

# PURPOSE AND GOAL: THE GUIDER OF LIFE JOURNEY



A TREE LONE JOURNEY  
IN THE LIGHT OF THE SUN

# THE JOURNEY OF LIFE: THE GUIDER OF THE LIFE JOURNEY

**When I was a child**, I sometimes sat alone, quietly wondering, asking myself deep questions as I observed the vanity of my daily routine. I saw myself waking up each morning, sometimes having breakfast, going to school, playing, eating lunch and supper, then going to bed. Life felt like a loop. I was constantly being told what to do, and here's the interesting part: whatever I was repeatedly told eventually became part of my nature. Yet, I found no real meaning in any of it.

Even going to school or church became routine, things I did without truly understanding why? But around the age of 14, a trumpet-like question began to echo in my mind:

**"What is the truth?"**

That question came alive when I heard my beloved pastor, *Pastor Chayang'ana* of Living Waters denomination, say:

*"I read the Bible in search of the truth, because the Bible says, 'it shall set me free.'"*

That moment sparked something in me. It awakened a hunger for the truth.

Later, during my time at **UNIMA (University of Malawi)**, my search reached a turning point. I was led to **Proverbs chapter 1**, where I discovered that the book of Proverbs was written with a clear purpose. This revelation gave birth to a new question in me:

**"What is the purpose of my life?"**

And that's when I realized:

**"A meaningful life is a life lived with purpose."**

Today, I'm grateful to say, **my search has ended**. I have found my purpose, and it is guiding me every day.

If you've ever felt lost, discouraged by failure, lonely, or unsure of your direction in life...  
If you're hungry for something deeper, or if you're seeking truth, wisdom, and understanding...

**This book is for you.**

Read it. Study it.

But above all, **read with purpose.**

### **Purpose? Let's clarify starting with a goal:**

Goal is the better you; the vision of whom you are or you are working on. But behind every goal, there must be a deeper **reason** or **intention** that drives it.

That deeper reason is called **purpose**.

Goal	purpose
Be a doctor	to help patient
Be a savior	to save lives

Your **goal** is *what* you aim for.

Your **purpose** is *why* it matters.

Without purpose, goals feel empty.

But with purpose, even hard work becomes meaningful.

### WHAT ABOUT LIFE?

What if life isn't just a path... but a Teacher walking beside you?

Some call Him God. Others, Truth or Wisdom but I call him God named Lord Jesus.

All who truly listen to Him discover this:

#### **Life's hardest lessons forge the strongest souls.**

Patient, friend. This book will help you hear His Voice—guiding you to purpose deeper than school, work, or any worldly mission.

As you walk from birth to death, know this:

Two travelers share your road:

- **The Strong:** Win, learn, and *shape their path*.
- **The Weak:** Win, lose, and *let their path shape them*.

**Which will you become?**

For the Strong say: *"In life, we win and learn."*

The Weak say: *"In life, we win and lose."*

Is this not as plain as *Nsima* nourishing your body?

*(For friends beyond Malawi: Nsima is our sustaining staple food.)*

### **Why do we miss this truth?**

Challenges are Life's strictest—yet greatest—teachers.

But in their presence, **fear blinds us.**

It makes us see *threats*...

where *wisdom awaits.*

### **Consider this:**

**What if problems aren't threats to your survivor...**

**but teachers designed to strengthen you?**

## SECRET OF A HAPPY LIFE

Years ago, I read of a man whose life goal was to become **"a professor of happiness."**

*What a goal!* It stirred something deep within me, a desire to pursue a goal that was bold and beautiful.

And from that desire, a vision was born in me:

**"To become a manufacturer of peace and a destroyer of poverty."**

This became my purpose, and birthed my life of unshakable joy.

I'm a simple man. Yet through God's grace, I gained the determination to search for wisdom. What I discovered gave my life meaning, and I'm honored to share it with you.

## WHAT LIFE TEACHES

Solomon's wisdom sparks my soul, hear this one truth:

*"Better to enter the house of mourning than the house of feasting." (Eccl. 7:2)*

### Why?

- **Sadness builds resilience.**
- **Joy deepens gratitude.**

Understand time's beauty:

A truly happy life balances both seasons—just as nature whispers:

*"There is a time for everything under heaven."*

Science teaches us to experiment in labs.

