

THE PAST 2-YEARS

T U R N I N G P O I N T

BUILDING DISCIPLINE, HEALTH, AND FAMILY BALANCE





PREFACE

This is the story of how one moment changed the course of my life. On April 21, 2023, I faced a health scare that became a wake-up call. What seemed like weakness turned into the strength to rebuild myself. Through discipline, family support, and determination, I found balance. I share this journey so others may find hope in their own struggles.



21-APRIL-2023

HARDCORE LESSONS

On the morning of 21 April 2023, my life reached a turning point. That was the day I started looking at life in a new way. Earlier, together with Sadaf, I had started a hobby business in the construction industry. We had already completed many difficult projects successfully, but **Project Starten 4** turned out to be our toughest and most decisive project.

We bought an old house, Starten 4, and applied to the local government for renovation permission. Their reply was: “You must demolish it and build a new one.” This changed everything. The project became more complicated, work pressure increased, and balancing my job, family life, and hobby became very hard. Slowly, my health began to suffer.

On that morning of **21 April**, as I stepped out of my room, I suddenly felt weakness and imbalance on the left side of my body. It was like a warning sign. My physical and mental energy reserves were already exhausted, but I still refused to stop. I even drove to buy wood for winter. Soon the weakness increased, and I finally called emergency services.



Project Starten 4



Final result of project Starten 4

At the hospital, they immediately did an ECG. The doctor asked me many questions, especially about stress. I told him, “Not too much, just a little.” **But even that “little” stress had exploded inside me like a bomb**, and my body could not handle it. I was admitted overnight, and the next day, after my ECG report, the doctor allowed me to go home.

That day was also Eid celebration day. Sadaf and the kids celebrated without me. But my wife, even in sadness, stayed strong. She took the kids to a Japanese restaurant to create some joy. That strength and positivity became a big inspiration for me.



In the hospital Falun



Lina & Gabriel on Eid day



CHANGE

MY JOURNEY OF CHANGE

On **24 April**, when I returned home, I made a promise to myself: to prioritize my health and family. I started sleeping eight hours, spending more time with my kids and wife, and giving full focus to my job. Only when I felt like it, I worked on the hobby business. Slowly, I reduced my weight from 80 kg to 72 kg. Yes, Starten 4 was delayed for some months, but I finally completed it. After that, I paused our hobby business.

Today, on **18 August 2025**, as I write this, I feel proud and happy. My life is now full of discipline: waking up at 6:00 am, a 10-minutes warm-up, preparing the kids for school, going to the office, gym before lunch, evening walks, and sleeping at 10:00 pm. My weight is stable at 71.5 kg, and I feel strong.

Sadaf & Me at Siljan(lake) in Rättvik



LESSON LEARNED

LIFE ALWAYS SENDS US SIGNALS. IF WE IGNORE THEM, WE SUFFER. IF WE LISTEN AND ACT, WE GROW STRONGER. DISCIPLINE, BALANCE, AND FAMILY SUPPORT ARE THE KEYS TO REAL SUCCESS.

Nobody told me the “right way” to live. I learned everything by going through difficulties myself. But today, I proudly call myself Hardcore, because I turned struggles and failures into strength.

This text is for those who are struggling right now. Give yourself at least five hours every week, make exercise part of your life, and design small strategies to improve. You will not only earn respect in the eyes of others, but also be able to look in the mirror and feel proud of yourself.