



21 Days to be Transhuman for Quality Life

Nanang Qosim Yusuf¹⁾ and Leni²⁾

Pamulang University, Indonesia

E-mail: ^{a)}naqoy.great@gmail.com

^{b)}lenidwiyarti321@gmail.com

Abstract: Quality life starts with the way of thinking, how to act, how to maintain habits, and make the situation comfortable and good for 21 days. In the world of change, humans have 2 strong memories, the first is 'brain memory' and 'muscle memory'. Both can be a way for someone to have a quality life, current research is carried out with a qualitative approach by activating great habits for 21 days through "muscle memory". This secret is carried out by athletes, professionals, singers, and all successful people in their fields, it turns out that they have a great habit for 21 days without breaking. The main results of the study found that those who have consistent habits will become successful and high-quality individuals, while those who only rely on "Brian Memory" will be easily defeated by uncontrollable circumstances. This study concludes that everyone who has a consistent habit for 21 days will have a different future, taking the term of this research "from good to great". From this research, it can be concluded that everyone can be the best, it's just that they are willing to shape their personality and habits for 21 days without breaking up. Requires 3 M to start, namely Mentor, a teacher or mentor who has strong self-discipline, the task of a coach or Mentor is to pave the way, even though in the end each of them will run the program, the second is Method (how), a step which starts from the first step and the first day which is carried out continuously for 21 days, the last is Milieu (learning environment), getting stronger and supporting each other in the learning process making a 21-day program easy and can be applied by anyone.

Keywords: 21 days, great habits, consistent, quality of life, above-average success

INTRODUCTION

Rumah Awareness Indonesia is an educational institution in the field of HR that focuses on providing training, Coaching and Connecting to participants since 2007, with the concept of producing above-average humans through 3 stages, namely One Minute Awareness, The7Awareness and 21 days to be Transhuman. This is the stage of a person finding change for the better. Beginning with "One Minute Awareness", a turning point for a person starts from his own self-awareness, an expression in The7Awareness (2013) that "If a knife is sharpened by a stone, humans are sharpened by other humans". Successful humans in various fields start from uncomfortable sharpening such as blasphemy, hurt, jealousy and even slander against themselves by those closest to them. However, this pressure does not actually bring him down but provides leverage for him to jump in the future, many people call it a problem but instead it is the entrance to victory from a bad past (Yusuf, 2013).

Michael Jordan is now estimated to have a fortune of US \$ 1.7 billion in the Forbes magazine's list of the wealthiest people. Many people do not know that he was a poor child who could not even buy sports shoes at all, the poverty of his parents made him aspire to be

the best basketball player. The "One Minute Awareness" experienced by this best basketball player when he was a child and had to sell used t-shirts in his place of birth, he realized that used t-shirts when added with added value would give a different meaning when they were sold. "One Minute Awareness" is also experienced by the author of the book Rich Dad Poor Dad (R. Kiyosaki), when he was a child he had a biological father who taught him that making money was easy but getting rich was the hardest thing, while his adoptive father told him that being rich was possible and anyone can get it. Since then he founded "One Minute Awareness" which made him a super-rich financial consultant (Kiyosaki, 2014).

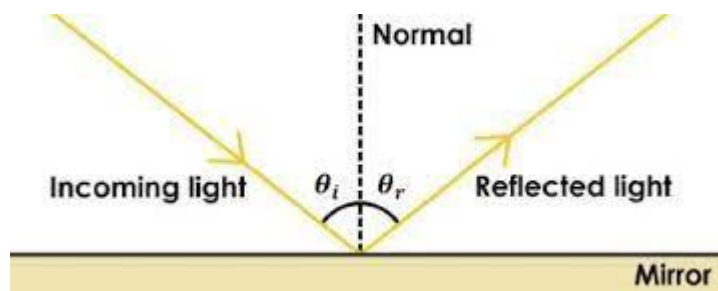
Awareness is the capital of change, where awareness itself is not only limited to 'Mindset' but more powerful and deep, namely 'Soul set'. As Mello (2009) said that "when the soul changes, the mind changes too". This is a change that has 3 indicators, the first is consistency, the second is focus and the third is work ethic. Anyone who has discovered One Minute Awareness will have all three. Consistency is the first indicator of One Minute Awareness as experienced by Rhenald Kasali, the new books written have inspired many readers across the country. When he was a child, he failed to advance to 5th grade and the incident made him feel ashamed and worthless in front of his mother, an event that hurt his soul and made him decide that everyone can change with consistent capital. The second indicator is the focus, this is shown by a successful entrepreneur included in the list of the 10 richest people named Chaerul Tanjung, the strength of his business lies in the strength of focus. The third is a high work ethic, this is described by Entrepreneur Basrizal Koto, although his education was not up to 6th grade, he showed quality with a relentless work ethic so that he eventually became the Chairman of the Malay Minang Merchant (Antony: 2009).

In the world of motivation there are 2 patterns of a person getting change, first is motivated from outside himself (extrinsic) which has a 12% influence power in a person's behavior, while the second is motivated by himself (intrinsic) from within which has an influence of 88%. When a person has the self-awareness to motivate towards a better life, it will be easy to follow all the guidelines for a quality life, as well as the above-average quality life guide in 21 days. The 21-day challenge is an easy thing to do consistently, happily, and enthusiastically. While those who are motivated from outside to run the 21-day program have many self-incriminating reasons, the 21-day program is training and guidance on one's identity to become a qualified person (Samsudin, 2006).

The term ABC-Awareness Before Change is the capital of every transformation that occurs in various private companies or state-owned enterprises, as has been carried out by PERTAMINA. This company had not previously experienced a "head to head" business with other oil companies, when Shell and Petronas entered Indonesia, of course, it was not easy to do a business strategy that could defeat companies from abroad when "knowledge" did not succeed in moving "action" it was needed. is the awareness of one's heart and soul. When awareness is found within them, then the transformation at PERTAMINA becomes easy and can be carried out well. Awareness is the turning point for any transformation program for the better, this applies to individuals, companies, and a nation to move forward and develop into a great nation. When a nation has not found the awareness that it will be easy to find a way out of the problems being faced by its people, this is the beginning of every change (Kasali, 2019).