But life shouts a louder truth:

**You are a scientist in God's classroom; your environment.**

Did school teach you this? No.

**Nature wrote the textbook.**

Every day, you:

- Test new ideas
- Learn through failure
- Rise stronger

you don't just *live*; you **experiment, grow, and solve problems.**

Here's science's hidden meaning:

**The power to learn from failure and heal broken things;**

in your heart, your home, and your nation.

### **I was thinking about this...**

Have you noticed that everything nature does is already written in the Bible?

In fact, the Bible often teaches by pointing us to nature; birds, trees, seasons, mountains, and the stars.

But the moment one man discovers something beautiful in nature, calling himself a scientist, philosopher or whatsoever, we act as though he came down from heaven; We praise him, follow him, and trust his words, *even more than we trust the Bible itself.*

How shameful.

Truth was always there, God had already shown it through His Word and His creation. We just weren't paying attention.

Now you see. True growth demands **thinking beyond walls.**

Let's journey deeper.

## SECRETE OF LEARNING

Whether in science or philosophy, every successful search ends with an *Aha!* That striking moment of clarity that hits the mind and makes someone exclaim, "I've discovered something!" A fitting name for this moment is *coming to yourself* or simply *revelation*. When the *Aha!* Hasn't yet struck, know that you are merely memorizing, forcing yourself to recall things, rather than truly understanding them.

I have had the privilege of being both a philosopher and a scientist not by academic qualification, but by studying nature, people, and books. And I am a witness to the power of that *Aha!* Moment in learning.

And I believe you are a witness too.

## FROM PHILOSOPHY TO FAITH

Thinking deep have been my life, this was just an extension when I learned a principle, **"doubt everything believe in yourself"** from philosophy. I believed it the way of searching the truth.

I almost questioned everything:

- *What is truth?*
- *What is real?*

- *Why do we exist?*

Twice, my mind nearly burst from the weight.

This is philosophy's gift and curse:

**You become a master of questions**, yet float not anchored.

Filled with questions with no answers.

I asked:

- *Who is God?*
- *Does life have purpose?*

But human wisdom has limits.

The deeper I dug, the more I felt like dust in the wind, until I met **Faith**.

Doubt is a bottomless pit.

**Faith is solid ground.**

With it, I found answers.

Struggling with school, relationships, purpose, career, business or responsibility?

You're closer than you think.

Let's shutter myths:

Faith doesn't silence questions—**it unveils their meaning**.

It doesn't end thinking—**it completes it**.

Philosophy or doubt opens doors.

**But Faith opens the *right* door and welcomes you home.**

So I declare with certainty:

**True wisdom is not born from doubting everything,**

**but from trusting the One who holds everything.**

**A MESSAGE FOR YOU**

Whom am I to say I know all? The foolish think “Am wise”, that’s why they stay foolish, they hate knowledge and studies, while the wise are not so. They acknowledge their ignorance, they seek more knowledge, study more, discover more and become wiser. I want this message to be your transport to your unfailing power.

This book is written simply and clearly on purpose, so you can easily understand it and use it to transform your life.

Currently, schools shape our focus on memorizing facts; we study, memorize, pass and forget waiting to be employed and our minds have defined that false definition of school.

But this book is not for memory storage.

That is why it’s short.

Are you not tired to use your head like a warehouse of information? Use it like a workshop to fix thinking, solve problems, and build your life.

Catch the vision, I was looking at how Malawi is trying to help our parents to catch it, when I learned of CHANCO radio program-me named tikwere where they are trying to make the parents realize that it is their responsibility to teach children to live with purpose that they should go to school and be not problems to teachers.

Your journey matters, take this message as you turn the pages to master your life.

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*By Brother Comfort Kachepa*



Allow me to acknowledge the presence of the man called **the Holy Spirit** during the writing of this book. He is the One who gave me this thought of writing the book. By His revelation, I write with the same Spirit that was upon Paul. Some of the things written here, I did not know beforehand—yet, as Acts 1:1 says, I began both to do and to write. And in other matters, I began to write and then do.

