

J. P. ALORWU

DIS COVER YOU

7 Keys To Finding Your Life's True Purpose



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Dedication

To Mum, Dad and Master, for supporting my dreams and cheering me on to success.

Acknowledgement

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Preface

WHAT DO YOU WANT SAID AT YOUR FUNERAL?

1. This world is a better place because she lived.
2. If not for her, my life would be meaningless.
3. The world has lost a great treasure.
4. She knew what was important in life.
5. She dreamed big and achieved bigger results.
6. She emptied herself.
7. She checked every box on her Bucket list.

These are some of the statements I want made at my funeral in 100 years. Do you want the same things said about you? If yes, then allow me guide you in making this dream a reality.

In the pages to come, you will learn how to identify what matters most to you, and kick start your journey to achieving the goals you will set for the rest of your exciting life.



Key 1

YOUR FAMILY BACKGROUND

You are a human being with unique abilities, talents and potential. When you were born, you were like a seedling that germinated in the soil. And you have the potential to grow into a mighty Oak tree or a teeny tiny Weed. Know that all of your successes and failures in life will be determined by the good, the great and the poor choices you will make every day of your entire life.

And just like the Parable of the Sower in the Good Book, there are four categories of people in this world;

1. The Roadside people

These are the people, easily influenced by other people's opinions about them. These people

habitually spend their valuable time and resources pleasing others, at the expense of what truly pleases them. Their friends and peers must always approve and endorse their actions; whether good, great or poor. And in the end, these people hardly amount to anything in life.

If you plan to be successful in life, then learn to say ‘No’ to people’s wishes and requests of you and for you. It is only by saying ‘no’ that you can concentrate on the things that really matter to you.

Throughout your life, you should aim to please God, yourself, your parents and your vision. Choose your friends with care, and support each other to achieve success in life.

2. **The Rocky soil people**

These people suffer a lot of setbacks in life, especially from their family backgrounds. They have a history of extreme poverty, sickness and chronic failure. All their attempts at creating their dream lives yield little or no results.

Even though these category of people work extremely hard and give their best shot at everything they do, they must also realize that Rome was not

built in a day. In order to turn a trans-generational misfortune around, you will have to devote your precious time, energy and valuable resources to such a noble cause.

If you find yourself in this category, don't give up, continue to work harder and smarter, learn about how the successful people made it, and you will do great in spite of your background.

Myles Munroe, Dr. Cindy Trimm, Celine Dion, Oprah Winfrey, J.K Rowling and many other great people came from poor, alcoholic, violent and abusive backgrounds, yet they defied all these odds with a mindset shift, hard work, determination, and planning. And now, they are celebrated the world over.

You can do it too!

3. The Thorny soil people

People in this category are oppressed and suppressed by their environment. People in this category are always hated in their neighborhood, for being different, and standing out among their peers. And because these people don't participate in the social and moral vices happening around them, they are labeled as bad people and made to suffer for it.

Even though your neighborhood is a major influential factor of the economic success you will enjoy in your adult life, you can also learn the necessary coping skills that will guarantee your ultimate success and freedom for life. You need to learn how to survive, hide and flourish in such an environment. You will also have to write down in detail everything you need to do in order to achieve success in spite of your environment. You will be called all manner of names; however, you must look beyond those names and focus on your ultimate goals. And when you become successful, your name callers will praise you but when you fail, they will make fun of you the more.

Remember, I will be cheering you on to success, so buckle up and start thinking big.

4. The Fertile soil people.

These people have every resource in their favor; time, parenting, money, networks and everything else. These people were born with ‘golden spoons’ in their mouths. Others in this category who don’t come from rich backgrounds, had rich and success values ingrained in them from childhood, and also with a shove in the right direction, have become successful.

Just like the seeds in the Parable, you do not have control over the type of soil you are planted in initially, however, you have the power and ability to decide the type of soil you grow and nurture yourself in.

And even though your home, environment, circumstances, events and people around you have a positive or negative effect on your outcome, only you have the ultimate power to determine the decisive actions you will take towards building your successful future.