In Snell's theory it is explained that the angle of incidence will be equal to the angle of reflection, with a note "flat is flat and good", this theory shows that successful humans above the average who have high quality are having a "pressure" modality, the more depressed, the more successful by having "one minute awareness", an expression of The 7 Awareness awareness motivation "Problems come in one package with solutions". The problems experienced make him stronger and have a big heart, not on the contrary to be small and give up, the quality of the response to a problem is a big capital to achieve success, everyone who finds 'One Minute Awareness' will see the pressure will make him enthusiastic and see everything is an opportunity to go forward and big. Snellius stated that "the incoming ray" will be the same as the "reflection ray", this theory illustrates that no matter

how heavy a person's burden is when he has a positive mentality and a winning spirit, he will find a "window of opportunity" (Sri, 2013).



Source : the7awareness leadership

Figure 1. Snell's law of reflection of light

Snell's law of reflection of light Snell's statement is known as the law of reflection of light (rays). For plane mirrors usually have special properties that are shown in the resulting image from a plane mirror, among others: (1). The height of the image will be the same as the height of the object, (2). The distance from the image to the mirror is the same as the distance from the object to the mirror. (4). The position of the image on a plane mirror will be opposite to the object. (5). The nature of the upright image is the same as that of the object. (6). The image formed is pseudo or virtual, namely: the image can be seen in a mirror, but the image cannot be captured by a screen.

Qualified humans have an open way of thinking to change, their hearts and soul accept every pressure to be a way of success. Their strength is perseverance, something that is often easy to say but difficult to execute. Making and training yourself by having consistency in 21 days is a great self-program, a Maestro said that "A person who has istiqomah, will beat a thousand karomah". In the KKBI (Big Indonesian Dictionary) noun (noun) regarding diligent; hardness and earnestness (work).

Here are five benefits or reasons why consistency is an important habit to have. Knowing these reasons can be the motivation you need to give more attention to it.

1. **It develops discipline and self-control.** Forming a new habit can be challenging because it's easier to go back to what you're comfortable with. Your ability to be consistent requires self-control, which means you don't allow yourself to get off track while staying focused on incremental improvement. This will help you develop the discipline required to keep going.
2. **It builds a higher level of trust.** The level of trust you have with yourself shows up in the level of trust others have with you. Being consistent will help build momentum. This means you'll also feel good about what you're working towards.
3. **It can fast track your improvement or development in any area.** Consistency will lead to progress, which can speed up the achievement of what you want. This will build your self-confidence, which will help you set bigger and more challenging goals.
4. **It will create accountability.** Your results will reveal if you're consistent or not. If you know you're not on track, you can hold yourself accountable. This means you can adjust your actions or behaviours and keep progressing towards what you want.
5. **It will help you stand out or be noticed.** Small actions carried out repeatedly will amount to big results over time. When you do something for a long period, you will differentiate yourself from those who aren't consistent. This can help you attract new opportunities that may not have been possible if you hadn't been consistent.

LITERATURE REVIEW AND HYPOTHESIS DEVELOPMENT

Reading the book 21 days to be Transhuman, cannot be separated from reading the previous book, "One Minute Awareness", because in The7Awareness trilogy, namely One Minute Awareness, The7Awareness and 21 days to be Transhuman, these three books are

focused on how HR learns to become a human above average. The book One Minute Awareness explains that humans above average have the formula for life which is $P \times DX \times BX \times C$, Pressure \times Dreams \times Belief, and \times Consistent. This multiplication is the initial capital of success above the average. Many people have had the third capital of success such as heavy life pressures, real dreams, and high self-confidence but the difficulty of having *istiqomah* or consistency. Because without consistency it becomes difficult to be above average (Yusuf, 2019).

Since the COVID-19 pandemic on April 19, 2020, the 21 Days to be Transhuman training has been held every Thursday from 01.00 PM-05.00 PM, in the training, there is coaching for 21 days through audiobooks and 21 days of books. Participants are guided every day by getting used to special habits, in The7Awareness formula there is an expression that successful people are ordinary people who have extraordinary habits, among those extraordinary habits are the habit of 1 hour of silence and 3 S "*istiqomah*" 21 days. The 21 day participants are also The7Awareness participants.

The first part in The7Awareness is The art of esoteric thinking, the second ladder of consciousness becomes Human above the average the second is The art of esoteric silence, in one of the "Quotes" in The7Awareness or The Heart of The7Awareness it is explained that "To Live We Need water, To meaningful life we need silence", it turns out that to live life all creatures need water, humans, animals and even plants. But to live a valuable life, above average we all need "silence" In The7Awareness training there is a formula called "S-R" Stimulus - Response", most humans on average every time there is a Stimulus (Stimulus) will give a Response, I want to give a real example, one day a friend was contacted by someone who told him that his son fell from the 4th floor at his school, now in the hospital operating room, hearing the news he immediately panicked and confused, from the voice of the caller he could direct him to make a transfer worth 50 million, otherwise she will lose her child (Eswaran, 2010).

Uniquely, when he contacted the school, it turned out that the teacher's cellphone and the fixed phone had all failed to be contacted, and he increasingly believed that his son was really in the hospital. My friend remembered the formula in The7Awareness about silence, he immediately performed ablution and sat for 5 minutes, didn't pick up the caller, and said 'Alhamdulillah, O Allah, my child is healthy. he went straight to his son's school. Finally, he was accompanied by one of his family to school and it turned out that his son was studying and joking with his friends, his son was initially confused to see his mother's arrival, but everything ended up beautifully. The caller realized that the mode of operation failed because it had disconnected communication with this mother. Let's briefly dissect the secret of being an above-average human being called "silence" (Yusuf, 2011).