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## THE JOURNEY OF LIFE

"Do it right otherwise why doing it"

### OUTCOME CONTENT

You will:

#### **1. KNOW YOURSELF BETTER**

Discover the better you, you have wanted to be

#### **2. Recognize your Inner Enemy And the Weapon**

Identify and challenge your enemy

#### **3. Know how To Search**

Discover the reliable way of searching the truth

#### **4. Know How To Handle Your Environment**

Learn how to make your environment help achieve your goal

#### **5. Set Your Goals**

Discover the purpose hidden in your life

#### **6. Make a plan For Your Goals**

Use your goal to develop a living road-map

#### **7. Achieve Your Goal**

Begin taking confident action toward the life you were meant to live.

*Understand your book and use it wisely*

**This book walks with you through three transformations**

- ***Revealing outcome content (the most important)***
- ***Guiding your personal path (the how to achieve them)***
- ***Stand with you as you take action (the doing part)***

*I believe you will take this book as one of your teachers*

## INTRODUCTION

**Nature teaches better**, you grew in your mother's womb for 9 months, if nothing went wrong. You were built by the daily food she ate, even the little ones mattered.

That's how growth works. Not in a day. Not by one miracle.

But by small, consistent input. So don't expect this book to change your life overnight.

You must put in effort every day. Even a little progress matters.

Let your daily steps honor the sacrifice of your mother.

This book is food for battles, the real fights of life:

You will have a chance to challenge any problem: financial, physical, spiritual, or psychological,

If you grab **life** and apply the secret now being spoken aloud in your ears.

Victory awaits.

Each chapter is the **food for your mind**.

Healing your mind, preparing your spirit for the journey.

Remember this book teaches activation, and everything in it is vital.

***Live this book and have the experience of great peoples' life like: Solomon, Jesus Christ and Paul.***

Your journey has started already, just continue now.

## 1. KNOWING YOURSELF BETTER

*"You'll never win the war outside until you conquer the battlefield within your mind."*

That is why understanding yourself is the first step to living a life in your better version; a strong, meaningful life guided with purpose.

Have you ever wondered why you think the way you do? Or do the way you do? One of the questions highly educated people fail to answer. But do not worry the answers are with you. We will center much on the mind where actions start with thinking and see how the law of nature work in us.

What about mind?

Biologically, our thoughts arise in the brain. But our bodies experience a 'mind', the conscious *you* – that can choose its focus. It is the spirit; the real you, that directs the body through the brain. When your mind focuses on fear (the Bad Voice), your body reacts with stress. When it focuses on courage (the Good Voice), your body finds strength. You *are* the commander of your thoughts

I think you now understand, you are a spirit in the body, the nature of your spirit is what is called the soul.

### A. THE GOOD VOICE AND THE BAD VOICE

When you are thinking sometimes, don't you here two voices in your mind?

**1. One cheers you on:**

"I can do this!"

"Let me ask for help."

"I want to get better."

**2. The other holds you back:**

"I'm no good at this."

"Why bother trying?"

"I always fail."

Which voice do you listen to most?

You are becoming great now, to know that minds lead. The writer wrote,  
*"As a man thinks in his heart, so is he."*(Prov. 23:7)

Your mind is a

- Dull, Leader of your body with two advisors:

- **The Good Voice;** (positive, faith, wisdom, growth).  
*"I know this one as God"*
- **The Bad Voice;** (negative, doubt, fear, destruction)  
*"I know this one as devil"*

I remember Job saying, **"God speak, who listens?"** One way he speaks is this. Your feelings, actions, and future depend on which voice you choose to listen to and amplify.

### HERE IS HOW THEY SOUND IN LIFE

#### If you ask the Good Voice:

- **"I need to improve my study habits."**
- **"Let me ask the teacher for help."**
- **"Maybe I can join a study group."**
- **"I need to pray"**
- **"I need to have a goal"**

#### If you ask the Bad Voice:

- **"I'm a failure."**
- **"I've always been bad at School."**
- **"Why bother trying?"**
- **"God cannot hear, am a Sinner"**
- **"my life is meaningless"**

### WHERE DO THOUGHTS COME FROM?

Thoughts don't always appear from nowhere.

