

# WHAT DOES LIFE ENTAIL?

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***"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending." Carl Bard***

***"Learning is not attained by chance; it must be sought for with ardor and attended to with diligence."  
Abigail Adams.***

If someone, asks you, what life is? What answer will you give?

This reminds me of my first biology lesson when I joined High school for my Secondary education, some few years ago. The teacher posed a question to us of what life is! we tried in turn to define what life is, but the teacher simply said that it is hard to define life, as we define other words, for life is in itself a collection of many aspects, and life to be worthwhile and celebrated, all these aspects need to be addressed well and nurtured to maturity, one at a time without neglect or assumptions.

As one progresses through life, from the time one is conceived in the mother's womb to the time of old age, one goes through many phases of life and many aspects of life need to be looked upon for a person to fully actualize and become an important person.

Many people look at life only unilaterally, young people. For example think that only a good grade will help them secure employment, others think because their parents or relatives are well connected, they will have an easy ride, others think that their physical bodies will help them secure employment in their lives.

It is important to understand that for any person to fully manage to reach their potential, then one is supposed to grow holistically.

To understand exactly what I mean, allow me to take you through all the aspects which define life,

## 1. The physical attribute.

This is the most pronounced aspect of growth for everyone can see that growth is taking place, one progress from the fusion of the parents' gametes and at that time, you are of

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cellular size, very small but as the growth continues, these fused cells continue to divide and growth continues to happen.

The body continues increasing in size, all the time, when you are sleeping, walking, sitting down, or even talking. The only thing you see is that you are becoming bigger which is mostly defined by the food we eat.

No much effort is needed for this kind of growth, and actually to most of us, it just happens automatically, but by just increasing in size is not enough to explain growth.

The physical growth cannot be used as the only determinant for growth, although most people use it as the determining factor. You cannot fail to cultivate the other aspects and still think that you are on your way to being successful in life.

We have seen many people intimidating others simply because their opponents are not bodied as they are, but later on in life you see, the latter succeeding more in life than the other bodied opponent.

## **2. Moral attribute.**

As we grow in body size, it is important also to grow in moral values, this can be fully explained by personal branding and how you behave, how do you dress, keep your hair, etc.

The way you address your seniors, how you respect other people and even the ability to know what is right and what is wrong and what to say and where, the aspect of self-discipline should be taken in consideration.

You might think it is not important, but fulfilled life successes depend on moral values to a greater extent. The virtues one has acquired in the society or in school has to a greater extent defined that person.

## **3. Social attribute.**

The way we relate with other people is also very important in life as we grow up. Being socially correct is very important, Understanding that humanity should be safeguarded,

respecting life of other people, respecting the properties of other people by being brothers' and sisters' keepers.

By never doing things simply because they are being done, but checking whether they are the right things to do, and whether by doing them, you will be offending other people around you.

Any person is a social being, meaning that the way you relate with people is very important and will define your life to a greater extent. Being empathetic and imagining how other people are feeling has safeguarded so many interpersonal relationship than any other effort made by people.

Understanding that we are all different and treating everyone with respect is very important.

#### **4. Intellectual attribute.**

We all go to school to advance our intelligence, and hence we should put a lot of effort to ensure that this growth is realised, Students should ensure that they maximize their potential in school, so as to score their maximum grades.

The way we argue out issues, knowing what to say and to whom; communicating well with other people, Public speaking and self-confidence are all products of intellectual development.

All these intellectual attributes should be demonstrated as we grow up. We have seen many people who are well schooled but not educated for education entails the overall growth of an individual.

#### **5. Spiritual attribute.**

The way we relate to our God is very important, our character is so much shaped by the way we value God and his teachings.

Everything and every behaviour we see around us or in us has spiritual dimension and hence, spirituality cannot be taken for granted.

As we grow up, we should seek refuge in the Godly teachings and take them as the reference to our growth, and that way even our character will be well shaped.

## **6. Emotional attribute.**

The aspects of emotional intelligence, learning what to say at what time, what to do and at what time or season, self-control, should be cultivated. That notion of being emotionally right, by understanding how to deal with issues and choosing what is right for us, and what is wrong and what should wait for the right time is important in life.

Delayed gratification which is the postponement of what should not be done now to right time in future is a very powerful virtue when it comes to life successes.

The issue of boy/girl relationships has been a hot topic, but for me, it is all about priorities, when the time to marry comes, that will be the time the issue of relationships will matter, for now as a young person, concentrate on bettering your future and using your energy in your studies.

## **7. Economic attribute.**

Life is to a great extent made simpler by money, people are always involved in businesses so as to get resources to help them drive their lives. Students have to consider how to use their pocket money and they also need to care how they use their parents' or guardian's money.

Life cannot move on without an aspect of money and other resources and hence there is a need to be conversant with right ways of acquiring, investing and even saving the money and the resources we have.