In the 3-day training itself, the Awareness of Silence material was delivered on the second day in the morning with the theme "Window of opportunity: because those who often familiarize themselves with the habit of "silence" will easily find information windows about opportunities. Newton is told in the book The Heart of 7 Awareness while sitting in the yard and watching the apple fall, while holding the apple and doing "silence", with a question why the apple fell down, while the stars and the sun were just the opposite because his practice of silence in 10 years finally found " "Universal Gravity Theory" so that his position was compiled as the number 2 person in the list of 100 influential people in the world after the Prophet Muhammad by Michael H. Hart.

Quoting from trifectanutrition.com, muscle memory is an activity to carry out certain motor tasks in memory through repetition. Meanwhile, from the Oxford Languages, muscle memory is the ability to reproduce certain movements without conscious thought, which is obtained as a result of repeating these movements. In short, muscle memory is the memory of the body's muscles for the activities they have done. Launching from fitbod.me, this muscle memory helps you regain strength and muscle mass faster than when you first started training. That's what makes it easier for you to relearn old skills you may have given up long ago, such as lifting weights, and to build strength and size, even after weeks of inactivity.

Even though your muscles themselves can't remember anything, they are full of neurons attached to your nervous system that play a role in motor learning. Any movement requires brain activity, and repetition of movements, even complex ones, often triggers patterns present in the brain region responsible for motor skills. In the end, it's like learned movement, which will only require less brain power in the future. Malcolm Gladwell said, to get muscle memory is about 10,000 hours to master a skill. However, it will likely take significantly less time if you are to reap the benefits of muscle memory for hypertrophy training.

Brain Memory VS Muscle Memory

A fundamental difference from "Brain Memory and Muscle Memory" lies in the power of repetition, any memory that is repeated with the strength of 21 days without breaking is the right start to form great habits. In the transformation stage of a person's self, 21 days of continuous practice is an important part of muscle memory, successful people in all areas of life and top careers, in the fields of athletes, medicine, law and education, those who succeed are having the strength of consistency for 21 days without breaking. . In the 21-day exercise, being an above-average Human is determined by 2 factors. The first is whether they have the sincerity to carry out the 21 days without interruption and second is whether the participants are loyal to the guidelines carried out for 21 days.

Robin Sharma and Stephen Covey are 2 figures who support that a habit is formed for at least 21 days. Viyah Eswaran also supports that someone who meditates properly on God for 21 days will form a strong character that is. The power of 21 days in the persistence of one's heart will save one's life from frustration, depression, and even suicide plans. If we want to learn about the secrets of people who have the consistency of Islamic boarding schools in Indonesia, this is one example, education at Islamic boarding schools has the power of "muscle memory" in its implementation, the students (students) manage to memorize the book and also the Al-Quran with a power of 21 days that are repeated for months (Eswaran, 2010).

When someone memorizes a vocabulary or lesson in a subject at school this is an example of the power of one's intelligence which is called "Brain Memory" while when students get involved in school projects and collaborative humanitarian projects between the school and a foundation and a company this is exercise "muscle memory" , a country whose method of learning uses the power of "Brain Memory" is Indonesia while a country that uses the power of 'Muscle Memory' is Japan. Education in schools has a real impact on children's lives in the future, not long ago when the World Cup in Qatar 2022, the audience was amazed to see Japanese supporters cleaning the stadium automatically together. This is not about imaging but because the nervous system in their brains is automatic.

Brain memory is formed from knowledge. Meanwhile, muscle memory is formed by practice. A human who only constructs knowledge through his brain will become a formulaic human who only sees from the lens of his brain's memory. Meanwhile, humans who only do exercises will automatically move reflectively. The combination of the two will produce endless creative ideas and actions which we call competitive advantage. What needs to be remembered, ideas alone are not enough, action is also needed to realize ideas.

Muscle memory is a form of procedural memory that involves consolidating a specific motor task into memory through repetition, which has been used synonymously with motor learning. When a movement is repeated over time, the brain creates a long-term muscle memory for that task, eventually allowing it to be performed with little to no conscious effort. This process decreases the need for attention and creates maximum efficiency within the motor and memory systems. Muscle memory is found in many everyday activities that become automatic and improve with practice, such as riding bikes, driving motor vehicles, playing ball sports, typing on keyboards, entering PINs, playing musical instruments, , martial arts, and dancing.

The origins of research for the acquisition of motor skills stem from philosophers such as Plato, Aristotle and Galen. After the break from tradition of the pre-1900s view of introspection, psychologists emphasized research and more scientific methods in observing behaviours. Thereafter, numerous studies exploring the role of motor learning were

conducted. Such studies included the research of handwriting, and various practice methods to maximize motor learning.

The retention of motor skills, now referred to as muscle memory, also began to be of great interest in the early 1900s. Most motor skills are thought to be acquired through practice; however, more observation of the skill has led to learning as well. Research suggests we do not start off with a blank slate with regard to motor memory although we do learn most of our motor memory repertoire during our lifetime. Movements such as facial expressions, which are thought to be learned, can actually be observed in children who are blind; thus there is some evidence for motor memory being genetically pre-wired.

In the early stages of empirical research of motor memory Edward Thorndike, a leading pioneer in the study of motor memory, was among the first to acknowledge learning can occur without conscious awareness. One of the earliest and most notable studies regarding the retention of motor skills was by Hill, Rejall, and Thorndike, who showed savings in relearning typing skills after a 25-year period with no practice. [Findings related to the retention of learned motor skills have been continuously replicated in studies, suggesting that through subsequent practice, motor learning is stored in the brain as memory. This is why performing skills such as riding a bike or driving a car are effortlessly and 'subconsciously' executed, even if someone had not performed these skills in a long period of time.

