. You begin to feel stronger and more peaceful. Your mind is like a garden. If you care for it daily, it will bloom. TRUMP CARD is the tool to do that. Use it well and you will see a big change in a few weeks.

What You Will Learn in This Book

This book is easy to follow. Each chapter will explain one idea. Then you will get a simple activity to do. It will help you grow a little every day.

You will learn how to:

- Notice the things that disturb you
- Stay calm when others try to upset you
- Link good feelings to your body
- Change negative thoughts into useful ones
- Step away from painful memories
- Reflect on your actions
- Plan small steps to move ahead

Repeat good habits until they become natural. A Small Daily Practice Can Change You over a period of time.

You do not need anything extra. Just a few quiet minutes every day. A Track sheet to write in. A heart that is ready to grow. Let us take this journey together. Mark the tracker everyday in the additional sheet attached with this book. You can buy more sheets when required.



Chapter 2

THE TRUMP CARD FRAMEWORK



Esteemed Mentors on a Global TV Shooting Session with Prof. Dr. PL Dharma, VC, Mangalore University.

An Overview

The TRUMP CARD is a simple and powerful framework built on seven core ideas that guide personal growth and social well-being. Each letter in TRUMP and CARD stands for a key concept that helps us understand ourselves better and make lasting changes in the way we think, feel, and act. These ideas are not separate but work together as one steady flow that brings balance, clarity, and strength.

In this chapter, we will break down each part of the model in a way that is easy to follow and apply. You will see how these concepts are linked and why they form a complete tool for real change. As we move forward, each chapter will explore one part of the TRUMP CARD in detail, with examples and simple steps to help you practice and grow. This is your guide to a better version of yourself and a deeper connection with the world around you.

Change does not have to be big or fast. Small steps done every day can bring great results. That is the idea behind TRUMP CARD.

Before we begin the practices, let us understand the model.

What is TRUMP CARD?

TRUMP CARD is a simple method. It uses tools from NLP to help you train your mind. The model has two parts. One part gives you direction. The other part gives you daily exercises.

TRUMP: The Guiding Ideas

Each letter in the word TRUMP stands for an idea: Five letters in TRUMP is grouped into 3 Concepts. T and P are connected. It helps to transform Triggers to your Purpose in life. R to M is to Reframe Your Map.

U is center of your success. It is about building Unconscious Competence. Altogether, you are making yourself a better person day by day with your ongoing daily practices.

T to P means Trigger to Purpose | R to M means Reflect and Map | U stands for Unconscious Competence

These ideas guide your mind. They help you stay steady and make good choices.

CARD: The Daily Practice

CARD gives you four steps to do every day:

- **C** is for Concentration
- **A** is for Anchoring
- **R** is for Reframing
- **D** is for Dissociation

These steps help you feel peaceful and clear. They also build mental strength.

How TRUMP and CARD Work Together

Think of TRUMP as the direction you want to go. Think of CARD as the tools that take you there. TRUMP helps you understand your thoughts and purpose. CARD gives you the exercise to train your mind. When you use both together, you grow faster and stay stronger.

Why This Method Works

Many people try to change their life from the outside. But real change starts from inside. TRUMP CARD helps you build that inner change.

It helps you notice your thoughts and emotions. It shows you how to respond instead of reacting. It builds good habits slowly and steadily.

TRUMP gives you the why.
CARD gives you the how.

TRUMP CARD in Real Life

Every day we face stress. We may get angry or feel low. We may say things we regret. With TRUMP CARD, you learn to pause.

You learn to notice what is happening inside. You learn to stay calm and take the right step. It helps you build better focus, stronger control, and deeper peace.

A Practice for All People

TRUMP CARD is not only for people in pain. It is for anyone who wants to live better. It is simple and useful. You do not need special knowledge or training. You just need to do small things every day.

This book will give you those small steps. They are simple, easy to follow, and take only a few minutes each time. Do them five times a day, and you will begin to notice subtle but steady changes.

