

# KHALID ALHOSNI

## SHORT BIO

**A Paradigm Shifter,,,** Cap. Khalid draws from his own professional experiences and synchronicities in developing individual and organizational drive for success and excellence through intentionally focused thoughts and the elimination of perceived limitations.

Captain Khalid developed the “Traffic Light Analogy”, showcasing the need to stop, rethink, and go with intentionality, thereby creating complete focus on intended direction and allowing distractions their way till they wither, stripping them from their energy, within seamless flow. A traffic light has three colors: red, amber, and green (stop, get ready, go). Thoughts form the building blocks of our activity, inactivity, and general sense of direction. Therefore, to reach any worthy goal, one must think intentionally about that goal the STOP all thoughts that limit them from reaching that goal, START thinking of all the ways that will enable them to achieve that goal, and then Go. This process gradually allows the elimination of limiting thoughts, followed by small wins that will induce higher levels of conviction towards the intended goal, thereby exerting more action even to the point of getting into a flow state, the state of fluidity between body and mind and being in complete focus.

Captain Khalid possesses a very potent process that he guided many people through, that helped them reach their worthy ideals, which resonated with them months after their session with him, through the power of new habits.