No matter what happens, be guided by your vision, hard work, determination and the attitude of rising and moving forward after every challenge. And I will always be cheering you on to success.

REFLECTIONS

Life is not about who you once were; it's about who you are now, and who you have the potential to be.

Who you are will show in what you do

To remember who you are, you need to forget what they told you to be.

Dont confuse what you do with who you are.

Be careful who you pretend to be, you might forget who you are.

Be proud of who you are, and not ashamed of how others see you.

To Do

1. What type of person are you?

2. Why are you that type of person?

3. What type of person do you want to be?

Crafts Swimming Line-dancing
Cycling Car-boots Festivals Art
Model-flying Visiting-elderly Computer
Visiting-elderly Allotment U3A
Jazz Dining Sewing Knitting
Language-learning Keep-fit TV Public-transport
Geology Photography Holiday-planning
Poetry Gym Jigsaws
WI Healing-ministry Card-making
National-Association-of-the-Widows People
Rug-making Environmental-campaigning
Jiving Music Games
Pilates Decorating Church-activities
Decorating Family-history Dancing
Crosswords
Environmental Project-development Bike-riding
Kite-flying Suduko Woodturning
Sports-centre Folk-music Jam-making DIY
Chutney-making Concerts Theatre
Arts Writing Travelling History
Embroidery Holidays Pigs
Driving Watching-sport
Yoga Project-design
Aircraft Meetings Printing
Baking Cathedral Statistics

Key 2

YOUR REGULAR HOBBIES

In September 2016, a 15 year old boy, Morgan Hipworth opened a pop-up store in the location that is now Bistro Morgan's permanent home, and sold over 10,000 donuts in eight days. At just age 7, Morgan developed a love for all things food and baking while watching other kids on TV work towards achieving their dreams. He thought he could also do it, and he did it; juggling schoolwork, home life and business.

He says, 'if you do what you love, you'll never have to work a day in your life'.

The Merriam Webster Dictionary defines hobbies as the things you do outside your regular daily activities, especially for relaxation and joy.

Mark Zuckerberg's hobby of creating a small social media website for students at the Harvard

University blossomed into Facebook (a global multibillion dollar company). Today, you and I have Facebook accounts that connect us to a global audience.

My love of recording events, quotes, notes and thoughts led to the penning of this book. And guess what, you are reading it.

Hobbies bring new and exciting experiences into your life. They are great for relieving stress, they can provide you with additional income and improve your career while enriching your paradigms of life.

My hobby of reading has taken me to so many historic and important places around the world. I have visited the famous Eiffel Tower in Paris, the boardrooms of Multibillion Corporations in New York, London, Italy, Rome, Japan, Korea and many other places. I have also learnt to sell anything, negotiate great deals with ease, connect and network with all types of people. And the great news is, I believe you can do it too.

Top 5 Must Have Millionaire Hobbies

1. Reading
2. Running
3. Upcycling
4. You tubing
5. Volunteering

Reading will enrich your life with wisdom from successful people around the world. You will learn in a day, what others have learnt over a lifetime by reading historicals, biographies, autobiographies, inspirations and novels from all aspects of life.

Warren Buffet, the American investor, business tycoon, philanthropist, and Chief Executive Officer of Berkshire Hathaway: spends 80% of his day reading. No wonder he is the world's seventh wealthiest person as at April, 2021.

Running will help reduce your stress level, strengthen your muscles and keep your body in shape. A study in the Journal of the American College of Cardiology found that even 5-10 minutes a day of low intensity running is enough to extend life by several years compared with no running at all therefore, I urge you to start now.

Creating new items from scraps of any kind is environmentally friendly, and reduces the need to produce new items. The results will be extra income from selling your creations, and a reduction in carbon emissions. Do you have old books, clothes, toys or other items that can be repurposed? Do consider creative and useful ways to upcycle them. And remember to share pictures of your creations with us, your friends on social media.