These small steps may seem light, but they carry deep strength. Over time, they will bring a big shift in how you feel, how you think, and how you live. You will begin to respond instead of react. You will feel more in control, more peaceful, and more connected to yourself and others.

What to Expect Next

Now that you have a clear picture of the TRUMP CARD model, we will begin to explore it in detail. First, we will take a close look at the four practical steps in CARD.

These steps are like tools you can use every day. After that, we will dive into the guiding ideas in TRUMP that give direction and meaning to your practice.

Each chapter from here will offer you one key idea, one simple activity, and one real-life way to use it in your journey. Let us begin with the first step: Concentration. Keep reading the book again and again. It will help to make your learning and practice easier.

LEARNING NEVER ENDS PRACTICE NEVER STOPS

These simple but powerful lines reminds us that life is a journey of continuous learning. We never reach a point where we know everything. Each day brings new experiences, challenges, and lessons.

Whether we learn from books, people, or situations, there is always something more to discover. When we keep an open mind and a humble heart, every moment becomes a chance to grow and understand life better.

But learning alone is not enough.

Real change happens when we practice what we learn. Daily practice builds strength, focus, and inner peace.

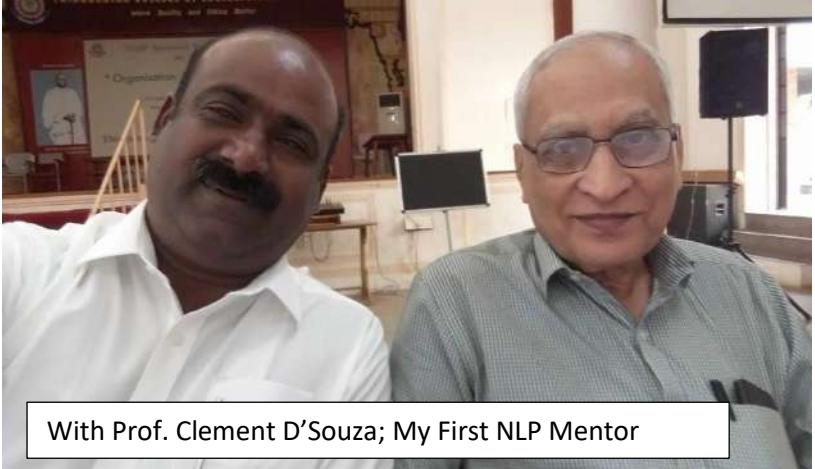
Even small actions, when repeated with care and commitment, can lead to big changes over time. That is why practice must never stop. It keeps us grounded, helps us improve, and brings the wisdom of learning into real life.

Together, learning and practice shape a better version of ourselves every day. They help us move forward with clarity, confidence, and a deeper sense of purpose.



Chapter 3

CONCENTRATION



With Prof. Clement D'Souza; My First NLP Mentor

Strengthening the Mind

Today, many people find it hard to focus. There are too many things happening around us. Our minds often jump from one thought to another. Concentration means keeping your mind on one thing at a time. It helps you stay calm, work better, and feel more in control. In this chapter, you will learn a very simple way to build your attention using your palm. You can do it anywhere and it takes only a few minutes. We will also use a scale from 0 to 10 to help you check how focused you are. You will see how your mind and body work together, and how paying attention to this can help you grow stronger inside. Let us begin with the first step: Concentration.

Your mind is like a muscle. The more you train it, the stronger it becomes. In this chapter, we will begin with the first step of the daily practice. That is Concentration.

Concentration means the ability to stay with one thought or feeling. It means keeping your mind on one thing without getting distracted. Most people today find this difficult. Our phones, worries, and surroundings often pull our mind in different directions.

This practice helps you bring your attention back. It helps you focus on what really matters.

The Palm Practice

Let us begin with a simple activity. This will help you build focus.

