**REALITY**

**CHECK**

Nicholas Kaberia Gikolu

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For orders or any reach out send an email or call; Let us engage more;

[Nicholas.kaberia@gmail.com](mailto:Nicholas.kaberia@gmail.com) / [nkaberia8@gmail.com](mailto:nkaberia8@gmail.com)

+254 736 268 556 / +254 722 294 657

# FOREWORD

The world is your oyster! If we earned a dollar every time someone gently squeezed our hands and looked straight into our eyes while giving us this advice, we would be ticking off the last item on our bucket list by now.

Most advice is great on the grand scale of things, especially when it emanates from experience. However, many of us sometimes fail to take practical steps of making the world our oyster even after benefiting from good advice.

Nicholas Kaberia offers, through this book, insights that fall in the realm of self-awareness or personal life manual.

The author transcends multiple topics, in line with the dominant approach to self-awareness writing, without being unduly constrained by the urge to stick to a specific overarching theme, topic, or message. The range includes technology, education, death, overindulgence, laziness, parenting, planning, and much more.

The general message of the book revolves around making the best out of one's life.

Dr. Muthomi Thiankolu, PhD

# ACKNOWLEDGEMENT

To my parents and siblings,

For grooming me to live a reality without denial.

To my loving wife and children, who are my pillars.

Relatives and friends (without mentioning names) who put a hand, and made this work a reality.

# PREFACE

This book is not a treatise from the Government; it is not a law but a choice to learn uprightly.

Most of us know what we should do to improve the quality of our lives; unfortunately, we seldom do it.

This book seeks to stir up insight, touch lives, change lives or push you to live life more consciously.

Life is lived when you learn, change and start every other time anew.

After perusing the book, you will learn the importance of time, understand timing in Life, and Success in general.

Your positive change should be fast unless you cease to do what is good enough for you.

Through this book, you will discover notes to enrich the quality of life in the domains of your career, profession, personal and spiritual life.

For transformation, you should read the book and internalize the excerpts; and it is where you will find some topics building upon or contrasting with others.

The reader might not agree with everything here, but at least ensure you unlearn and learn.

Life has a way of citing about you, even by how it generally treats you and those around you.

All the best as you experience a new Awakening.

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# WHAT YOU SHOULD KNOW

This part is a note of what you should keep to yourself.

All concerning our knowledge of experience, insight, and the Life we shall live.

In everything, let us be patient so that we may learn much from one another. No fool is so empty as not to give an indirect lesson.

The patterns of thinking are based on real-life experiences. Your experience of gravity your whole Life asserts that you cannot fly.

Although we know the reality, we cannot control objects with our minds. We must take charge; we must do something.

Make the best of a performer in any of the areas you may venture. Take note of the highlights in the areas here mentioned;

**Technology**

On the basics here, ensure that you continually improve on skills; with all humility, ask where you do not know or understand.

Mobile technology is supposedly an organizational tool for our lives. Generally, make sure you learn the few basics, among others;

* How to schedule text messages, set up alarms, timers, and reminders for meetings and any other assignments.
* Have backups for your files, contacts, etc.
* Save contacts right- do not forget persons in your list of calls.
* Do not trespass into personal files without permission.
* When you have a Smartphone, at least install apps that you might regularly need to use, e.g., dictionaries, religious texts, etc.
* Research on what is relevant /important to you.
* Block or delete contacts that do not add value to your life.

**Health**

Health is the most important thing for you, and you lose it at your last second of breath.

Meanwhile, to safeguard it, you may need to exercise regularly; do walks, skips, jogs, and runs. Whatever is good for you.

Also, ensure that you eat a balanced diet. Quality is more important than quantity.

Train on sleep basics- Sleep is one of the pillars of optimal health. Have a pre-sleep routine like relaxing, music, reading, meditation, visualization, etc.

Optimize your bedroom environment in terms of cleanliness, comfort, neatness, and warmth. Sleep and wake up at consistent times to aid sleep quality.

**Social Life**

It is of utmost importance that you understand this is the center of people relationships.

Learn and understand your social circles. Understand your circle of concern and circle of influence.

At least be mindful of your own things, and not other peoples' issues when you cannot help, just to make a story.

Make a genuine and reliable friend where you are one. Encourage, build and empower one another; share and grow together.

Block time for yourself- do not be an appendage to friends. You should have equivalent partisanship.

**Religious /Christian Life**

You should make time for God, prayers, and meditate on spirituality. Pursue perfection and righteousness

Put your all in Service of God.

**School /work-life-** Give your best during incumbency.

Invest and put efforts to upgrade your knowledge, experience, and skills, so that you make an asset in terms of productivity.

Your time to exit is fast approaching, and your legacy is anchored on what you achieved, your skillset, and what you have for your next level.

**Family life**

This is one of the pillars to strengthen and give you hope at your lowest moments.

This is where you belong; after everything is completed and done, you go back to the loved ones.

Have time for it and give your all, empower them, establish their certainty for Life.

This is supposed to be good enough for all members- a home to belong where peace is found. Relatively, create space and time for relatives, help where you can, and not overwhelm with demands from your people. Let things flow.

**Economic Life**

This is about financial livelihood. You are responsible for it.

Do what is economically right to reach breakeven at least and give a return on investment.

Where possible, avoid extravagance; you cannot have everything (at once).