The neuroanatomy of memory is widespread throughout the brain; however, the pathways important to motor memory are separate from the medial temporal lobe pathways associated with declarative memory. [9] As with declarative memory, motor memory is theorized to have two stages: a short-term memory encoding stage, which is fragile and susceptible to damage, and a long-term memory consolidation stage, which is more stable. The memory encoding stage is often referred to as motor learning, and requires an increase in brain activity in motor areas as well as an increase in attention. Brain areas active during motor learning include the motor and somatosensory cortices; however, these areas of activation decrease once the motor skill is learned. The prefrontal and frontal cortices are also active during this stage due to the need for increased attention on the task being learned..

The main area involved in motor learning is the cerebellum. Some models of cerebellar-dependent motor learning, in particular the Marr-Albus model, propose a single plasticity mechanism involving the cerebellar long-term depression (LTD) of the parallel fiber synapses onto Purkinje cells. These modifications in synapse activity would mediate motor input with motor outputs critical to inducing motor learning. However, conflicting evidence suggests that a single plasticity mechanism is not sufficient and a multiple plasticity mechanism is needed to account for the storage of motor memories over time. Regardless of the mechanism, studies of cerebellar-dependent motor tasks show that cerebral cortical plasticity is crucial for motor learning, even if not necessarily for storage.

Many people do not realize that success is not only determined by brain memory. Recent findings in biology show that there is another memory that is no less important, namely muscle memory, which is located in all of our muscle tissue. Brain memory is formed from knowledge. Meanwhile, muscle memory is formed due to practice. Humans who only build knowledge through their brains will become formulaic humans who only see from the lens of their brain memory. Meanwhile, humans who only do exercises will move automatically reflectively (kasali,2019).

This was written by Rhenald Kasali in his latest book entitled 'Myelin, Mobilizing Intangibles to Become a Force for Change. This book is a series of books on change (Change!) that Rhenald previously wrote. about executives. The mistake involved a matter of memory. We give an honorable throne only to one memory, namely brain memory," explained Rhenald in his book. Myelin is the insulation that wraps the links in the nervous system which has a role in increasing the transmission power, speed, and accuracy of the signals sent. The thicker the myelin, the more skilled the human is because the signals of expertise that are carried are neatly wrapped and move more powerfully.

The phenomenon of muscle memory is most often discussed when looking at muscle atrophy, or when you stop training for a long time, resulting in the potential for muscle loss. Many believe that muscle memory will allow you to quickly regain muscle size and strength. However, muscle memory is the result of motor skills being learned and not about muscle growth. Various studies have shown that when muscle fiber size decreases when we stop exercising, the number of myonuclei appears to remain stable even for long periods in atrophied muscles, even after up to three months of inactivity. Therefore, they are still there when we return to the gym and are ready to synthesize protein and assemble muscle fibers more quickly than they did when they first came to train.

In muscle memory, it can be seen from the power of repetition that is repeated for 21 days, when a person has the endurance and fighting power without breaking for 21 days doing the same thing without breaking, this is the beginning of a self-change that turns out to be in one's life. The automatic nerves have been activated and will make everything possible, with the power of 21 days, the so-called impossible will become possible in the future. The power of repeating 21 days is a mind exercise that will strengthen one's heart to become an expert in their field later.

In The7Awareness theory, when a person has a strong commitment for 21 days to change, integration between bodyset, mindset, heartset, soulset will be built into one unit that cannot be separated. We call it Dynamic Interplay, a unity that cannot be separated from one another. Someone who has experienced integration between mind, heart and action and synchronized for 21 days will produce maximum results, the term The7Awareness is above average. They are ordinary people but have extraordinary habits, starting from the first day of training and continuing for a great 21 days. Initially, every change always tends to make our brains reject it. In the 21 days to be transhuman training, participants are often asked to take their own signatures. They can quickly make each signature with their right hand. refuse it and mouth says 'difficult, difficult, impossible', it turns out that if you do it continuously for 21 days, writing with your left hand can be done easily.

METHODS

The research method uses qualitative, qualitative research where the role of the researcher is as a key instrument in collecting data, and interpreting data. Data collection tools usually use direct observation. While the validity and reliability of data using triangulation using inductive methods, the results of qualitative research emphasize meaning rather than generalization. Bogdan and Taylor explained that qualitative research methodology is a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior.

The qualitative research conducted is Applied Research. Applied research is a type of research that aims to provide practical solutions to certain problems. This research does not focus on developing an idea, theory or notion, but rather focuses on the application of this research in everyday life. Taken from the principals of the 21 days to be transhuman program which was given since 2020 when Covid 19 was endemic in Indonesia. When MSMEs experience many losses in business, when employees are expelled from their companies and when almost everyone loses hope for the future. This 21-day training is provided to guide them in creating a successful formula in dealing with the heavy pressure of Covid 19.