Place your palm gently on your lap or table. Now take the other hand and hold your wrist softly with two or three fingers. Bring to your mind a joyful memory. Think of a moment when you felt truly happy. Feel that memory fully. Remember how it looked, sounded, and felt. Now, while holding that memory, try to lift your palm. You will feel some stiffness or resistance. That is good. Do repeat it until you feel the difference.

Bring more memories one by one and check the difference each time. Keep measuring the level of concentration. You can rate your focus from 0 to 10 in a scale of measurement. Do this many times.

Bring more good memories. Science says that your body becomes still when your mind is focused. The more firm your palm stays, the better your focus is. Measure your focus. When you reach 8 out of 10, you are doing well.

This daily activity makes your mind stronger. It becomes easier to concentrate on studies, work, or any task you choose.

As you continue this practice, you will notice small changes in how you feel. Your thoughts become clearer, and your mind becomes relaxed. You may feel more calm and peaceful inside. These changes happen slowly, but they are real and lasting.

In just a few days, you will see that your focus improves not only during this activity but also in other parts of your life. You will be able to listen better, finish tasks faster, and stay calm even when things around you are busy. This simple daily habit can become your secret strength.

ANCHORING

Holding on to Positivity

Anchoring is a method in Neuro Linguistic Programming to connect a positive feeling or memory with a simple action, like a touch or a word. It helps you bring back that good feeling whenever you need it.

By placing your palm gently on a surface or on your lap, you can create an instant sense of calm, positivity, and focus. You can also practice anchoring by holding a Rosary in your hand while manifesting your dreams. Over time, your mind will begin to associate this gesture with confidence, and emotional balance.

Anchoring can also be utilized to strengthen teamwork and build human connections. Begin a discussion, or group activity with everyone placing their palms down for a few moments, focusing on the shared goal. This small act can set a positive tone, reduce tension, and help people work together with a clearer mind and open heart. Do it regularly and make it a habit to stay positive at all times. This practice will help you nurture inner peace and build strong, healthy relationships to grow immensely rich.

Anchoring is the second step. It is directly connected to the first step or we can say, the outcome of prolonged concentration practice. Anchoring means connecting a good feeling to a small action. Once you create a strong anchor, you can use it any time to bring back the good feeling.

In the last chapter, we placed our palm and brought a good memory. That same action can now become your anchor. You can also watch yourself and identify positive anchors that you practice unknowingly.

Next time you feel nervous or confused, place your palm in the same way. Your mind will remember the joy and calmness. It will come back to you instantly. This works because your body and mind are deeply connected. A simple touch can bring back a full emotion. You can anchor other feelings too. Anchor calm, Peace. Strength. Gratitude etc. in your regular prayers. Choose the feeling you want and repeat the anchoring exercise. Fix an anchor before you go for the next. Use anchors in real life; before a meeting or during a possibility of stress or when you feel tired. It will bring you back to balance. Stay positive and keep moving forward. Grow steadily and immensely, step by step, until you reach the peak of success.

REFRAMING

Seeing with New Eyes

Reframing is the art of changing the way we look at a situation in order to change how we feel and respond to it. It is not about denying what happened, but about finding a new and often more helpful way to interpret events, thoughts, or emotions. When we reframe, we open the door to new possibilities and inner freedom. Instead of staying trapped in cycles of anger, frustration, or guilt, we can ask ourselves, **“What else could this mean?”**

This simple question has the power to shift our entire emotional response. A missed call becomes concern instead of rejection.

A critical remark becomes an opportunity for growth rather than a personal attack. Real-life examples show how people have turned moments of failure into lessons, and periods of pain into strength. As a daily practice, journaling can help cultivate this mindset.

End each day with this prompt: “What is one situation I experienced today that I can see differently?” Over time, this habit trains the mind to look beyond first impressions, see with new eyes and to choose the best.

Reframing is a way of giving new meaning to something old. It is like changing the frame of a picture. The picture may stay the same, but the way you see it changes. This is useful when we face problems. A traffic jam or a tough time, Harsh words or a fall in life.