Many come from what you learn, believe, and hear in short from your knowledge; what you know.

That's why reading, thinking, and learning truth are so important.

We can describe knowledge to be the information stored in your long term memory but you have no direct access, to access you ask either **The Good Voice** or **The Bad Voice** and they place them in your short memory which you have direct access to. This understanding is what gave birth to Computers.

### B. THE LAW OF NATURE

For every action, there is an equal and opposite reaction.

This isn't just science, it is the law of God, thoughts and actions obey it.

You don't create thoughts—you **invite them**

If you think negative thoughts, more negative thoughts come.

If you think positive thoughts, more positive thoughts come.

Time to utilize it right?

I have just remembered, in academic they need referencing

Yes, academics cite sources to avoid theft

Yet millions plagiarize demons thoughts without crediting hell

**"Audit your mind's thoughts"**

## **EXERCISE: TAKE ACTION**

You should always test your thoughts and eliminate negative ones:

1. When a negative thought pops up (like "I can't"), say to yourself,  
**"Stop, Bad Voice! "**
2. Replace it with a positive thought, like:  
**"I will learn how." Speak your positive backup quote**
3. Think about the lies you shuttered.
4. Before bed ask yourself:

*"Did I feed courage or fear today?"*

Note:

**Weakness feeds the Bad Voice. Courage feeds the Good Voice.**

*Keep in mind a thought is a foundation of a man's character, action or feeling.*

*Let us therefore use this foundation to expose the inner man's enemy, and the weapon against.*

## 2. MAN'S INNER ENEMY AND THE WEAPON

**"If you conquer a thousand men in battle, you are strong and powerful.  
But if you conquer yourself, you have power and you rule with authority."**

### **Your Greatest Enemy:**

It's not poverty.

It's not fear.

It's not failure.

It's not other people.

Your biggest enemy is the quiet voice inside your head that says:

**"I can't."**

That voice whispers things like:

- "You're not good enough."
- "Why even try?"
- "Stay safe. Don't change."

This enemy hides in your thoughts, it's the power of that bad voice you hear,  
I believe you have guessed it right, it is indeed **"doubt"**

Look at your life closely. Behind every failure is doubt.  
Behind every success is faith.

- When doubt leads, it brings:
  - low confidence
  - fear
  - stress
  - worry
  - failure

Doubt is a seed and it grows and blocks your potential. I understand that it happened in Genesis, when Eve chose to listen to the bad voice, doubt was planted then God's judgment followed, curse, diseases and death.

If you don't face it, it will control you.

But here's the good news:

**You can defeat it.**

### **The Secret Weapon: Faith**

The power of the good voice

When faith leads, it brings:

- Joy
- Courage
- Confidence
- Good friends
- Success

Faith gives you power. It builds your confidence and opens doors. Likewise, when Jesus recognized the bad voice, he chose "it is written" the original word of God and that is how he defeated the enemy even through death.

*Do you know, that before sin, man had perfect faith? No fear do doubt. After sin, a mixed faith on the same scale with doubt; now they are like a seesaw; when faith goes up, doubt goes down.*

*Think about this perfect lie, "**can a man doubt everything?**"*

*Doubting whether you can walk, see, speak, eat, bath,*

*You cannot survive and a man who can try it cannot live.*

*Catch the lesson, the enemy's lie is not to cause man to doubt everything. Only enough to make you doubt God. God requires your perfect faith, when you remove every wait of doubt on your faith-doubt scale, God comes and seals your faith with the Holy Spirit, that doubts finds no crack to return. Like this happened to me after I followed Peter's cry at Pentecostal day. "**Repent and be baptized...***

***and you will receive the gift of the Holy Spirit."** (Acts 2:38)*

*In that surrender, my faith was **fortified forever**.*

**But a great faith, produces great things too**

#### **Man summary:**

##### **Thought Type**

##### **What It Builds**

Positive thoughts    Faith (power and courage)

Negative thoughts Doubt (fear and worry)

Change your thinking → change your results.