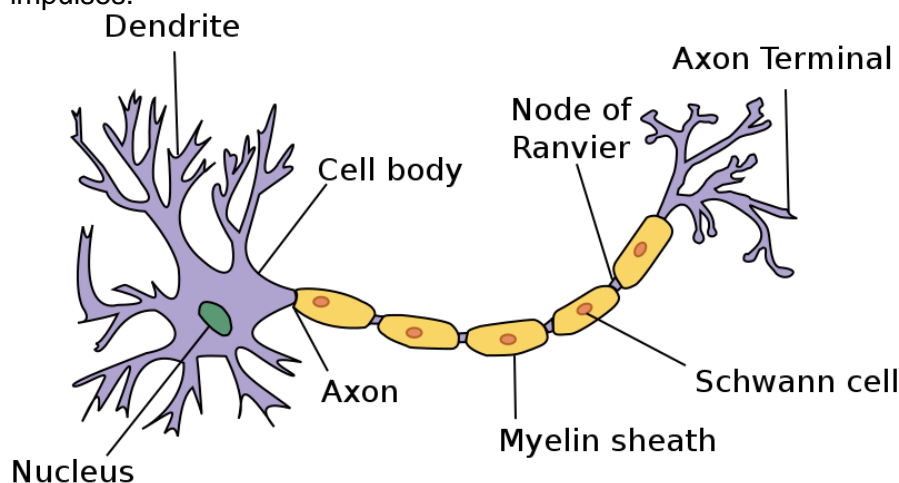
RESULT AND DISCUSSION

The book 21 days to be transhuman is a guidebook for participants who will learn to be human above average, each participant is to make a commitment in the form of a signature at the beginning as a form of readiness to be trained and form positive mental strength for 21 days. A day full of serious training in life is above average, imagine if there is an Olympic athlete, there are 2 coaches, the first type is free, moderate and relaxed, the practice schedule can change or even cancel at any time, while one coach serious, focused and no time for jokes, every day there is only one word that is practice. If you continue to follow a

coach for 3 years, it is certain that the athlete will get his dream at the Olympics, while if you follow a coach who is free it will result in shame and failure in the future.

21 days will form well-trained motor nerves. As we know that nerve cells or neurons are the main work unit of the nervous system which functions to transmit electrical impulses that are formed as a result of a stimulus (stimulus). Millions of these nerve cells form a nervous system. Neurons are the main component of nervous tissue in all animals except sponges and placozoa. Plants and fungi do not have nerve cells. Neurons are usually grouped into three types based on their function. Sensory neurons respond to stimuli such as touch, sound, or light that affect sensory organ cells, and they send signals to the spinal cord or brain. Motor neurons receive signals from the brain and spinal cord to control everything from muscle contractions to glandular secretions. Interneurons connect neurons to other neurons within the same region of the brain or spinal cord. When several neurons are connected together, they form what is called a neural circuit.

Each neuron consists of a cell body in which there is a cytoplasm and a cell nucleus. Two kinds of nerve fibers emerge from the cell body, namely dendrites and axons. Dendrites function to transmit impulses to the nerve cell bodies, while axons function to transmit impulses from the cell body to other nerve cells or to other tissues.[1] If the dendritic node is damaged, then that person will experience senility (if it occurs in the brain). If it occurs in other organs, they will experience numbness.[2] The axons are usually very long. In contrast, dendrites are short. At the end of the axon, there is a synapse, which is the gap between the nerve endings where neurotransmitters are released to deliver impulses to the next nerve or target organ. Each neuron has only one axon and at least one dendrite. Both of these nerve fibers contain plasma cells. On the outside of the axon, there is a layer of fat called myelin which is formed by Schwann cells that attach to the axon. Schwann cells are the main glial cells in the peripheral nervous system that function to form the myelin sheath. Myelin's function is to protect axons and provide nutrition. The part of the axon that is not wrapped in myelin is called the node of Ranvier, which can speed up the conduction of impulses.

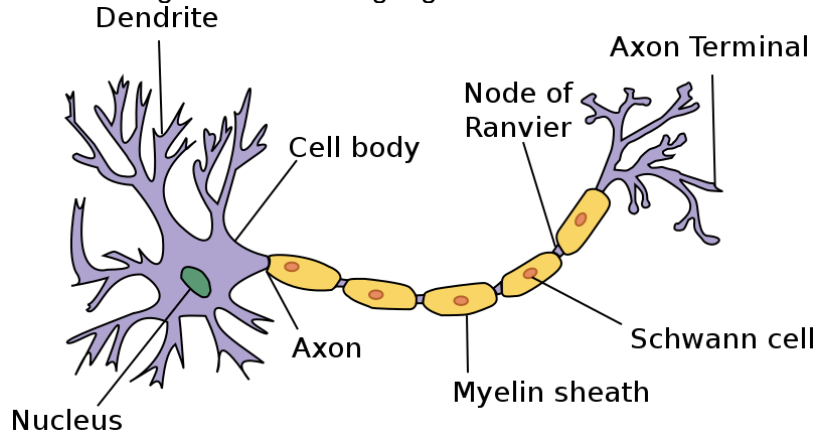


Source : <https://id.wikipedia.org/2022>

Figure 2. Snell's law of reflection of light

Based on its function, nerve cells can be divided into 3 groups, namely: (1). Sensory nerve cells. (2). Motor nerve cells. (3). Intermediate nerve cells (interneurons). Sensory nerve cells The function of sensory nerve cells is to carry impulses from receptors to the central nervous system, namely the brain (encephalon) and spinal cord (spinal cord). The axon endings of sensory nerves are associated with association (intermediate) nerves. Motor nerve cells The function of motor nerve cells is to send impulses from the central nervous system to muscles or glands, the result of which is the body's response to stimuli. Motor neuron cell bodies are in the central nervous system. The dendrites are very short and associated with the axons of the associated nerves, whereas the axons can be very long.

Connecting nerve cells are also called association nerve cells. These cells can be found in the central nervous system and function to connect motor nerve cells with sensory nerve cells or connect with other nerve cells in the central nervous system. The junctional neurons receive impulses from sensory receptors or other associated neurons. Groups of nerve fibers, axons, and dendrites unite in a single sheath and form nerve fibers. While the nerve cell bodies gather to form a ganglion or nerve node.



Source : <https://id.wikipedia.org/2022>

Figure 3. Snell's law of reflection of light

The popular belief is that it takes us 21 days to change a habit. Changing habits means changing behavior to be automatic, you don't need to think about it when you do it. This belief seems popular after Dr. Maxwell Maltz mentioned it in the book *Psycho cybernetics* in the 60s. However, do we really only need 21 days to change a habit? A study conducted in 2009 said it takes us 18-254 days to change a habit. But on average, it takes us 21 days to change a habit. Of course, changing complex habits is different from changing simple habits. The frequency of his habits can also have an effect, whether daily or weekly, or monthly. The study does not explore it in more detail. So, let's just make a benchmark that it takes 21 days to change a habit.