Things can make us upset. But reframing helps us ask, "What else can this mean?"

Maybe the traffic gave you time to think. Maybe the harsh words show that someone else is hurting. Maybe a failure saved you from a bigger problem. See things in a renewed perspective. When you look at it this way, your feelings shift. You stop being angry or sad. You begin to feel calm and curious.

This practice makes your mind flexible. It helps you move forward instead of staying stuck. Each day, pick an irritation. Reframe it. Ask what lesson or meaning you can take from it. Soon, your mind will begin to do this on its own. Mind has no difference between small or big problems; mind follow your instructions and do the best for your advantage within a stipulated time. Harnessing the mind and harvesting starts with reframing. Keep away from all thoughts that can divert your attention. Stay positive and make success a habit for you.

With practice, you'll notice that even the sharpest memories lose their sting, and in their place grows the quiet strength of understanding.

Chapter 6

DISSOCIATION

Emotional Freedom with Clarity

Dissociation, when used consciously and gently, is a mental skill that allows us to step back from disturbing emotions and observe them without being part of it. Dissociation is a way to protect our mental peace, during times of intense emotional discomfort.

Imagine watching your thoughts like a movie. Seeing the scenes play out without getting pulled into the story. This healthy distance helps soften painful memories and reduce the emotional charge they carry.

Instead of reliving the same hurt repeatedly, we gain clarity and perspective.

Through mindful practice, we can learn to pause when triggered and ask, "What is this moment trying to teach me?" In doing so, even our most difficult emotions become opportunities for growth and insight, rather than sources of continued suffering.

By choosing gentle dissociation, we reclaim our power to respond rather than react. In that calm space, healing becomes not just possible, but natural.

Dissociation means stepping back.

Keep disconnected or disassociated when there is a painful memory or a very strong emotion. We often get pulled inside painful incidents and feel the hurt again and again, as if they are happening right now. But, what if you could watch it from the outside? What if you could see it like a movie, and you are simply an actor in the movie? That is what dissociation teaches you systematically.

Example 1 - A workplace conflict:

Imagine you had a heated argument with a colleague. Later, every time you think about it, your body tenses, and your mind replays every word like a wound being reopened.

Now, try this: picture that moment as if it's on a big cinema screen.

You are in the scene, but you're also sitting in the audience, watching it from a safe distance. You see both people talking, their expressions. The misunderstandings are better understood when you start to watch them on a screen. Suddenly, it feels less like an attack and more like a scene in a story that has an ending; and you can choose the next chapter wisely.

Example 2 - A childhood embarrassment:

Maybe you once froze while speaking in front of the class, and your classmates laughed. The memory still makes your cheeks flush years later. Using dissociation, you can imagine that younger version of yourself as a character in an old film reel.

Watch the scene fade to black-and-white, the laughter sounding faint and far away. From your current seat in life, you can even smile gently at that child, knowing they grew stronger because of it.

Think of a small unpleasant memory now. Imagine it on a screen far away from you. Watch yourself in that memory. See it as if it's happening to someone else; Let it be someone you care about but who is separate from you in this moment.

When you do this, the feeling starts to become softer. You begin to understand it, instead of being wounded by it. This does not mean you avoid problems. It means you deal with them wisely. You stay calm. You stay safe. You grow from the experience. You can use this whenever you face pain or anger: Step back. Watch. Breathe. Learn. Move on.

TRIGGER TO PURPOSE

The Art of Inner Mastery

Every person feels triggered at times. A word, a tone, or a memory can suddenly stir strong emotions. Notice those emotional triggers and understand what they are trying to show us.

Instead of reacting quickly and feeling regret later, learn to pause and change our response. This choice is a powerful step toward inner mastery. The energy that fuels anger or fear can be gently turned toward our higher goals.