REFLECTIONS

*When a habit begins to cost money;
It's called a hobby.*

*When passion meets work, work
becomes a hobby.*

Aniekee Tochukwu Ezekiel

*Don't look at hobbies as diversions: you need
a hobby to be more productive.*

*When your life brings you down, your
hobbies will bring you up!*

*You have to have hobbies to keep your hands
busy or you will get bored.*

*Whatever you like to do, make it a hobby
and whatever the world likes to do, make
it a business.*

Warren Buffet

To Do

Make a list of your top 5 hobbies.



Key 3

YOUR LIKES

Practice makes perfect! Ever heard this phrase? This is a very true and proved saying. One of the purposes of life is to serve humanity with our talents; the things we like and enjoy doing.

Sinach, the famous Nigerian Gospel singer, songwriter and worship leader at Loveworld, is touching lives globally with her music. She made the list of the 100 Most Influential African Women in 2020. Do you know that Sinach studied Physics for her first degree? In a 2016 interview with KTN News Kenya, she stated that she likes writing, and that is the source of the wonderful and heartwarming song lyrics she pens.

DeZiya, owner of Dancehall Divas Africa, turned her love for dancing into her career at age 36. She's

also a mother of 5. If you're looking for a fun way to work out and burn some calories, she would be your go-to Diva.

The things you like to do will always guide you in networking and connecting with like-minded people. So take note of all the things you like to do.

Here are 3 questions to help you identify what you like to do:

1. What am I most attracted to?

2. What do I enjoy doing effortlessly?

3. What am I very good at?

5 Things Successful People Enjoy Doing

1. Successful people like to create vision boards.
2. Successful people keep records of their progress towards achieving their set goals.
3. Successful people keep fit.
4. Successful people eat healthy.
5. Successful people give back to society.

REFLECTIONS

The minute you decide to do what you love to do, you have made a life plan for yourself and a career choice.

Huda Kattan

The ultimate dream in life is to be able to do what you love and learn something from it.

Jennifer Love Hewitt

If you do what you love, you're going to work your butt off every day happily.

If you are not doing what you love, you are wasting your time.

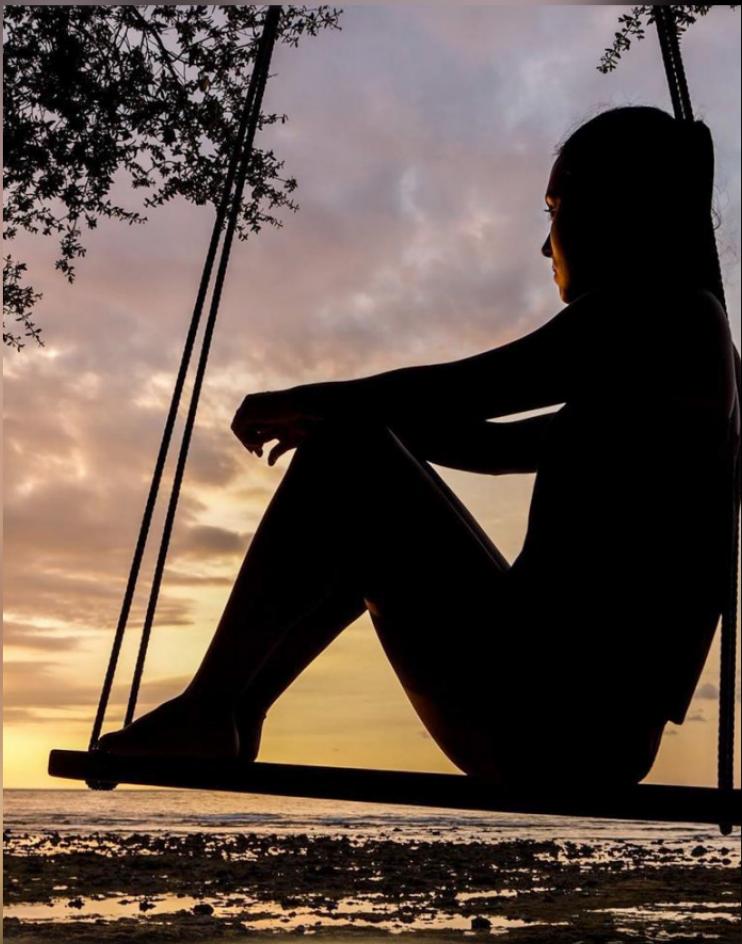
Billy Joel

Doing what you like is freedom. Liking what you do is happiness.