Think of how and secure your tomorrow-work on it gradually and objectively.

Notably, your achievement is good, but fulfillment and contentment are better. Have clear milestones.

Money is not everything in life, but one of the good things to have. It is the answer for everything (materially). Finally, if you live these insights, you'll make a better person.

# RECIPES FOR A GREAT LIFE

Many things make up the character and personality of an Individual. They are distinct from one person to another. That is why people live up very different lives.

Of course, some factors are out of our control, but the bigger influence is often under our control.

The perception, reaction, and response of individuals to various features building up varied contrasts of insight, influence, experience, and life goals. The worthy Life in this regard stretches from childhood to adulthood. Which causes impartation of varying levels of understanding, exposure, and experience to make us better persons as elaborated here;

**Parenting**

**T**his goes a long way, directly or indirectly, contributing to the growth and development through childhood. The parent-child relationship virtues often leak or splashes into the child's adulthood choices, interests, and values.

At some point, when a child is of age, he or she might decide on what to keep from the virtues, traits, and vices acquired from persons close to them, depending on how positively they want to change Life.

**Exposure /External Environment**

This is the influence acquired from the outside world. It, at times, go to the extremes- from media, literature to direct contacts.

An upbringing in a neighborhood of insufficiency, for instance, will either inspire you to work hard to address the challenge or to accept poverty despairingly.

Comparatively, exposure to a lavish neighborhood will somehow impact positive energy for the Life ahead, raising levels of ambitions and dreams.

Nevertheless, a rational mind will always pursue abundance.

**Role Models**

These are the examples to refer and look up to, whether consultatively or in admiration from a distance. They are like glucose to an athlete (extrinsic energy), enhancing persistence on course to win the race.

It encourages wholesomely, when you have role models around you, making you feel certain that it is all achievable and possible.

How I wish all of us would evoke positivity and be admirable in whatever ways and levels.

**Education**

This can be formal, informal, or both.

It is an assignment, obligation and responsibility for all people irrespective of class, age, or status.

Children are our assets, and we should protect them, lead and guide them, and guard their future; through which the village, clan, country, and world will make a better place for all.

# REFLECTION

This is a careful consideration of a thought, idea, issue, or plan before an action

For the sake of the lives we lead, it is important that we routinely find time with the 'self' to keep track of our lives and to help plan.

By observing it, corrective measures or strategic tools for mega decisions to fix Life come in handy.

Planning might need some time to meditate and internalize on whatever plans and their execution, especially for personal projects or boardroom meetings where applicable for organizational planning and implementation.

Addressing issues, challenges, or other concerns at a personal or organizational level requires creating time to formulate solutions. It needs several strategy meetings to chart a clear path.

The same is evident with innovations, and that is the unique luster we see in well-thought works.

The same level of preparation is important for interviews, presentations, and business planning.

Make regular reviews of plans at hand and the milestones reached or accomplished, which asserts the rightness’ of our course . We cannot lose focus when we reflect consistently.

# MAKING OF A PERSON

In this case, the 'person' would be an artist, an adult, a partner, a teenager, an actor, etc.

The making of a person goes a long way, i.e., from the smallest to the biggest, the lowest to the highest, the weakest to the strongest, etc.

In the context of this enlightenment, the process of being the person we are or the person we want to be, requires the initiative of an individual/person, his sacrifice, time, and effort.

Like in making a powerful nation, the leadership is obliged to plan and organize resources towards the form, shape, and model' Nation of Envy.'

The design is further explained to the citizenry, giving a clear picture of the dream nation and regulations towards its actualization.

Just to note, the basics include;

It is required that continual Improvement is pursued and lived

Please do not dwell on the past mistakes; they are lessons learned

Any rebukes or corrections should be taken positively-embrace them soberly

Always take challenges head-on.

Be it from the village boy to the most powerful figures, take the rebuke and adjust appropriately

People should never conjure or ignite antagonism, fight back, or defensiveness from within, irrespective of class or status.

Take corrections kindly and adjust for better;

All for the purpose and in focus of making the best out of Life. Again, commit enough time to build on a new model of yourself.

Invest time to build on your personality, skills, and competency, putting together the prerequisites for a better life, giving another reason for you to be a necessity for a good life.

Put your best foot forward now. It is your Life.

You cannot make any other person from your efforts and behavior. It can only be 'you.'

You can only afford or realize a 'you' out of your character.

All the best.

# AWAKENINGS

Awakening is enlightenment. It is enforced through discipline when it is from another person.

Forced awakening is provocative and will compel you to ask yourself about the reality of our minds and lives.

On this note, we get to reality testing, which is a form of cognitive thinking. It increases metacognition by training the mind to notice your awareness.

Reality checking is an individual assignment where you demand specific understanding from your mind. You question everything; you unlearn and learn things from your inquiries.

In other words, set time or block some time routinely, pay attention to your surroundings, focus on your activities for the day (before or after), study them in detail, and question their nature.

Evaluate your daily progress, it is insightful, and it yields vigilance on every detail daily.

On the opposite, a human mind seldom wants to be monitored or evaluated. That is why it goes overdrive to settle those evaluations at once to be free.

It is a reason why people live in procrastination until the assignment is due and unavoidable- when we must do it by pushing ourselves.

The same is evident in the undisciplined lives that do not take on assignments, roles and responsibilities on their own volition.