21 days of practice

Why sometimes a person's enthusiasm does not reach 21 days, in the 21 days to be the transhuman program at Rumah Awareness it is explained that in 21 days a person will experience 3 phases, and each phase has different characteristics from one other. When these 3 phases have been passed, it will it's easy to go through the "Coaching Life Awareness" program. In the 21-day program, there are 21 strong and superior characters that are formed with self-awareness so that they become easy and beautiful to run. The 21 days are as follows:

1. EXERCISE TO GIVE WITH THE HEART
2. PRACTICE FOR FORGIVENESS
3. EXERCISE FOR THE POWER OF YOUR LIFE FOCUS
4. PRACTICE THINKING AND HAVE A BIG SOUL
5. PRACTICE OUT OF YOUR MIND
6. PRACTICE FOR EQUITY
7. EXERCISE FOR DISCIPLINE
8. PRACTICE BEING CONSISTENT
9. EXERCISE FOR ENTHUSIASM AND POSITIVE MENTAL
10. PRACTICE FOR EFFECTIVE LISTENING
11. EXERCISE TO PRIORITY
12. EXERCISE TO MOTIVATE OTHERS AND YOURSELF
13. EXERCISE TO HAVE A WONDERFUL SENSOR OF HUMOR
14. PRACTICE FOR EFFICIENCY
15. EXERCISE FOR COURAGE
16. EXERCISE TO STAND UP IN ASSOCIATION

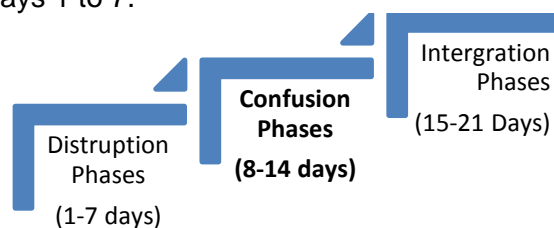
17. EXERCISE TO KEEP YOUR HEALTH
18. EXERCISE FOR VISIONERS
19. PRACTICE FOR SINCERITY
20. EXERCISE FOR LAUGHTER
21. EXERCISE FOR ACTION

For 21 days train hard to have a real target a real change in 21 days. Each exercise is carried out under the guidance of a mentor and measurable exercises for success, each person provides a personal report to the 21-day habit guide. If you experience a failure in the 21 day process, it will repeat again on the first day. From the first day we practice giving with a happy heart, continue with the practice of forgiveness and finally the 21st day practice of action. In carrying out the 21 day program there is a keyword taken from the One Minute Awareness theory, namely "People who fail have thousands of reasons while successful people only have one reason, namely no reason".

We will easily find people who have big dreams but are not achieved because they are distracted by self-made reasons, when someone has a reason the doors of opportunity will close quickly, while those who have only 1 reason will always find a way out of every problem and even an opportunity can exist among the many pressures and problems that exist. The failure of a great dreamer is when he is unknowingly shackled to an excessive sense of comfort and chooses not to do anything at all with the risk he will receive. While those who run 21 days with self-awareness that the risks of life must be lived and accepted with a big heart.

3 phases in 21 days

The first phase in carrying out the 21 day activities is the Destruction Phase, the phase that starts from days 1-7. From the first to the 7th day of running the 21-day program, you will have full fighting spirit, just like someone who wants to practice soccer every day after breakfast, from the first to the seventh day, you will have full enthusiasm and targets. But it turns out that those times don't last until 21 days, because on the 8th day and so on we will go through times that make us often meet with laziness. The destruction phase is the momentum from the first day to the seventh day which contains disciplinary exercises in building the initial character towards the 21st day. The Destructive Phase is the initial energetic and self-disciplined phase. What seems strong is the power of focus in the course of Days 1 to 7.



Source : The7Awareness Leadership 2022

Figure 4. 3 phases in 21 days

The second phase of the 21 days to be Transhuman program is the confusion phase with the indicator "lazy and failing to focus". The 8-14 day program is a tough time to run the 21 day program. It's like a program that is carried out during the day after eating, without realizing it will make a person feel sleepy because of a full stomach. It is these periods that will make someone decide to stop in the 21-day program or continue the program, when someone stops, they will find a strong feeling of laziness to start all over again, when someone continues to break through with repeated steps, they will find the third phase, namely the phase unification (integration). In this second phase, it is like someone is choosing 2 paths, whether to go to the right or to the left, those who remain focused on running the 21-day program are ensured because they already have the transformation capital, namely One Minute Awareness (OMA).

The third phase of the 21 days to be Transhuman program is a meeting between the first phase (disruption) and the second phase (Confision), namely the Phase called the

Integration Phase. The process of unification between bodyset, Mindset, Heatset and Soulset. Someone who has arrived at this level is those who have the strength of intention, persistence in walking, confidence in the heart, strong in facing pressure and always happy in carrying out. This phase will form small miracles even to extraordinary big miracles. There are hundreds of participants who have practiced the power of 21 days without interruption to discover the unusual miracle of life.

The 21 day program shows a quality about ourselves about making challenges and the future, successful people in their respective fields of course have great and consistent habits that have passed 21 days. They managed to reconcile themselves about trying to get through every uncomfortable practice process, when a person practices for 21 days without interruption then there are 7 benefits that can be obtained for him, including (1). Restore focus power in life, (2). Activating the power of positive thinking, (3). Maintaining the strength of a peaceful heart when things are not as desired, (4). Get used to great habits with happiness, (5). Encouraging the formation of positive automatic nerves, (6). Forming mental resilience and (7). The power of enjoying an uncomfortable process.