Small faith = small results

Strong faith = big achievements

## FIGHTING DOUBT

You fight doubt every day — not the world.

Your weapon is **faith**.

Here's how to train:

1. Identify areas where doubts comes through (like school, friends, or health).
2. For each, write a "Faith Counterattack."
  - Doubt: "I'll never be good at this."
  - Faith: "I will practice and get better every day."
3. Find a source of knowledge to strengthen your faith statements
4. When doubt pops up, say your faith statement out loud.
5. Track victories and celebrate with praise!

Every day, face your doubts before they become the source of your madness.

*I have told you my transition from doubt to faith-here is how it happened.*

*One day, the girl whom I felt lovely connected to, asked me my goal.*

*I answered her the other day not because I had one but to prove to her that I am a man, because by then I was living to die until her question cracked my pride.*

*I thought and gave her back her question, and she said,*

***"I have two goals, and one of my goals is to know the Word."***

*Of course I knew that she meant God but it was even okay that she clarified **"The Word-God"***

*Her question exposed my aimlessness, but I believe God used it to crack my pride and ignited my search for truth. I called it foolish thinking, not recognizing my weakness as unbelief.*

*"But I am wise," my pride whispered.*



*It was from then that a determination to think better came into my heart. I was ready to learn, even though philosophy. I made books my friends, more especially after I realized that my philosopher friends could not tell me the secret of a better thinking. That's how **philosophy** found a place in my life.*

*After the death of the popular Malawian Vice President, my search expanded. I even started using Facebook in my search — and that's where I found the book that introduced me to **faith**:*

***The Magic of Thinking Big.***

*I was studying it two hours every evening, and I was having a time of reflection of about 30 minutes before bed. I trusted this book a lot and it taught me beliefs power. That marked the birth of a confidence, bold and a sensible lifetime such that change was even observed by my close friends as I started making my life a paradise on earth. When I finished this book that is when I saw that indeed, **everything is possible for them that believe [mark 9:23]**.*

*I felt like I could have everything I want — even without God in my heart — but just by believing, because I had recognized His place in my mind.*

***That was my first transition — before I made the decision to place Him in my heart and learned that belief in myself was not enough.***

Your path may differ, but the destination is the same:

**Faith that moves mountains.** (Mark 11:23)

### **Question yourself**

What have I learned? And how will it apply to my life?

You can consider a daily reflection.

**We are in control of our mind and body now, let us challenge our environment.**

## **3. MASTERING YOUR ENVIRONMENT**

Don't just live in your surroundings — learn to control them. Every action has a reaction. We should see it applied to the world now.

Your environment includes:

- your home
- your school
- your friends
- your habits
- even things that distract you (like bad smell, untidy room)

You might not choose all these things. But you can always choose how you respond.

That's how you master your environment — by controlling your focus, attitude, and actions.

### **How to Master Your Environment**

1. Accept what you can't control.  
Don't waste energy fighting things you can't change. Instead, find a way around them.
2. Control what you can — like your focus, your words, and your time.
3. See problems as practice.  
Now it has become a song that challenges strengthens you.
4. Keep your mind clear, even if things around you are messy or noisy.

Do not tell, me you do not know, how to do these things, remember you have mastered how to track thoughts and eliminate the negatives ones, that's what will be your life.

### **Responding to your environment**

- Notify your environment
- Say to yourself, "this is my teacher" (law of nature)
- Take time as you monitor your thoughts and act on positive ones (speaking, walk etc.)

### **Your Thoughts Shape Your World**

- Negative thoughts can make a good day feel bad.  
Can generate, what if mum gets sick, maybe I will be hit by a car today
- Positive thoughts turn hard times into lessons.  
Am learning a new thing, and becoming stronger, this problem is a sign of my promotion
- Train your mind like a muscle — make it strong.

It seems impossible until done

### **Reaction vs. Response**

Imagine you're studying and someone turns on loud music:

- One person says, "This is annoying!"
- Another says, "This is a test of my focus."

Both are true, but only one keeps calm and stays in control.

### **You Can Change How You React**

You can't change everything — but you can change how you act.