Without due deadlines, many do not do a thing.

Personal awakening brings sanity, responsibility, discipline, and Success in our day-to-day living. It stirs up innovation and creativity. But how many have it?

Awakening improves our way of doing things.

Further, when we can think or do things ahead of others, we become better persons in Life.

We tend to create more free time in our lives through awakened and disciplined lives, a gate pass to explore more for our lives and others. It actually yields more freedom -of time, and other things.

An awakened person is a trailblazer. They think differently and lead the rest.

Now, what awakening is good enough?

It is relatively infinite and better for Life, prosperity, and fulfillment that we so need and pursue it.

If you so question your reality daily, it increases your level of self-awareness, productivity, and Success.

An awakened life sets up trigger points that relate to your everyday and Life at large.

An awakened life, is a conscious life

# UNLEARN AND LEARN

To unlearn is to veil past knowledge, to incorporate new knowledge more openly.

This is one of the steps to self-awareness, which is fundamental for new explorations in Life.

A human mind is an all-powerful tool beyond nature. It controls the true person in a human.

When you unlearn and learn, you veil the present knowledge to counter any influence so as to openly learn, internalize and meditate upon the actual truth and rightness.

In this case, the influence from the knowledge gathered from our day-to-day inputs asserts that you are what you eat.

You need to rule out everything in you that purports to be knowledge, open your mind, heart, and soul to new things to set up and establish the actual truth from the things you learn.

It has eaten upon people and generations who build on theories created and established as 'small truths.'

Those who cannot unlearn and learn outside the 'small truths', take it and keep it in closets as a fundamental truth.

This has shut every room for good lives and prosperity. Unlearning and learning is equivalent to trying new ventures and in new ways.

It is mythical that wealthy persons have no room for discussions with ordinary people who are deemed superior.

How locked is your brain to those hypotheses from your school?

You are a citizen who needs cleansing for your liberation.

I believe education is what you are left with after school.

Are all the theories and hypotheses true? Is it dogmatic of all you have read or heard? Even from my notes

Forget them and learn anew.

Ideally, I am not talking to historians, doctors, and linguists who cannot lose touch or change from not building on their predecessors.

But in a good life, one should be a researcher, explorer, and learner to expand your boundaries to new limits and fields. Unearth everything and learn it anew.

Just unlearn the village, the traditions et al. and other people's way of doing things and learn from your Life, the best way for you.

Unlearn your farming, your love, and your skills. Unlearn your entire Life and everything in it and start learning now.

If you learned it from someone or something, unlearn and learn.

# RIGHTS VERSUS PRIVILEGES

Like I exorcised comparisons let us have a discourse on rights and privileges.

Some people have blended the two. Sorry, not some, but let me say people have confused the rights and privileges without a boundary.

You may have a right in the Constitution, but it is still limited; a right of education, right of speech but to some extent.

Even going to school does not guarantee education.

To recapitulate, education is what you are left with after school.

Education is far from academics.

When your family is wealthy or poor, is it almost indisputable that you, too, must be better? But that is no right.

Never!

It's a God-given privilege to have been born in such a family.

The problem with us is internalizing the difference. That makes us understand the Life we lead and minimize family feuds, work fights, village hatred, etc.

Privilege is some limited endowment for a time, to enjoy what is better now at the advantage of other factors.

For Instance, at work, salary /wage is rightful when you have duly attended to your duties.

On the contrary, it is no privilege when others diligently do an assignment worthy of reward, and you bias the reward to you.

That is selfish, and even God will make you pay for it.

Besides, when you strategically loot through a friend or colleague for your stomach's sake. That is like mugging a thief. It is not good at all. You will, at some point, drag into the same sewer.

That is where morals failed.

You cannot make a business empire from robbery.

Your non-involvement in your own Life means your descendants will not get right in their lives. At least take responsibility and whoever deems it worthy will reach out and assist.

You cannot take assistance for a right.

When injustice roams, what is rightful is contestable, and that is commendable.

Just try to understand that your right must never be trampled -not to any extent.

Also, get it right that the denial of a privilege should never stir up bitterness and emotions. No one cares about your feelings, and no one should else should other than yourself.

About 75% of fights, hatred, and quarrels do not hail from rights, but some are denied privileges. Understand it and avoid it.

There is a cycle of cause and effect. *Karma* is true.

# TIME TO EAT

It is not about actual food, lunch or dinner.

When you so rightfully eat from your hard-earned sweat at someplace, it is enjoyable.

When you unrightfully and greedily browse from other people's pastures - what they rightfully deserve; does it disturb your conscience?

And that is the norm of the day by colleagues, friends, and relatives. If you must eat, eat what you have rightly garnered into your storehouse.

Do not eat other people's sweat; not at your work place, not at your home. It might choke you. Yes, it will block you.

You are cursing me on this just because what you are eating is what others should have had. Their tables are starved while your table is so full just because it was all snatched from them. God forbid

Philanthropy is done from the contentment of the heart and to touch other lives. Not from loot. It cannot fulfill and give satisfaction.

Nonetheless, if you are philanthropic from what you swindled, do not stop. But will it heal the heart of the ones you looted from or the underprivileged? That is just a leakage.

It is but positively going down the drains.

However, do not stop helping the needy; let the vulnerable have some hope. We are pilgrims on this Earth

How are we to pay for all the swindling?

