FROM THOUGHT TO POWER™ · RANA MALAEB

The Five Step Method

Uncover → Rewire → Decide → Act → Anchor

THOUGHTS. ACTIONS. LEGACY.

ranamalaeb.com · rana.t.malaeb@gmail.com · +961 76 922 685

THE METHOD

The From Thought to Power™ Method

This method is not a checklist. It is a sequence, and each step opens the door for the next. Work through one step at a time. You may spend a single session on one step, or return to it across weeks. The goal is depth, not speed.

> "You do not need to rush. One step done fully is worth ten steps done superficially."

STEP 01

Uncover

Surface the unconscious beliefs, inherited narratives, and automatic thought patterns that have been quietly running your life. You cannot change what you cannot see. This step is about making the invisible visible, without judgement and without rushing to fix.

COACHING QUESTIONS

- What is the belief I keep returning to when I hold myself back?
- Where did I first learn to see myself this way, and how old was I?
- What am I most afraid people would discover about me?
- What story am I telling myself about why this is impossible?

YOUR REFLECTION

Write the belief exactly as it sounds in your head. No softening, no editing.

STEP 02

Rewire

Interrupt and rebuild habitual responses using neuroscience informed techniques. The brain changes through repetition, and this works in both directions. Every time you catch the old pattern and consciously redirect it, you are building a new neural pathway. The question is: which direction are you practising?

COACHING QUESTIONS

- What new thought do I want to practise until it becomes automatic?
- Where in my body do I feel the old pattern activate? What is the physical signal?
- What would a 10% braver version of me think right now?
- What evidence already exists, right now, that contradicts the old belief?

YOUR REFLECTION

Describe the new thought you want to rehearse. Make it a question or a possibility, not a declaration.

STEP 03

Decide

Clarify your core values and build decision making frameworks aligned to them. Every decision you make is a vote, either for the old story or for the new one. Most people are not aware they are constantly voting. This step is about choosing consciously.

COACHING QUESTIONS

- What are the 5 values I most want to decide by, not to perform but to actually live?
- Is the decision in front of me coming from fear or from genuine clarity?
- What would I choose if I knew I could not fail and no one was watching?
- Who would I disappoint if I made the most courageous choice available to me?

YOUR REFLECTION

Name the decision in front of you and the value you want to decide by.

STEP 04

Act

Build concrete action systems: daily practices, weekly experiments, and accountability structures that close the gap between knowing and doing. Most people do not have a discipline problem. They have a system problem. The feelings of motivation are unreliable; the system is not.

COACHING QUESTIONS

- What is one specific action I can take in the next 24 hours? Not someday, today.
- What has stopped me from acting on this before, and is that story still true?
- Who will hold me accountable, and how will they know when I have not followed through?
- What does a consistent daily practice look like that I could actually sustain?

YOUR REFLECTION

Write the one action you will take in the next 24 hours. Name it precisely.

STEP 05

Anchor

Embed the new patterns into your identity, daily architecture, and relationships permanently. Transformation is not an event. It is a new way of being. This step is about making the shift structural, not motivational. Motivation fades. Structure holds.

COACHING QUESTIONS

- How do I want to describe myself once this pattern is fully integrated?
- What environment (physical, digital, relational) supports this new version of me?
- What old habit, space, or relationship may need to shift to protect what I have built?
- How will I know this has become who I am, and not just something I occasionally do?

YOUR REFLECTION

Write one sentence that describes who you are becoming, in the present tense.

COMPLETE THE ARC

Your Transformation Checkpoint

Once you have worked through all five steps, return here and reflect on the full arc.

- [ ] **Uncover**
  I have named the belief clearly and honestly.
- [ ] **Rewire**
  I have identified the new thought I want to build.
- [ ] **Decide**
  I know the value I am deciding by.
- [ ] **Act**
  I have taken one concrete action in the past 24 hours.
- [ ] **Anchor**
  I have described who I am becoming in the present tense.

WHAT SHIFTED?

Describe in a few sentences what has changed in your thinking, your body, and your clarity.

READY TO GO DEEPER?

Book your free 25 minute Clarity Call

ranamalaeb.com