- Speak calmly, and others will listen better.
- Show respect, and people will trust you more.
- Stay steady, and things around you will get better.

Look confident and win admiration

### **EXERCISE: SPOT TEACHERS**

1. Note your current distractions (thoughts, noise, and chaos, phone, you tube, friends)
2. Speak to each, " welcome my teacher"
3. Ask, "What is my lesson"  
Be patient while you are searching for the lesson
4. If you catch it, celebrate the victory with praise, you can consider visiting nature

Track this in your daily reflections.

With right thinking, faith and environment in our control, let's take another step, and what if am lying some things, you may want to verify right? Okay, next is how to search.

## **4. KNOW HOW TO SEARCH**

God gave every person a powerful tool to discover truth: **sincerity**.

### **Angles of sincerity:**

1. **Yourself:**
  - Being true to yourself (face your fear, motive, weakness)
2. **Others:**
  - Being real (honest not rude)
3. **Actions:**
  - **Doing the right thing even when no one is watching**
  - *Matching thoughts, mouth voice and actions*
4. **To God:**
  - *Be open and real*

*God doesn't want perfect words—He wants a genuine heart”.*

### ***Search pillars***

1. **Sincerity**; the campus
  2. **Knowledge** (books, advice, nature, phones, etc.)
  3. **solitude** (search site)
- “Place where the good voice suppress the bad voice”*

These, pillars help to generate the answer of any question. Do not worry if you do not get the answers now, keep coming back and digging deeper, you are close to the answer.

Remember, **your greatest enemy is your own negative thoughts and doubt**—those voices that try to hide the truth from you. But sometimes, even people who seem like enemies may speak truths you need to hear. True friends won't lie either.

Ask with no fear:

- Who is God?
- Why am I feeling this way?
- What am I avoiding?
- Who do I want to become?
- What make the rich, rich and the poor, poor?
- What riches in my environment am I not seeing?

No question is too big or too small. If it matters to you, it's worth asking.

### **MY SEARCH: "WEALTH'S SECRET"**

An interesting journey of my question,  
**“What make the rich, rich and the poor, poor?”**  
 My tools:

- **Sincerity:** Admitting my financial ignorance
- **Knowledge;**
  - Rich Dad Poor Dad (Kiyosaki) a book
  - YouTube
  - Experience
- **Solitude;** studying in my room, and having a reflection time

Poverty mindset	Revelation:	wealth mindset
We learn in school,		we set goals,
Pass with good grades,		studying is our way
		Of life,
We get a good job,		school help us achieve
		Our goals,
And stay safe		and we learn through
		Failures
Work for food		food for work
Solomon proved: wisdom pursuers become wealth attractors		
Bill-Gates; A school dropout; left school after getting what he wanted from it; he was driven with purpose and goal.		

It is the power of wisdom and knowledge to guide a person with purpose and goal.

### EXERCISE 1: what is life?

You will not run away from this one and I will not tell you, be ready.

- A. Gather resources (bible, nature, advice from elder even religious leaders and etc.)
- B. with **sincerity** at heart, have your reflections time
- C. add knowledge to improve your reflection time
- D. Repeat B and C and even A if necessary until, Aha! Strikes.
- E. do not forget to acknowledge God presence in your actions, and praise him for the victory

### EXERCISE 2: what is My Purpose?

I know, it may sound tough, but I will tell you a trick, what if your goal may originate here?

1. Research names:
  - Paul (bumble influencer)
  - Moses (Deliver from Took Israel from Egypt)
  - Jesus (The savior)

*That is why the preacher said, “A good name is better than precious ointment” [Ecclesiastes 7 vs 1]*

2. Ask your parents why they called you the name you have.  
“Remember there was a reason why Jesus was called Jesus”  
This marks your spiritual purpose.
3. Ask in solitude:  
“God what destiny hides in my design?”  
To know the physical purpose that will align with your spiritual purpose.
4. Listen to the desire of your wisdom until Aha! strikes  
“It is God’s law to fulfill the desire of a man’s wisdom”  
And the good thing, you have learned to cling to the good voice wisdom

Truth isn’t far away.

It’s inside you. But only sincerity can unlock it.