That is so prevalent in our nation, our institutions, our offices, our businesses, our hustle, etc.

The more you do it; the more ultimate is the price to pay.

This is an open statement against corruption. That bridge, road, project kitty looted for a lifestyle upgrade for the new wife, mistress, car, house, a boy/girlfriend, business empire, etc.

That misappropriation to do the upgrades mentioned above 👆will not go a long way. The conscience shall eventually die, leaving you a shell.

Just live a true life.

# MUZZLING YOUR LIFE

When you take charge of your life, you take responsibility for whatever you do at whatever level

Note; everything you do for posterity shall eventually count in life now or later.

It is as if Life has a second chance or rather a 'righting' opportunity shall present itself when one lives.

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**Life is a One-time Process.**

Ensure that in whatever you undertake, the future will haunt you on account of your deeds.

On the same, Life is like the internet, and it never forgets and shall summon you to your past mistakes, even those that were unmarked.

This, therefore, requires people to be very responsible in whatever magnitude that they take on things.

For Instance, if you irresponsibly drop out of school, at some point, Life will question the misdeeds and subject you to an account of an episode wrongly skipped in the drama of life.

Besides, for those undertaking technical courses for a skill, ensure the training's completion imparts skill. Life might subject your knowledge to an evaluation to award you or else disappoint you to your 'skill.'

To advise for free, optimize on every chance given and perfectly utilize your lifetime.

The future will interrogate the past mistakes or miscalculations and put you to account.

Most of the things we did in the past have already or presently haunting our lives without doubt.

This causes lamentations upon lives, which accounts for the ugly lives led in the past. The same shall recur eventually, echoing later from our present mistakes.

Life is responsibility; the Life lived as of today shall ultimately present our tomorrow and future. Tomorrow will be a reflection of your past.

Be responsible.

# SHARPENING THE AXE RIGHT

The sharpening of an ax is the right extent of preparedness for use. Commit enough time to get details right.

It is better to measure ten times than cut at once than measure once and cut ten times; the ten times are all corrective cuts or trial cuts that will not give perfect cuts while also consuming a lot of your energy.

This topic gives exceptional insight that you may pay attention to whatever you put hands-on.

For Instance;

As a student, you should go through school satisfactorily, satisfying the requirements for both the examiner and your knowledge for that time.

As a job seeker, make the best in your presentation, skills, and knowledge of the subject matter- know your skillset in a few words, know your relevance.

Make the right product out of you;

As a spouse, put efforts into understanding your house to avoid issues where possible to grow and prosper together.

As a parent, making the best out of your child is quite fulfilling. Play your role(s) responsibly; mold your child well, pay school fees, etc.

As a youth, make the right provisions for an upright start of life- as a citizen after your basic education, college, University etc. Interim (ly) make a worthy milestone for your entire life. The sharpness will count a long way in your Life.

For a better life, you should work hard and smart to learn the best you can, not only for the skills but for the Life we live, not for a mere paper in the name of certificate but for competence.

Orderly, first is Life, the second is the education /learning of the skill to bloom Life- making an educated life.

The orderliness required in building up a good life depends on the promptness of doing the right things.

Start from what is important, do it right and work effectively and objectively; And success shall fall into place.

# MOLDING A LIFE

The molding of a life is an Assignment. Life is not an activity but a process.

Good Life in any context has vicissitudes, privileges and challenges, plans and achievements

Life constitutes the small and big things daily

Life has some of these 'building blocks for productivity, among other things;

1. Sacrifice –this requires efforts and patience
2. Time -its right with consistency and focus
3. The process is the journey that creates the storyline and realizes expectations or results.
4. Goal(s)- this is what configures and sustains you on course

Expectations are met as planned while results are realized eventually; yields below /above expectations are results.

Life has no final specific goal to achieve, but you pursue Life in bits and milestones: Hitting and losing on targets while building upon experience and knowledge.

As a local proverb puts it, "An elder can envision (in this case see) a distant place seated, better than a boy positioned on top of a tall tree."

An elder has good insight and is quite experienced; not forgetting even fools become elders with age.

..

You do not just achieve as wished; it takes time, sacrifice, and efforts to make much of the Life we live. Nothing comes in a flick; it happens through a process.

Olive oil is globally used; extracting it is a tall order for any joker of a person, not to mention the availability and growth of an Olive tree.

Good or bad lives are molded through a process of worthy time, efforts and sacrifices. It has a relative price to pay.

That is to say, good things take time and come to those who wait.

# FAIR COUNSEL

A dream is an envisaged reality about to be realized.

The dream might or might not be reached depending on the indispensable factors.

Advice is free and everywhere found, but not all advice is suitable for consumption.

Individual dreams are stirred ambitions from deep inside the dreamer, but there is a special subcategory of a forced dream for a status. This is an incitement of the highest order. When people rate you against your current status, catapulting you to a class disguised from better advice, take caution.

All dreams are valid for as long as the dreamer has the willpower to pursue them, which calls for sacrifice, efforts, and patience through milestones.

On the other hand, fueled dreams are catalyzed by people around your social circle, not for your good, not for growth or success, but a test of your stability of mind and intellect.

Many people, especially families, come to their lowest and at times to the extremes of divorce, out of other people's statements and misleading counsel.