*You just have to go after the things you like.
Do what you like and do it honestly.*

To Do

Make a list of 5 things you enjoy doing.



Key 4

YOUR EVERYDAY CHALLENGES

Successful people share a common ability, but it is not what you think. We praise their hard work, dedication and vision while we overlook their ability and willingness to find solutions to the challenges they face on their various success journeys.

These challenges make you angry, or even cry sometimes and long for change. But guess what, your challenges are opportunities in disguise. My quest to discover the purpose for my life has given me the opportunity to guide you in discovering your purpose for life.

Here are 7 challenges you will face in life:

1. Watching Excess Television
2. Eating Junk food.
3. Overspending.
4. Borrowing
5. Abuse
6. Injustices
7. Listlessness

A 2019 survey in the US showed that teenagers between ages 15 and 16 spend a minimum of two and half hours watching TV daily. Can you imagine what you can achieve by spending just one hour of this time working on your future every day?

Here are 5 productive activities you can engage in in place of watching TV:

1. Take a walk.
2. Imagine what your future should look like.
3. Take photos
4. Draw a picture of your future.
5. Practice speaking in front of a mirror.

If you plan to live a long, active, fruitful, exciting and enjoyable life, then you have to start taking very good care of your body and now is the best

time to start. If you feed your body with unhealthy foods, don't expect good health from your body.

Did you know Junk food is the 2nd cause of obesity in teenagers in America? Can you think of a practical solution to this cause?

Overspending makes you a debtor. In fact, the rich create their wealth by increasing their investments while reducing their expenditure. If you earn Ghc 10,000.00 a month, don't spend it all, invest a minimum of 10%, before you make any other payment. Do you have another simple solution for this challenge?

Don't try to impress your friends by spending more than you earn, you will become a debtor. Let me share an open secret with you; your friends have their own problems, and your achievements are their least concern, so focus on your goals instead of impressing your friends.

Mobile money has made borrowing easy; however, I will strongly urge you to do your best to not borrow. Always save towards your expenditure.

Author and serial Entrepreneur, Manny Khoshbin, an Iranian immigrant to the U.S proceeded to build a tremendously successful career in spite of his poor beginning and I believe you can do it too.

REFLECTIONS

Challenges are what make life interesting, and overcoming them is what makes them meaningful.

Being challenged in life is inevitable, but being defeated is optional.

Roger Crawford.

Difficult roads often lead to beautiful destinations.

We don't grow when things are easy, we grow when we face challenges.

Embrace each challenge in your life as an opportunity for self transformation.

Bernie Siegel

Exercise

Make a list of your top 5 daily challenges.



Key 5

YOUR FUTURE ASPIRATIONS

John Maxwell, the world renown leadership expert loves people and his love inspired him to search for ways to add value to people's lives, and guess what? At age 74, John is still adding value to the lives of people globally, and these people are multiplying value to others.

I am also giving you the opportunity to start your success journey now by guiding you to discover your purpose in life.

Your aspirations are the dreams and goals you are working towards achieving and want to see come true for you. The thing about aspirations is;

1. Aspirations give meaning to your life.
2. You may not know your aspirations yet.
3. You can have multiple aspirations.
4. Your aspirations become clearer and broader as you grow.

You can aspire to be a chef, president of a nation, a lawyer, doctor, nurse, surgeon, consultant, author, speaker, sports personnel, social media influencer, social worker, psychologist, fashion designer, photographer, hair stylist, and many more; as long as you are willing to commit to your action plan to realize these aspirations.

If you already have your aspirations written down, congratulations, if not, get started on identifying them. And remember to always write them down.

As you grow, you will discover that life is a journey of different levels. You need different dreams and aspirations for the different levels and stages of life. So have multiple dreams, aspirations and goals.