The key to success for 21 days is 3 M

The 21 Days to be Transhuman program, like other programs, certainly has many successful ones and those that have not been successful. Those who have not succeeded have been confirmed because they did not follow the guidelines properly, while those who have succeeded are those who have a strong commitment to the program. From research conducted from 2020-2022, it is stated that there are 3 keys to success in the 21 days to be Transhuman program, this program has 3 main keys to success in training, coaching and Bok signing. The three "M"s are:

Mentor

A mentor will be willing to share his experience of success. The mentor will guide you in dealing with problems and provide insights that are useful for career and business advancement. You don't need to worry that this will burden you, because a true good mentor will be happy to help you achieve success and share your satisfaction with them. Mentoring is one of the learning methods that are quite widely applied. In studying or working, mentoring is the right way to increase productivity. The content of mentoring is usually sharing knowledge, skills, and experience. In the process, mentoring has a mutual and collaborative relationship. The meaning of mentoring is mentoring. The person who provides assistance is called a mentor. While the person accompanied by a mentor is called a mentee. Mentoring activities can be formal or informal and can change and evolve as needs change. A mentor helps someone to learn and develop faster than they otherwise would. The term mentor comes from the character Mentor in Homer's Odyssey. This character is the companion of Telemachus, son of Odysseus, and gives him guidance and advice when he is away from his home and family. Once upon a time, the goal of a mentor was to take all the experience they had accumulated throughout their career and life and transfer it to their mentee for their benefit. Some of the goals of mentoring, include: Support and encourage people to manage their own learning so they can maximize their potential, develop their skills, improve their performance, and become the person they want to be. Connecting individuals who have a lot of knowledge and experience with someone who has not got the same knowledge or experience.

A good mentor can help mentees become more effective at work, learn new skills, develop greater confidence, and make better decisions for their career growth. Mentoring relationships tend to be voluntary on both sides. The idea behind a mentoring relationship is a semi-charitable one. This means senior partners as mentors pass on some of what they have learned to others who will benefit from their experience.

The 21-day mentoring program has benefits including: (1). Mentoring relationships, especially formal ones organized through mentoring programs, are often carried out with a set time limit, or set goals. For example, a student might agree to work with a mentor for one year, or until they reach a certain desired promotion. Improve skills development Most mentees are looking for someone to help them advance their career prospects. Through advice and guidance, mentors can help employees develop their full potential or

entrepreneurial mindset at work, (2). Career and professional development. Organizations that provide a professionally supportive work environment can expect to attract talent and experience greater retention rates with those they attract. Mentoring less experienced employees promotes the development of their skills and social bonds with the organization in a more meaningful way than job training, (3). Get a new perspective .While a mentor is usually in a position to impart knowledge to the mentee, a mentoring relationship can also help more experienced employees learn new skills. This is an area where the mentee can also be a teacher, guiding the mentor to learn new skills or new ways of doing things.

The 21 days program is a successful mentoring program for 21 days without interruption, through video, audio, and book media 21 days to be transhuman as well as disciplined training to form a mental success average. For 21 days they learn to be self-disciplined, and have high integrity in carrying out this main program. The 21 days to be transhuman audiobook was very appropriate for the participants because it succeeded in encouraging each participant to change from good to great. 4 obstacles make it difficult for people to get into great situations, namely (1). High sense of comfort, (2). Excessive fear, (3). Focus on past successes, (4). Feeling unworthy.

Method

The main thing about secret to the success of 21 days to be transhuman is a method that can be practiced by everyone. The participants come from various backgrounds, from academics such as lecturers, teachers, and even professors at universities. Another thing is that the participants came from migrant workers in Hong Kong, Macau, and China. They can properly practice the 21 days to be the transhuman guide in a fun way. Fellow participants have the power to feel belonging to one another.

Etymologically, the word "method" comes from the Greek "methods" which is composed of the words "meta" and "hodos". Meta means towards, through, following, or after. While hodos means way, way, or direction. The word is then absorbed into English into the word "method" which means a certain form of procedure to achieve or approach a goal, especially in a systematic way.

According to Max Siporin (1975), a method is an activity orientation that is specifically intended as a requirement for various tasks and real goals. Rosdy Ruslan According to Rosady Ruslan (2008), the notion of a method is a scientific activity related to the workings of understanding an object of research in an effort to find answers scientifically and the validity of something being studied. According to Heri Rahyubi, a method is a model of a way that can be used in teaching and learning activities to achieve a good learning process. According to Hamid Darmadi (Professor in the field of Pancasila and Citizenship Education), the notion of the method is a way or path that must be followed in an effort to achieve a goal. According to Pius Partanto & M. Dahlan Barry, the notion of the method is an orderly and systematic way of carrying out an activity. According to Hebert Bisno, methods are techniques that are well generalized so that they can be accepted and used equally in a discipline, practice, and fields.

The 21 days to be Transhuman program conducted by Rumah Awareness Foundation has a method of 3 S + 1 hour of Silence x 21 days. The 21 days to be transhuman program starts from Bachelor's Degree, namely Unconditional happy attitude, a participant gets used to being happy unconditionally in any situation and circumstance, including uncomfortable and tiring conditions. For 21 days, show an aura of love, not the other way around. Unconditional Happiness is the first important exercise because our income depends on the feeling of happiness itself. Every feeling of happiness is unconditional, how is the magnetic power of fortune which is able to attract all the elements of fortune in a person to become more worthy, happier and more successful.

The second method is to give alms happily, to practice the habit of giving with love so that it is used as a way to build superior habits. Experience 21 days without breaking up in giving (alms) will have a big impact like (1). A grateful soul, (2). Get closer to God, (3). Focus on ministry with a clear heart, (3). Breaking the habit of complaining becomes grateful, (4). Real peace of mind.