For instance, a person treacherously advises the other on how to run her household only to split it apart—the ones receiving 'guidance' end in regrets and lamentations out of their folly.

Equivalent misadvise has cost people their jobs, their investment capital, bruised relationships, and many more. This has an appendage to comparison(s) triggered by stupid 'counsel' that is executed.

It is common knowledge that you should not seek counsel for things doing exemplarily well as per your rating. Please inquire and review the advice and its relevance. Not everything will work for you, not in anything, not from others' tricks.

Out there, many are 'counselors' who are jealous of the things they see and envy in your circle.

Be wise, comb through whatever word that is thrown to you for consideration. Very few people would wish your life well; similarly, most of the 'friends' want to moderate your fulfillment and limit joy and happiness in others.

Most people want to nurse the wounds they caused you, see and understand the inflammation level when nursing your wounds before they segregate for a wounded inferior.

Be wise, be advised; a fair warning comes with fair counsel.

# DOING GOALS IN LIFE

"The trouble with not having a goal is that you can spend your life running up and down the field and never score." –Bill Copeland

Goals are targets.

Goals are achievable with reasonable and right efforts and sacrifice to accomplish or achieve them.

Results are the actual outcomes out of spirited effort(s) towards something.

We always expect good things in everything we lay our hands-on. But still, our expectation of achieving the specific goal is not fronted by proportional efforts and sacrifices towards the same.

If we work and put efforts proportionately towards something, nothing will stop us from winning or achieving. Any shortfall of the required energy guarantees a short of a target (a sorry).

Results, for that matter, defines the reality of something; the truth is a dogma. Which makes a bold statement that we never did things right, or rather we missed the target by a significant margin.

In the Life we live, we get to the extent of what we give, i.e., the output is supposedly proportionate to the input.

You should set achievable goals and work towards them.

Setting goals and working ridiculously hard to achieve them sets you on the path of living a purpose driven life.

# TARGETS AND EXPECTATIONS vs. GOALS AND RESULTS

This is an open discourse for the reader.

This is all about targets and expectations versus goals and results

The truth of the matter is;

* If you focus on a target diligently, you will achieve your goal
* If you focus on a target and not give your all or sufficient efforts towards it, you will, of course, have some results (but short of the target)
* If you work appropriately towards your target, you will achieve your goal, and expectations shall be realized
* If you miss your mark, you will not accomplish your goal(s) in real-time, but you will have some results and expectations.

However, this conversation is going to give a better understanding of when one wants to initiate something. Start it in your mind and put efforts towards the target in pursuit of the defined specifics:

For example, if one wishes to have a grade A in Mathematics, they must work out the calculations to get sums right.

If you want to have a happy marriage, even though this might be relative, you must work towards your definition of 'happy.'

If one wants to undertake a diploma in electrical engineering, you must have your targets, expectations, goals, and results – all visible

On a similar note, for any person- emotions are qualitative, not quantitative.

…

There is a journey and a destination; just because you set-off does not guarantee the arrival. In this context, there is a journey versus a goal.

Target is what you focus on and purpose to hit

On the other hand, expectation is what you hope for as a reward for the commensurate efforts towards something.

People often target off the grid because most do not focus right and work with diligence.

Everyone has a target in view, but very few have the patience, persistence, and consistency to pursue the specific goal.

The expectation, for that matter, is quite objective in the abstract, but it is virtually adjustable as you draw towards the said target. The change depends on the goal position.

For Instance, a student joining Form 1 has a target and expects to enter a tertiary college for a course of choice and interest. This might change over time.

The adjustments, changes, or reviews happen as they upgrade to higher grades for reasons known or understood. This gets clearer over time, giving them a clearer and truer rating.

The changes during their upgrade to a higher level are dependent on any of the given reasons, among others;

* Miss of class sessions because of any justified reasons
* Lack of discipline and seriousness in their classwork
* Any other reasons known or unknown, foreseeably hindering good performance or better grades.

Any good learner with a clear goal will pursue it no matter the challenges and will eventually achieve the target results or otherwise a worthy award.

The examples given are open, but focusing on a specific target equally demands commensurate efforts and understanding to achieve or not to achieve, be it in family, relationships, etc.

The target point should be clear in mind and elevated so that the pursuit is on a day-to-day basis.

# KNOW THE MOUNTAIN TO CLIMB

The mountain here is the Life that we must overcome.

For as a man thinketh, so he becometh, as a man works so he amasses.

It should be clear in every mind that Life is relatively fair. One receives an equivalent of what he/she gives into something, being both directly and indirectly as long as one remains responsible.

Your effort and sacrifice make your worth, giving a direct and indirect influence in Life.

On the extremes of life (physical, mental, psychological, and spiritual), you get rewarded fair and square for what you did in the past, or rather what you deserve.

This is to say that you are planting what should be ready for harvest in due time, or rather what you give today you will receive soon.

If you are breathing, work on putting up efforts and sacrifices worthy for an uncertain tomorrow.

Life is fair anyway;

You raise one goat, and you will get a liter of goat milk.

Raise a dairy cow, and you should expect more liters of cow milk.

So, if you want more goat milk, rear more goats to your expectations; if you wish to have more cow milk, do more dairy cows.

NEVERTHELESS, you all have your milk for tea, you cannot get more for less, and it is what you deserve for the efforts put in.