With all these aspects having been sighted as the ones which define life, then it is important for each and every person to approach life with a lot of discipline and good character.

Personal development has to take into consideration all the sighted and many other aspects of life, So whenever you meet someone in life, always know that all the aspects are into play and if one of the aspect is not well cultivated, then there is imbalance and hence one cannot reach the actualization and correctly achieve the purpose of his life.

It is our duty to ensure that we check our growth and ensure that we are growing in all dimensions.

## WHAT IS BEING SUCCESSFUL IN LIFE?

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***"All our dreams can come true if we have the courage to pursue them." Walt Disney***

***"Successful people do what unsuccessful people are not willing to do. Don't wish it were easier; wish you were better." Jim Rohn***

Success is a feeling of that tingles of excitement about what you do, sticking with what matters through hard times, living a life you can feel proud of in remembrance.

Achievement of an action within a specified period of time or within a specified parameter. Success can also mean completing an objective or reaching a goal. Success can be expanded to encompass an entire project or be restricted to a single component of a project or task. It can be achieved within the school, workplace, or in an individual's personal life.

Success cannot be hidden and an achiever always feels it, How do you feel when you pass an exam, How do you feel when you understand a concept; All these scenarios define a successful life.

Success is like planting a seed and eventually it grows to be a big tree, with fruits of its own.

To realise success in life, there must be two important ingredients which have to be followed with a lot of discipline and self-awareness:

### VISION:

***"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success." James Cameron***

Vision can be used to stand for the ultimate life goals, dreams and aspirations.

- What do you want to achieve in your course?
- Are you just waiting for fate to define you?

- Do you review what you have achieved in life?
- Have you set your goals in life?

You should aim at something, you should define a direction to follow, and failure to which you might fall into traps of many other people without your interests at heart.

## MISSION:

***"If you don't design your own life plan, chances are you'll fall into someone else's plan! And guess what they have planned for you? Not much." Jim Rohn.***

You might be having a very good vision, but you are not doing what you are supposed to do to achieve that, as a student you might be having a dream of pursuing a good course at the university but you are not putting efforts in your studies but you are always in bad behaviour which is wasting time.

How will you achieve your goals, if you are not following the right route? That way you are like someone who says, He is going to Mombasa but at that time He is at Naivasha heading to Nakuru, that is confusion, don't be confused in life. Follow the route leading you to your destination (Vision)

In order to be successful you need to do a lot of things, possess many virtues. You should prioritize your goals and should plan your time well. You should follow your passion and should be a quick learner as well. You should take risks and must believe in yourself. You should be resilient and take criticisms on your stride.

There are a lot of qualities which attribute for a person being successful. But there are certain virtues which you will find common among successful persons, which are well outlined below;

## DETERMINATION.

It is the firmness of a purpose. To have a very strong will-power. The resoluteness. One needs to be determined enough in order to succeed. It is not an option, but a must for anyone who wants to be successful. If you are determined enough you will certainly find ways to come out of adverse situations and march ahead on path of your success.

There is an age old saying which you should repeat to yourself every moment:

***Where there is a will, there is a way.***

If you want something, you need to have the intent, the grit, and the determination.

***Don't ever give up.***

## DEDICATION.

It is the commitment to a purpose. To be industrious. To put in that little extra effort. The sheer willingness to work hard. The ability to jump in and get your hands dirty without any ego.

It might seem to be the one and the same thing like determination, and the reason is both almost always go hand in hand. While determination shows that you have a strong will to do something, dedication helps you in the actual execution and ultimately to fulfill your purpose.

Remember what our big brother, Thomas Edison, once said:

***Genius is one percent inspiration, ninety-nine percent perspiration.***

Don't ever stop trying.

## DISCIPLINE.

Self-discipline. Self-governance. Planning. Having patience. Remaining humble. Ability to be strict with oneself. Being honest with oneself.

It is easier said than done. But if you are someone who wants to succeed you ought to have control over yourself. It may lead to some short term pains but will certainly help you out immensely in achieving your goals.

***Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself.***  
**- Henry Ward**

Don't ever give in.

Determination in conjunction with dedication and discipline forms a formidable concoction for success.

There is no short cut for success. No sure shot path for success. But if you do keep reminding yourself about the necessity of these 3 Ds, Determination, Dedication and Discipline, you will certainly have a much better chance of being successful.

***We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.***  
***- James Owens, an athlete and four-time Olympic gold medalist.***

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Irrespective of how educated or how skilled you are, how much money your family have; good character, forms the basis of success. Personal character supports the skills and abilities that make your professional success possible. Plus, a strong moral character will keep you grounded. It keeps you focused on what matters in the long run.

Personally, I strive to be a person of character. If you are reading this, then you have the same desire. In fact, I can say that I've never met a person who said, "Character does not matter." Still, how many people really try to improve their character? How many actively seek out ways to improve their integrity, and what are the benefits for intentionally bettering your personal character?