The 3rd method in the 21 days to be Transhuman Coaching program is Always positive affirmations in bad situations, in this case there is often practice of "fasting bad speech", for 21 days if practiced it will encourage someone to be good at guarding one's words and heart so that one does not easy to put others and himself down. Successful people are those who are good at keeping their tongues from meaningless fights and hostility. In fact, sometimes, the silence of a person will save the life of a nation or a state.

Self-affirmation in The7Awareness theory is a positive declarative statement something that has not happened but believes it as if it had happened. Affirmations relate to the subconscious to change thoughts. According to KBBI, affirmation is a positive determination, affirmation, and affirmation. Positive affirmations have a positive impact on everyday life. The existence of positive affirmations helps progress, enthusiasm, and changes to carry out daily activities. One can develop the maximum potential to achieve goals. The existence of affirmation helps someone think to pay attention and instill success. One can develop the maximum potential to achieve goals. The existence of affirmation helps someone think to pay attention and instill success. The subconscious. This will affect your goals and future actions to achieve success.

Miliue

Being in a positive environment will also help you not to complain too much, even though sometimes life can be very difficult and full of struggles. People who are more positive will have a different view of the problem. They are better at using their energy to find solutions to every problem. Having positive people around you will also inspire you on how to deal with difficult and stressful days. In addition, people who are always optimistic also tend to focus on the things they can do to resolve the situation.

Conversely, positive people are more resilient in overcoming problems. Resilient people can face crises or trauma with strength and determination. When there's a problem, they won't make things messier, but positive thinking will move on with life and eventually overcome these difficulties.

Spending time with positive people is important for health and happiness. Of course, taking care of your health through exercise and living a healthy lifestyle is important, but positive people can help you to be healthier physically and mentally. According to research, certain health behaviors appear to be contagious. In addition, social environment can affect obesity, anxiety, and overall happiness. In fact, even sports are influenced by the people in their environment. 21 day program without breaking up to train participants to reach their highest goals. Using the 3 M core strength is the key to above average success. Participants who join the 21 days to be transhuman class are people who have a high commitment in their lives, not just words, but big actions that are repeated as a form of successful habit training.

Ulama say that "Istiqomah" can defeat a thousand "karomah", with the power of istiqomah owned by ordinary people it will bring about a change in the future. The following are the results of the discussions and conclusions that were carried out in 21 days, anyone who really does the 21-day program will have the power of "muscle memory" which leads to success. Lucky people are often ordinary people with great habits, they are sometimes ordinary people with extraordinary habits. From a habit will form a superior character, a superior character will form a good fortune in the future, the measure of an action called a habit is 21 days without breaking, when there is a failure in the 21 day program, the step that must be taken is to repeat with happy. Repeating for 21 days consistently is a superior human character above the average. Anyone who practices the program 21 days without interruption will form a strong nervous system and in the end form a good destiny, we call it "Transhuman".

CONCLUSIONS

Transhuman stands for Human Transformation, humans who can change themselves with determination and greatness of action for 21 days repeatedly. Humans themselves in carrying out challenges are divided into 3 parts, namely the average human, who does well and enthusiastically but on the way experiences failure, when experiencing failure chooses to give up and lose. While the second is below average humans who have the character of choosing to give up before trying something good, and finally above average humans are those who focus on challenges and try to overcome every weakness of themselves with the power of repetition for 21 days without breaking. When he encounters obstacles, trying to find a way out quickly to succeed, he believes that everyone can achieve success by studying diligently for 21 days of practice.

ACKNOWLEDGEMENT

An expression of gratitude to the UNPAM Master of Management Program for providing the opportunity to write a journal. It is a good role to build great character together with persistence and habits that are carried out without breaking for 21 days. Everyone has the opportunity to change with an easy pattern, namely passing 21 days. Thank you to the Chancellor of UNPAM, Director of Postgraduate Unpam and organizers of the Icoms 2022 seminar.

REFERENCE

- Arisworo, Djoko (2016). IPA terpadu (Biologi, Kimia, Fisika) untuk kelas IX. Bandung: PT Grafindo Media Pratama. hlm. 51–52. ISBN 9789797583316.
- Chang, T., Chou, S. Y., & Han, B. (2021). Silent Leaders in the Workplace: Forms of Leadership Silence, Attributions of Leadership Silence, and Accuracy of Attributions. *International Journal of Business Communication*, 58(4). <https://doi.org/10.1177/2329488418777041>
- Dessler, Gary, 2000, Manajemen Sumber Daya Manusia. Penerbit : PT Indeks.
- Ferdinand P, Fictor (2009). Praktis Belajar Biologi. Bandung: PT Grafindo Media Pratama. hlm. 152. ISBN 9789799177667. https://en.wikipedia.org/wiki/Muscle_memory
- Surdijani, Dian (2007). Be Smart Ilmu Pengetahuan Alam untuk kelas IX. Bandung: PT Grafindo Media Pratama. hlm. 26. ISBN 9786020000602.
- Sadili Samsudin, 2006, Manajemen Sumber Daya Manusia, Bandung : Pustaka Setia
- Yusuf, N. Q. (2013). One Minute Awareness. Gramedia Pustaka Utama.
- Yusuf, N. Q., & Masriah, I. (2022). HUMAN TRANSFORMATION: Manusia di atas Rata-Rata di Era Society 5.0. *HUMANIS (Humanities, Management and Science Proceedings)*, 2(2).
- Yusuf, N. Q. (2022). Mengelola Keberkahan H. Darsono, Pendiri Unpam. *HUMANIS (Humanities, Management and Science Proceedings)*, 2(2).
- Yusuf, N. Q. (2013). The 7 Awareness. Gramedia Pustaka Utama.
- Yusuf, N. Q. (2009). The 7 awareness: 7 kesadaran tentang Keajaiban Hati dan Jiwa Menuju Manusia di Atas Rata-Rata. PT Gramedia Pustaka Utama.