Targets are worthy and well-deserved milestones for well and sufficiently put efforts over time. That is why everything takes time in bits, then junks or at once, then in phases.

There is the starting point in everything, and then there is the journey (through the process) and finally the destination (point of arrival or accomplishment).

This means time and effort are a requirement and the navigation route determines the place of arrival, not to mention timely arrival.

Gauge yourself honestly so that you do not be over expectant beyond your value.

Be true to yourself, do things right, be proactive, know what you want, take time and put efforts to understand the true self of 'YOU.'

Disintegrate your personality and study every unit and part of you to be well advised.

Study and understand your capability, take on short-term goals towards your long-term or distant goals, evaluate your life goals, and pursue them accordingly. Don't overwhelm your ego.

But in all this, you remain the main Actor in the drama.

# LIFE ISN'T AN ACTIVITY BUT A PROCESS

It is the series of things, activities, assignments, and responsibilities that we do daily that make the Life we live.

In the process of Life to an achievement or a goal, some things are foundational and paramount.

Some of which are as follows;

**Sacrifice** needs your efforts and patience. It might never be as impressive or like a hobby, but it shall cost you relatively.

**Time** is the 'must' fuel for everything.

It is right with consistency and focus.

Time moves like our lives are moving.

**Process** is also key. In this context, it is the storyline's journey to realize the expectations at the far end.

The process rides on time vis-à-vis your sacrifice.

When this knowledge is in mind, it substantially diminishes the fatigue in the process of an accomplishment. This armors one to work toward a goal, i.e., if one wants to achieve something, he or she must sacrifice time and trust in the entire process.

Everyone must learn this principle at all levels and in all spheres of life. The earlier a child has it in mind, the better for him in pursuit of his ambitions.

The appropriateness of this principle cuts across; even in marriage, making it better for couples.

The knowledge of this in business will equally yield prosperity.

When you live your Life, position your targets and goals at a vantage point to understand the efforts required, the amount of time to invest, and how to sacrifice for it. That is a process to it.

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When people get things done by random occurrence yielding some success, and pride trust on it, I can attest to it that it will not last, and certainly, you will lose track of efficacy.

Good things take time.

# IDENTIFY YOUR AIM

(Like in a big Poultry Farm)

When you are present in this world, you have all the choices at your disposal at the level of independence.

Comparatively, in a big poultry farm, when the farmer wants to break a chicken's neck from his house for soup, he must have it. However, he will first be required to identify the choice bird.

Once the owner decides on a specific bird, he must go after it until he catches it.

Similarly, Life is like a big poultry farm where we must chase after admired choices or burn out in the run for our ambitions.

Just like the story of the shepherd's son, the son who had come of age, was to spend his first summer alone tending the sheep in the hills beyond the village.

One night he was awakened by the sound of a wolf howling on the farm. The night was dark, and he was seized by fear; he gathered courage, took his rifle, and rushed to protect his livestock.

Across the way, he saw a wolf at the throat of one of the sheep. As he put his gun to his shoulder to focus and target, he remembered his father's all-time advice;

It is very difficult to judge your target distance at night, and more than likely, you underestimate the distance and miss lowly.

**"To have a better chance of hitting the target, Aim high."**

With the basics in mind, the shepherd's son adjusted his aim, raised the focus lightly, and hit the wolf.

The bravery of the boy notwithstanding, there is a great lesson illustrated by our dark or uncertainty of the future- something true about Life.

Yet often, we set our goals as if the future is on a sunny daytime- where we can see and judge clearly for an aim, the more reason most plans fall short of target goals or marks.

The lesson learned whether hunting or setting goals in LIFE- ENSURE YOU AIM HIGH

The greatest of achievements in our lives are realized out of thinking and aiming high on our goals.

# FAITHFULNESS

This is the concept of unfailingly remaining loyal to someone or something; steady in allegiance or affection, being loyal, reliable, and trustworthy, true to fact.

It means being faithful, i.e., adhering firmly to a person or course. It is reliable and worthy of trust even without check.

In the context of decent living, I would redefine it to being a reliable undertaking on an assignment.

The explanation might sound hypothetical, but you may do some research. In the Life we live, this principle has not been understood right.

Faithfulness is as important as ambitions and dreams in life. Remember we said you get what you give.

To better grasp this, your faithfulness has a price or reward for it, whether consciously or unconsciously when doing something in Life.

When you religiously do something uprightly, be it in the market, school, hospital, family or even virtually in your cerebrum- it is an investment that you do to your Life for posterity.

A treasury is virtually opened to token your deeds in a lockbox; for a near-future payback.

On the same, if the SAFE is filled, the Lord God who is Supreme upgrades/ promotes your Life to betterment- you are blessed. It is the reason why sacrifice pays back pretty fast.

For Instance, a member of your society, family, leader, parent, or whomever- a person relatively good has all the good things coming his way. However, it does not specifically refer to or point back on the reason for a spiritual tokenism from aback.

Putting it, you may hear people saying,

"John has been rightfully blessed," or rather he has come from a low level and commendably statements from the discussions depicts that **HE DESERVED IT.** (Depending on how one has been doing things or dealing with people or his goodness stands out)

On the other hand, somebody is living a relatively miserable life, and the responses from people close to him point out his contribution to that (UNFAITHFULNESS).