With faith and purpose we can have a goal now.

## **5. SETTING GOALS**

You've learned about yourself and your inner power. Now, it's time to set a goal — the anchor that gives your life purpose.

Big goals often feel scary or impossible — and that's okay.  
If you believe your goal can happen, that's what matters.

## **Why Goals Matter**

### **Everything that works has a goal:**

- Hospitals help sick people get better.
- Governments run countries.

If you don't have a goal, you might end up helping someone else reach theirs.

As someone wise said:

**"If you don't set your own goal, you'll work for someone who has."**

I believe by now you know your purpose

### **A goal is formulated from either:**

A purpose or

A problem the purpose is solving

### **Finding Your Goal from a problem:**

Look at your life and ask yourself:

- what's missing?
- What's causing trouble?
- What do I want to change?

Your problem could be money, peace, education, or something else.

For example:

**"I will achieve financial stability by improving food security in my community."**

**Problem- financial instability**

**Purpose – improving food security**

## **Goal; to be a farmer**

### **Exercise: Find Your Goal**

1. write your problem or and your purpose
2. formulate a goal that is:
  - Specific
  - Meaningful
  - Actionable
  - Scary
  - Huge
3. Say out loud:  
**"This goal solves my problem by helping others."**

Write down:

- A goal you had before that now feels small.
- A big, exciting goal you believe in now.

Ask yourself:

Does this big goal feel possible?

If yes, that's enough — start there.

A small goal wakes you up.

A big goal keeps you awake — excited and ready to act.

Your life is your school,  
your goal is your graduation.

**Now that you have the voltage — the power to light up your dreams — it's time to connect the wires. Without those connections, all that energy just sits there, doing nothing.**

Your goal is your power source.

Your plan is the wiring that channels that power into real action and results.

Let's get started connecting those wires to bring your vision to life.

## **6. BUILDING YOUR PLAN**



School teaches you skills, but real success happens when your goal connects to you, your family, and your community.  
Without a plan, a goal is just a wish.

## **The 4 Pillars of Success**

Every strong plan stands on four pillars:

1. **Faith** — Believing in yourself, your wisdom and your goal
2. **Knowledge** — Learning what you need to know
3. **Assets** — Tools and skills that help you work
4. **Money** — Resources that keep you going

**A plan is simply a description of how you will use these four pillars above to achieve your goal.**

A good plan is your step-by-step guide from dreaming to doing.

Think of it like this:

- Faith is the spark that lights the fire.
- Knowledge is the fuel that keeps it burning.
- Assets are the path you build to move forward.
- Money is the energy that powers your journey.

## **Your Growth Journey**

Your plan grows step by step:

- **Stage A:** Start with your goal and strong faith
- **Stage B:** Add the right knowledge
- **Stage C:** Build or get assets
- **Stage D:** Money flows where value grows consistently

## **A. Ignite With Faith**

As you now know, Faith isn't just hoping — it's the power that drives you forward. It pushes you to:

- Take courses
- Go to school
- Read books
- Ask questions
- Learn from others

Faith keeps you moving, even when things get tough.

## **B. Turn Knowledge into Action**

Knowing is good — doing is better. With the right knowledge, you can:

- Start a job to get experience
- Offer a skill to help others
- Begin a business with little or no money

## **Wondering how to start without money?**

Yes, All you need are:

- Knowledge; guide you how to find capital and etc.
- Customers; find what people lack and offer

Don't say "I don't know how." Let your faith show you the way.

## **C. Attract Resources**

As you grow and help others, resources come to you:

- Money
- Tools
- Opportunities

People invest in those who add value, not just those who want money.

## **Build Your Plan Step by Step**

Every action strengthens your plan.

**Faith + Learning + Action = Success**

doing this:

**“You don’t chase success — you command it to follow you.”**

## **Daily Check-In: The 4 Pillars**

Rate yourself (1–10) on:

- Faith: How much do you believe in your goal?
- Knowledge: What do you need to learn?
- Assets: What tools or skills do you have?
- Money: How much can you use to start?

Focus on your lowest score. Write 3 steps to improve it.