With simple breathing and gentle practices, we can calm the mind and stay focused. Over time, our triggers stop controlling us and begin to serve us. They become signs that lead us to deeper understanding and strength.

When we master this art, life stops feeling like a series of battles and starts becoming a field for growth. Challenges no longer drain us; they refine us. Each trigger becomes a teacher, each pause a moment of wisdom;

Each calm response is a quiet victory over our old patterns. This is the essence of gaining true freedom; the ability to remain centered no matter what storms arise around us.

Triggers are small sparks that can cause big reactions. It could be a word, a tone of voice, a sound, or a memory. In a moment, you might feel anger, fear, hurt, or frustration rising inside you. Often, before we even realise it, we say or do something that we later wish had been different.

The good news is that we are not prisoners of these moments. We can train ourselves to pause before reacting. This pause is like a doorway between the event and our reaction.

When we step through that doorway with awareness, we get to choose what happens next. For example, imagine a friend or colleague says something that feels insulting. Your first instinct might be to shout back, defend yourself, or walk away with bitterness.

Instead, take one slow breath. Let your body relax just a little. Remind yourself of your higher purpose. Perhaps your purpose is to stay calm, to respond with kindness, or to protect your inner peace.

From this place, you can answer with steady words or even with quiet understanding. The moment you do this, the trigger loses its power over you. You take back control of your mind and emotions.

This is not weakness. It is strength in its most powerful form. You can practice this with small, everyday situations. Maybe someone cuts in front of you in traffic.

Maybe the queue moving slowly. Maybe a family member speaks to you in an impatient way. In all these moments, you have a choice: to be pulled into the heat of the moment or to pause, and respond with awareness.

Every time you choose to pause, you build a habit of emotional strength. Over time, the small victories add up. You find that even in bigger challenges, you are able to stay steady, calm and very clear.

Next time you feel triggered, ask yourself calmly:

- What is my purpose in this moment?
- What do I truly want to feel right now?

With daily practice, you will notice that triggers no longer control you. They will start to guide you towards patience, wisdom, and self mastery. This is the real freedom of the mind, and it is available to you in every moment you choose to pause. Each pause becomes a step toward the person you truly wish to be.

REFLECT & MAP

Your Daily Inner Compass

Each day holds lessons that can guide us forward. Taking a few quiet minutes in the evening to reflect helps us grow with clarity. In this chapter, we look at how to gently review the day by noting what went well and what did not.

Journaling is a simple yet powerful tool to understand patterns and emotions. We also learn how to set a small goal for the next day that connects with our deeper purpose.

These tiny daily steps, when done with awareness, shape a strong and steady path toward long term growth. This practice becomes your inner compass, helping you stay true to yourself. Over time, this daily reflection becomes more than just a habit. It turns into a quiet conversation with yourself, where you listen without judgment and guide yourself with kindness. You begin to notice how even small choices shape your mood, your relationships, and your progress. With each evening's review, you refine your direction, making sure your actions match your values. This steady alignment is what keeps your inner compass pointing toward a life of purpose and peace.

Reflection means looking back. Mapping means planning ahead. These two steps help you understand your thoughts and actions. They help you move in the right direction. Each night, take five minutes. Ask yourself: What thoughts shaped my day? Which ones helped me? Which ones held me back? Then think of one small step you can take tomorrow. Just one. It could be speaking kindly. Or taking a short walk. Or finishing a task.

Small steps build big change. When you reflect, you learn. When you map, you grow. Use a small notebook. Write your reflections. Draw your maps.

You will be amazed to see how much you grow in one month. As the days pass, your notebook becomes a mirror of your journey.

You will see patterns in your thoughts, habits, and moods. You will notice which choices bring you closer to peace and which ones pull you away from it. This record is not just a collection of pages. It is proof that you are learning, adjusting, and moving forward. Whenever you feel lost, you can open it and find your own guidance waiting for you.