That notwithstanding, the faithfulness tokenism does not come in handy at the request of people but at the commander or timing of God. The reward or compensation is valued on how you do things physically, mentally, and socially where good faith is evident without the demand for payment for what you do.

Kindly do well, be good to people, work for the Lord and receive your fair share of thoughts or deeds, which goes a long way in terms of family, prosperity, health, wealth, long life, children, peace of mind, etc.

It goes to the extremes, giving a befitting fulfillment and contentment in our lives.

Faithfulness is the pillar for continual progress in our lives.

Thus the understanding that when you are not harvesting, you are planting.

It is upon your knowledge that you do things faithfully without regard for supervision at whatever level of service, for the best of it will come to you. ..

Nothing is as uncertain as tomorrow.

# HUMBLE BEGINNINGS

Human Life is of equal value.

It is true, "The tree that has the most fruits is the tree that has no issues with bending towards the ground."

Your heart and mind give your price value both physically and spiritually.

Generally, humility is defined in two extremes;

One, you are humble because you lack material things to deride over others or rather to catalyze your pride; or

Two, you are humble to the core of your heart, i.e., whether you have all the wealth of this world, you are short of pride- you remain humble.

When we do our lives, we need to understand that we are equals in our souls' size and immortality. There is a reward for our behavior or misbehavior- only that the physical or material life things draw the non-existent boundaries.

We live the same Life, and our lives are equally mortal.

When you have so many material things, you still have the same size soul as the materially poorest person. The only difference is the poor know that they have little material things while the other lot understand that they have material resources.

Get to understand that people need people–"*Umuntu ngumuntu ngabantu*-I Am Because You Are."

You are only a custodian or a trustee of some things on this earth. Life is a fair dice to toss for all. Humility does not mean nothingness, and good health does not mean poverty, and lifestyle diseases do not mean a wealth.

Life is subtle.

Humility calls for fair treatment of the other person.

People with any of the vices, jealousy, pride, arrogance, ignorance, anger, stupidity, etc., should eradicate them

In the physical life we lead, humility beckons that we eradicate the mentioned traits now that it is subject to other people. Just purpose to change or invoke the deity for deliverance.

When you make mistakes, ensure that you reconcile with yourself, fix them, and move on.

The more you are as a person, the less you need to prove yourself to others. Mind a quality life.

# SELF FULFILLMENT AND CONTENTMENT

To have fulfillment and contentment, is critical that you may need to redefine objectives in Life.

Just imagine being on a very good King size bed. Still, without sleep, lonely in an executive mansionette or bungalow, great wealth without heirs, Fridge packed with fortified grade I foods but in ill health that does not allow you to consume them et al.

That is when you understand it is all vanity and useless when whatever you have does not yield satisfaction.

How is it that you must drink yourself silly to have some sleep?

If it is a job, quit. If it is wealth grabbed, give it back; and as a matter of fact, ensure that your fulfillment or contentment comes immediately first.

Not greedy fulfillment, or getting fulfilled from what is not yours, not despising others' worthy rewards.

Be it at work, be grateful, serve people the best you can, give your all, and when you walk or get home, you have no guilt of meager performance that you may have a good meal, and more importantly, a good night's sleep worthy after a day's work.

Paulo Coelho puts it, "success is being able to go to bed with your soul at peace."

**THE SOUL SHOULD BE AT PEACE.**

Anything that is short of self-fulfillment and contentment is marked a terrible life.

Does your Life resonate some fulfillment or not?

Failing or not, start all over again and fix things up

If you are not fulfilled and contented by the things you engage in; be it deeds, activities, salary, wages, friends, or anything you do daily, you can NOT have Success – not TRUE SUCCESS.

The struggle to make money is small, compared to creating meaning and purpose of Life.

This is your time to make the best of what you gather.

# FREE CHOICE

This note does not come like a government vaccine.

Jesus said, "You will always have the poor with you anyway." The poor get rich without looking back with admiration to their past, but it is for those who envision and pursue it.

Empowerment and Improvement are individual; it is continual and like a call of nature with everyone.

You carry yourself to the toilet, or you can still choose to mess yourself.

It is your responsibility, take charge of what you want for your Life.

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Try anything, make mistakes and fix them.

Choices have consequences, but some mistakes are quite costly and Life taking.

Make an appropriate choice for your Life- MAKE IT COUNT.

# SELF AWARENESS

Antony De Mello put it, "The trouble with people is that they are busy fixing things they do not even understand." We are fixing things, aren't we?

It never strikes us that things do not need to be fixed; they need to be understood. If you know them, they will change.

This is an assignment of individual exploration to gain access to a good and better life, which explains how to separate one from the body to execute some actions or major decisions.

Are you able to look at yourself through the eyes of somebody else?

Are you able to separate the person 'you' from your emotions?

It is triune like a human personality; the soul, mind, body, or heart. They make the implements of human life.

Given a chance, the body and mind will peddle the course of the soul. But in Life, the soul is not emotional, and that is why it is immortal.

For Success, in anything and everything, you are required to NEVER give audience to the body /flesh lest the level of indiscipline will drag you down the abyss.

Your level of awareness defines your discipline in Life, where discipline is your control of yourself.

Habits are sourced from our control of ourselves both directly and indirectly from the people within and without our life circles.

With self-awareness, we can monitor, evaluate, and even vet our lives without bias or favor on ourselves.

