

# The Terminal Patient's Guide to 10/10 Living:

*Life-Changing Insights from Those Who Ran Out of Time.....!!!*

## Introduction: The Wisdom of the Dying

As a medical doctor, I've sat beside countless patients in their final moments. What they shared with me changed everything I thought I knew about living well. This guide contains the most profound insights from those who wished they had more time—so you can live fully while you still have it.

## The Three Universal Regrets!!!

### 1. "I Wish I Had Better Relationships"

**What they told me:** "Doctor, I spent so much time being right instead of being kind. I let my pride destroy my marriage. I never really listened to my children."

#### **The 10/10 Living Solution:**

- **Listen with your whole being** - Put down your phone, look into their eyes, and truly hear what others are saying
- **Choose connection over being right** - Ask yourself: "Do I want to be right, or do I want to be close?"
- **Express love daily** - Say "I love you," "I'm proud of you," "Thank you" before it's too late
- **Forgive quickly** - Holding grudges only hurts you. Free yourself and others through forgiveness

## 2. "I Wish I Had Taken Better Care of My Health"

**What they told me:** "I thought I had time. I kept saying 'tomorrow I'll start eating better, tomorrow I'll exercise.' Tomorrow never came."

### **The 10/10 Living Solution:**

- **Start today, not tomorrow** - Take one healthy action right now, no matter how small
- **Sleep like your life depends on it** - Because it does. Prioritize 7-8 hours of quality sleep
- **Move your body daily** - Even 10 minutes of walking is better than zero minutes
- **Nourish, don't punish** - Choose foods that give you energy and vitality
- **Manage stress before it manages you** - Find healthy ways to process life's pressures

## 3. "I Wish I Had Been Braver with My Dreams"

**What they told me:** "I played it safe my whole life. I never took that risk, never started that business, never told them how I really felt. I lived someone else's life."

### **The 10/10 Living Solution:**

- **Define YOUR version of success** - Not society's, not your parents', but yours
- **Take calculated risks** - The biggest risk is living a life of regret
- **Invest in experiences, not just things** - Memories last forever, possessions don't
- **Leave a legacy that matters** - How do you want to be remembered?

## The Internal Dialogue Connection???

Here's what I discovered: Every single regret traced back to the same root cause—**negative internal dialogue** that kept them stuck.

The voice that said:

- "I'm not good enough for a loving relationship"
- "I don't have time to take care of myself"
- "I'm not brave enough to follow my dreams"
- "It's too late to change"

**But here's the truth:** You can change that voice. You can rewrite your internal script. You can live a 10/10 life starting today.

# Your 10/10 Living Action Plan!!!

## Week 1: Awareness

- Notice your internal dialogue throughout the day
- Write down the top 3 negative messages you tell yourself
- Ask: "Is this voice helping me live fully?"

## Week 2: Relationships

- Have one meaningful conversation with someone you love
- Apologize for something you've been avoiding
- Express gratitude to three people who matter to you

## Week 3: Health

- Commit to one healthy habit (sleep, movement, nutrition)
- Schedule your annual health check-up
- Practice stress management for 10 minutes daily

## Week 4: Dreams

- Write down one dream you've been postponing
- Take one small action toward that dream
- Share your dream with someone who will support you

## The Doctor's Promise!

I've seen what happens when people wait too long to change. I've also witnessed the incredible transformation that's possible when someone decides to rewrite their internal story.

You don't have to wait for a terminal diagnosis to start living fully. You don't have to carry regrets to your grave.

**Your 10/10 life is waiting. The question is: Will you claim it?**

## Next Steps

If you're ready to transform your internal dialogue and create the relationships, health, and dreams you deserve, I'm here to guide you.

Book your complimentary Pattern Breakthrough Call today, and let's discover what's really holding you back from your 10/10 life.

**Because tomorrow is not guaranteed. But transformation is possible today.**

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