UNCONSCIOUS COMPETENCE

Becoming Your Best Self

There comes a time when something that once felt hard becomes easy. This is called unconscious competence. It means you have practiced a skill so many times that it happens naturally, without you even thinking about it.

Look at how steady practice shapes habits and how repetition creates real change. The path is simple. First you learn. Then you practice. Slowly you master it. Then you can help others learn too. When you reach this stage, growth feels light and joyful.

Sharing your TRUMP CARD with others becomes a natural part of life. It spreads clarity, peace, and purpose to the people around you. The beauty of this stage is that your actions inspire without effort. People notice the calm in your voice, the confidence in your steps, and the kindness in your choices. You become a living example of what is possible. This silent influence often speaks louder than any words, encouraging others to start their own journey toward becoming their best self. You are welcomed everywhere!

At first, we do something by effort. Then, after some time, it becomes natural. This is called unconscious competence. It means doing good things without even thinking. You can reach this stage with TRUMP CARD. But you must practice daily. You must be patient and regular. When you repeat the steps every day, your mind learns them. Slowly, they become your habit. Then they become part of who you are.

You begin to stay calm without trying. You begin to reflect naturally. You make good choices with ease. That is the final goal of this book. Not just learning, but becoming. Not just knowing, but living.

TRUMP CARD is your daily gym for the mind. Use it for yourself. Share it with others. When you reach this stage, you will notice a quiet change in the way life feels. Challenges will still come, but they will no longer shake you as before. You will respond with clarity instead of reacting in haste.

People around you will sense this strength and may even ask how you do it. In those moments, you can show them the path you have walked. By living the TRUMP CARD, you become a light that guides others toward their own best self.



Chapter 10

RECAP

A Path to Meaningful Change

The TRUMP CARD model is more than a personal growth tool. It is a way to build lasting relationships, strong teams, and a meaningful life. When we grow from the inside, it shows in the way we treat others. Inner mastery helps us create outer harmony. That is the real strength of this practice.

We live in a world where connections often feel shallow. But when we bring our full attention, kindness, and purpose into our everyday actions, we begin to attract people of value. TRUMP CARD can be your personal tool to build such meaningful connections. It helps you stay calm in tough situations, understand others better, and become someone people trust and look up to. Use it not only to train yourself, but also to support your family and team. Let your home be a place where wise conversations happen. Invite people who inspire you. When you open your doors with warmth and respect, your home becomes a meeting place for good minds and noble hearts. That is how cultures grow and ideas spread.

Even simple acts like housekeeping and offering hospitality can take you forward. They are not small things. They shape your mind, build your discipline, and open doors to unexpected blessings. A tidy home and a welcoming smile are signs of someone who values life and respects people. In the end, we are remembered for how we made others feel. Let TRUMP CARD be your guide to live with meaning, serve with love, and grow with every step you take.

TRUMP CARD combines deep inner reflection with easy-to-practice steps that can be done by anyone, anywhere. This chapter brings everything together for a quick review and offers a clear path to keep the practice going.

TRUMP is a guiding concept:

T → P (Trigger to Purpose): Learn to notice emotional triggers and shift them into meaningful actions.

R → M (Reflect and Map): End your day by reflecting on what happened and mapping a better way forward.

U (Unconscious Competence): With regular practice, new habits settle deep into your mind and start working on their own.

CARD is a daily four-step NLP-based exercise:

C - Concentration: Bring your mind gently to one positive thought.

A - Anchoring: Link that thought to a physical gesture such as the palm hold.

R - Reframing: Look at difficult situations with a fresh and more helpful view.

D - Dissociation: Step back from pain or stress and see things more clearly.

Key Principles:

Practice five times a day to feel real results.

Start with a mentor, practice with a group, and one day guide others.

Small steps done daily can change the way the mind works and bring more peace, strength, and joy.

This model suits both personal growth and team or community building.

TRUMP CARD is your lifelong friend. It gives you a way to stay calm in the middle of noise, and to grow with purpose, every single day.