AAMNA KHOKHAR

Be Melting Snow

A short guide on how to wash yourself, of yourself.

LEAF COACHING



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Contents

Preface		iv
Illustrations		vi
1	New Beginnings	1
2	Love, Love, Love.	8
3	Choose Your Path	15
4	Dreams do come true	20
5	“I am as my bondsman thinks of Me”	26
6	Fears	32
7	Letting Go	38
8	Forgiveness	44
9	Accepting your Dark Side	51
10	Interdependence	57
11	Festive Seasons	63
Aamna Khokhar in her own words		68
A bit more about Leaf Coaching		69
Reader Notes		70

1

New Beginnings

"He is the Originator of the Heavens and the Earth! When He decrees a matter, He simply tells it, "Be!" And it is!"[3]

A New Year a New You.

What would it be like to be able to create a new you? On any day of your choosing, at any point in time you can choose again who you want to be. You can make resolutions, change your habits or simply rewrite scripts to old relationships. You can surprise yourself and others with a brand new you! That's what new beginnings are all about!

The creation of a new and reenergised life lies in understanding the inter-relationship between our unexamined thoughts, words and actions, and how through a structured and consistent

[3] The Qur'an, surah Baqarah (The Cow) verse 117. The Clear Quran, Dr. Mustafa Khattab

critical evaluation of these three key areas – we can come to create ourselves anew. We create our context through our words and action, and these in turn come from the beliefs we have. The beliefs we have come from many places, but how often do we take stock and think about whether these beliefs are really from our own making, or have they been handed down to us - or even worse - have we just been conditioned into them.

> *When it is said to them, "Follow what Allah has revealed," they reply, "No! We only follow what we found our forefathers practicing." Would they still do so, even if their forefathers had absolutely no understanding or guidance?*[4]

One way of reflecting and evaluating is to go deep into your thoughts and think about who you want to be and what you would like to create in your life. Be free in your consideration of the different areas in your life and when choosing, pick something you really want to be working on. Don't be afraid of being confronted by it. It helps to be totally honest with yourself and remember that you are doing this just for yourself and no one else.

* * *

[4] The Clear Quran, Dr. Mustafa Khattab (Qur'an 2:170)



Reflection: 'The final result is in His hands, start your flight. Even with wet wings, attempt your take off.' [translation of an Urdu poem].

* * *

Creating a New You

There are many reasons why people create and stick to habits. To stick to the changes you want to make you must consider your *intentions* and not the *results* you are trying to achieve. Let's take weight loss as an example; instead of saying 'I want to lose 5kg' which will have you focusing on the result you can focus instead on *why* you want to do that. The reason might be that you want to be healthier and revitalised. So a more effective intention is '*To be healthy and full of vitality*'. With the former scenario you are actually focused on the very thing you don't want, which according to the '*law of attraction*'[5] could actually bring about more of what you are trying to avoid. Alternatively, focusing on your intention, can actualise the intended outcomes (which is more important than the specific process or course of action).[6]

Focused on the intention it's easier to create a desired outcome 'I want to be able to run a mile with ease'. From such an outcome you will create better actions, you are more likely to find out

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[5] You can read more about the Law of Attraction here: https://www.thelawofattraction.com/what-is-the-law-of-attraction/. Please note that this isn't an endorsement of the law of attraction as such, however, I do find it helpful to signpost to various personal development theories, especially when the relate directly to the subject matter at hand.

[6] This isn't to say that procedural matters, project planning and SMART objectives (read here: https://www.professionalacademy.com/blogs-and-advice/what-are-smart-objectives-and-how-do-i-apply-them) are not important. They very much are. What I am trying to say is that these are all tools for you to use in your quest to achieve x or y goal. The real matter at hand is your motivation and why you are planning a certain course of action in your life. It is the why first, and then the how. Otherwise you will go down the rabbit hole of procedural nit-picking if and when things go awry.

what it takes to live a healthier lifestyle, eating the right kinds of foods and engaging in the right kinds of exercises, that, in turn, will cause the weight to drop off and stay off.

How To Frame Your New Habits

To achieve what we want we must clearly define it. In the following steps I will guide you through how to correctly formulate your habits:

- Create an intention that is in alignment with your values[7] and the kind of life you would like to live. Be inspired by it.

- Define what you want as an outcome, remember this is not about stating what you don't want but rather shaping what it is that you do want. This should be what you would get if you fulfilled your intention.

- Create an action plan with tasks that will bring you to your desired outcomes. This way consistent small steps, will lead

[7] In the bestselling book, The Chimp Paradox, Prof Steve Peters talks about the 'Stone of Life'. You can read a synopsis here, and this will help you formulate your own values and your guiding principles of life, if you haven't done work around this previously. https://cashflowcop.com/my-stone-of-life/

to you achieving your desired long term goals.

- Create a timetable where you map the things that you are doing on a day-to-day basis, look at those activities and decide which of those are serving you and which do not. Those that are superfluous, ineffective or not part of a greater purpose can be removed.

- In the same timetable add your new activities that serve the greater purpose.

- Create rewards for yourself when you fulfil your intentions through your chosen activities and enjoy your transformation. Be patient with the results and notice what you are grateful for whilst on the journey.

- If things don't go per plan don't give up on all your efforts. Just take stock to work out why it didn't work and then keep

on going.[8]

At any point in your life you can make new decisions about who you are and who you want to be, it doesn't matter who you have been, it's never too late. Be true to yourself and create a you that lives a life out of the ordinary. You deserve it.

[8] This step is critical, as things are more likely to fail than not, in the majority of cases. The key is to pick ourselves up, learn from our experiences and to adjust any of the previous steps to take into account the learning we have just made. That way, the 4th or 5th time you try, it will work. It is important that you acknowledge that this isn't related to your own lack of willpower, and that it is a failing on your part personally. It can take anywhere from 18 to **254 days** for a person to form a new habit and an average of **66 days** for a new behaviour to become automatic, according to this Healthline blog: https://www.healthline.com/health/how-long-does-it-take-to-form-a-habit#takeaway