## **Daily Practice: Move from Faith to Action**

- What is my goal?
- Why is it important?
- What’s one action I can take today?

## **Identify a Learning Gap**

- What skill or knowledge do I need?
- How will I learn it today? (Watch, read, ask)
- What did I learn today?
- How does it help my goal?
- How will I use it tomorrow?

## **Add Value**

- How can I help someone today?
- Take action — even small kindness counts.

## **Plan Example:**

I am a doctor and this is my 10 years plan for my goal. I will be interacting with patients and doctors. I will be studying even by going to school, and I will take a degree, get employed, build my own hospital then retire at 30 years of age and continue working as a doctor in my hospital.

### **End Your Day with This Thought**

**"I moved forward today. Tomorrow, I keep going."**

### **What you may like to hear:**

Small, daily steps build discipline and real progress.

With faith as your foundation, knowledge guiding you, and a plan to grow assets and resources, you're ready to take action.

Planning without action keeps dreams on paper.

Success comes from doing, adjusting, and pushing forward.

Next, we'll dive into how to turn your plan into real results and make your goal happen.

## **7. ACHIEVING YOUR GOAL**

*While at University Of Malawi, I failed my final third-year exam. Strangely happiness was all my head could understand. Little did I know that it was my purpose beginning to wake up, I thought I was losing my mind but later I did understand “I am the manufacture of peace”. Comfort being my name, I was witnessing the acts of another Comforter in me [john.14:16-27]*

**I don’t mean to say achieving a goal is a miracle.**

Behind every breakthrough, there is **discipline, sacrifice, and self-monitoring.**

There are moments when sincerity feels like foolishness,  
when discipline feels like a burden,  
and fear threatens to crush our purpose.

But it’s in those very moments  
that we begin to understand something deeper—

**that God is not absent in the struggle.**

He is present in our actions,  
responding to every honest, quiet prayer  
whispered in faith.

Every breakthrough begins with a daily routine and this is how we achieve goals.

Plan your days with purpose. A daily routine helps you align your time and daily actions with your goals,  
and equips you to stay steady, even when uncertainty shows up

### **EXAMPLE OF THE DAILY GUIDE; DAILY ROUTINE:**

#### ***Evening:***

- **Studying**
- **Reflection**
- **Talk with God**

#### **Morning;**

- **Talk with God**
- **Goal progress monitor**
- **Studying**

#### **Day time schedule**

## **TAKE IT STEP BY STEP**

Reaching your goal won't be easy — but with faith, it's certain.  
If you feel stuck, go back and review what you've learned.  
Clarity brings confidence, and confidence pushes you forward.

## CONCLUSION

You began with a single step, and you have added stones to your pyramid.  
You have discovered yourself, faced your doubts, shifted your mindset, and started building something greater. That's the strength of someone who refuses to live without purpose.

Naturally, everyone has the hunger to know where people come from and where they go. If you will not listen to God, philosophy will deceive you, science will mislead you and education will confuse you.

But now the tools are in your hands.

Whether your goals feels far away or already close—  
never stop laying stones.

**What you're creating matters.**

And it will echo in the lives of others.

Let your self-awareness, your vision, and your bold steps speak so loudly  
that people begin to ask,

**"Where does your peace come from?"**

**Simple secret, saying no to that bad voice.**

Stay hungry for growth.

Stay humble in the process.

Life won't stop teaching—

and you *must never* stop learning, becoming and building.

**Hold this, don't get too comfortable.**

The world will try to pull you back into fear, distraction, and laziness.

**Fight back with the mindset you've trained here.**

Return to these pages when you feel lost. Rebuild again, if you must.

I can't wait to celebrate what you become.

You've started something powerful.

Now finish strong.

**Your world needs what only you can build.**

*"The pyramids weren't built in a day—but stone by stone. Your 'impossible' goal is the same.*

*"Like the pyramid builders, you won't see the summit tomorrow. But each 'impossible' step lays a stone."*

*Start laying your first stone today."*



What seems impossible  
today was once just a vision  
held by determined minds.

Impossible is only a name  
we give to things  
we haven't yet dared to try.

**Dare. Do. Become.**