REFLECTIONS

*Within our dream and aspirations, we find
our opportunities.
Sugar Ray Leonard*

*When the person you are becoming will cost
you people, relationships, space and material
things, choose him/her over everything else.*

*Ask yourself if what you are doing today
is getting you closer to what you want to
become tomorrow.*

*If the plan does not work, change the plan,
but never the goal.*

*Do not be pushed by your problems; be led by
your dreams.*

*A woman who believes in herself is
unstoppable.*

Visualization Exercise

Close your eyes and imagine what you want your ideal future to look like. And start with these areas: your finances, your career, health, emotions, love, family, self-image, social and spiritual life.

Now open your eyes and write down in detail what you visualized.

trust
communication
teamWork pride
perfection excellence
confidence commitment
support leadership
values
progress
quality, accountability
courage
respect
integrity
honesty passion
reliability openness
simplicity
vision potential
progress

Key 6

YOUR CORE VALUES

Values give you a sense of self, boost your confidence, guide you to choose the right career, and enhance your overall happiness in life.

Your values are the principles and standards that guide your daily decisions, attitudes and behaviors in every situation. Your values guide your personal behavior, and your interactions with other people throughout your lifetime.

Your values define and shape everything you do as well as help you distinguish between right, wrong, good and bad.

The bright future you want to experience begins with your values.

Values like honesty, truthfulness, loyalty, perseverance and faithfulness are the basic values of life while innovation, creativity, courage, confidence and achievement are some of the values that create great team players, employees and leaders. The practice of these values has resulted in massive success in the business world.

9 Must Have Millionaire Values

1. Innovativeness
2. Excellence
3. Creativity
4. Passion
5. Hard work
6. Grit
7. Patience
8. Integrity
9. Smartness

Making practical and significant improvements to what already exists is the result of innovativeness. Innovativeness is both a value and a skill that creates better improved persons and products for the highest satisfaction.

Innovation is the mother of competitiveness, they key to continuous personal and professional success.

Excellence, creativity, passion, hardwork, patience, smartness, integrity and many other values must be your constant companions and employed in every decision you will make. Their constant practice will result in the ultimate success you are pursuing.

REFLECTIONS

It's not so hard to make decisions when you know what your values are.

Roy Disney

If you are not familiar with your values, you will be lost within the blur of your life. Try not to become a person of success but rather try to become a person of value.

Albert Einstein

Be unapologetic about who you are and the value you add to this world.

If you do not stick to your values when they are tested, they are not values but hobbies.

John Stewart.

To Do

Write down your top 7 values



Key 7

WHY DO I WANT TO BE WHAT I SAID?

To achieve ultimate success in any assigned task or pursuit in life, you first have to identify your why; the motivation behind your actions and inactions. Your motivation will urge you to strive on, and keep going until you accomplish your set goals.

The journey to ultimate success in every aspect of life is not an easy one; you will start on plain ground, climb tall mountains, descend into very low valleys, cross challenging rivers, and walk on rocks. You will win some battles, lose some and learn from others.

When you face any challenge, don't get angry straightaway, as an alternative, think of how to

turn your challenge into an opportunity for self-growth. Anger will cloud your thoughts and keep you motionless as long as possible.

REFLECTIONS

We all have dreams, and it takes a lot of determination, dedication, self-discipline and effort to see our dreams come true.

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

The more you can dream, the more you can do.

Michael Korda

Dream as if you'll live forever and live as if you'll die today.

James Dean

To Do

Take a moment and think about why you are reading this book. I wrote this book as a guide to help you start your success journey in life. Now, write down your own reasons for reading this book.

Discover You is an introduction to your future self. And presented in the pages is a plain canvas for you to design your ideal future, with pointers on how to get started. So roll your sleeves up and get to work creating your possible and exciting future.



J. P. Alorwu is a Professional Certified Life Coach and personal development advocate. She holds a Bachelor's Degree in Social Work from the Kwame Nkrumah University of Science and Technology (KNUST) in Kumasi, Ghana.

She guides teenagers to discover their true self, own their uniqueness and start their adventurous journey into their successful future. And their success or failure on this journey will solely be the result of the good, great and poor choices they will make on this journey.

She also teaches teenagers the must-have soft skills for lasting success in their personal and professional lives.

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