For Instance, if you know smoking is killing you, you will not change. But if you know how smoking is killing you, you will quit smoking immediately.

In my thinking, this is what people should pursue in the present lives and should embrace it all along to build the Life we envy and envision.

Generally, information is knowledge, but the understanding of 'how' it affects you is awareness. The transformation and renewing of our mind(s) influencing our behavior is awareness.

# MAKING THE BEST OUT OF LIFE

Nothing personal here.

We are made in the image and likeness of God (Genesis 1:26-27, 9:6)

Put your best foot forward because there is no rehearsal in Life.

If you lose in this pursuit of Life, siege befalls you; if you win, the award is yours.

Take time to build on yourself, be competitive enough in your own Life. Put requisites in their right positions for a better life.

Trust the process because it shall always last and put in the right ingredients.

For some good juice, gather the choicest of your fruits in the blender.

When must you 'make it,' who is making it? Somebody 'YOU' is responsible for ensuring excellent navigation in the whole matter. Be the CEO of your Life.

Contextually, let us work with this example;

Let us call where you are (present position or situation), point A, and wish to go as point B.

From your niche, at point A, you must focus on point B and estimate the journey. Then do the milestones breakdown, from what you do, how you do it when it should be done, and more importantly, how consistently you need to do it?

This is meant to help scrutinize the navigation route(s) to one's destiny and the requirements for safe travel and arrival.

Keep track of yourself to ensure you are on course; otherwise, you will drift off.

The self is obligated to focus on the new point B: which is in terms of its requirements which are energy, time, and sacrifice.

The amount of time needed to get to dream point B depends on the 'distance' effort and the probability of your accuracy. Time is a relative variable in whatever scenario.

I might not guarantee your arrival, but as the bible puts it, time and chance happen to all.

That notwithstanding, you can make smaller bests of your Life from your daily activities, building up into the very possible and likable future.

After all, NOBODY has achieved the best in his or her life, but they are still trying to make the best of it. The 'BEST' is a constantly moving goal, which is a future status or class.

Through this, the best description of dream life is vivid, from the point you start the lead, but surprisingly, it keeps on moving as you approach it. This is the ambition when the horizon is magnificent.

Now, what have you made of your life today?

'YOUR' Life is both singular and plural in nature. The more you are working on your life's particular state, the more the plural life is closing its gap to your Life, i.e., the more you are doing your Life, the more the outside is creating opportunities to make it better.

Making the best out of life does not compare or compete with other lives, but it is all somehow linked with other people's lives, which is why we get fulfillment from serving others right and giving a helping hand.

It is all about Touching lives

# COMPARISONS

Comparison is a consideration or estimate of the similarities or dissimilarities between two things or people.

The comparing of notes without good reason is wrong.

Just create your scale, rate yourself honestly to whatever direction of choice.

Comparisons feature when one has a reference point to other people for his rating (whether good or bad concerning the end of contrast)

Comparison is prevalent with people working on self-esteem or competencies in relation to those others in the vicinity or around their lives.

The problem has rippled a long way in worship, business, schools, families, etc.

The comparisons of strategy would mean success, but the rest of the comparisons are inferior, especially in our lives.

Uniqueness is a great gem.

The future does not have somebody's name on it; it would be yours as well, with its challenges and rewards. Do not compare, but embrace what is good from others to build on yourself without detriment.

Mentioned are some of the injuries of comparisons;

**Comparison among siblings**

From the same family upbringing, the ordinary mind thinks the level of Success or prosperity of the family members shall be the same. But sorry, it can never be the case.

The Life of a person is god-sent and highly influenced by exposure, sacrifices, efforts, and opportunities.

The comparison version draws negative energy amongst siblings in the family giving birth to immeasurable jealousy, prejudice, and hatred among siblings.

In this regard, the parents should take charge and stir up unity.

The rivalry level stirs hatred that causes siblings' divisions, making them feel unloved, disliked not considering their irresponsibility and un-involvement in their lives.

However, lives can never be equal, and we should come to terms with reality. Making children understand their rightfulness as children is lifelong. Partiality with parents should be discouraged.

**Comparison among children**

This is instigated by parents who imply some children are better than others.

This differs from one parent to another- but it is existential.

However, its existence around us should not influence how we treat our children or otherwise. The comparison factor biases our thinking into justifying why some are dearer to parents than the rest, e.g., for wealth, marital status, age, etc.

In my thinking, this is a fallacy- but emptiness is also unlovable.

You cannot be anything.

A child is a child, boy or a girl, firstborn or lastborn; they should be treated equally as children.

Parents are also obliged to bring up their children in the same way and let them love one another and love them as a parent(s) unless otherwise intended. This upright parenting bonds children.

**Comparing with relatives, friends, neighbors, or the people you know**

Live Life well and contentedly; you never know about tomorrow.

The grass /pasture across is not as sweet as you think. You may never know about the underlying work and sacrifice.

Live your dream, not your show.

Do not envy everything across the bridge, you may see the 'brooks' flowing down, but you never know the level of devastation left upstream by the broken dam. It would be unfathomable how people drowned and the property destroyed.

If you must compare, do it cutting across efforts, pains, struggles, and finally, your counterparts' deserved success.

Be wary of what you eat from the other's plates.

Execute your plans, wishes, dreams, and you will get to it, fulfillment, and actual Success.

Any other comparisons there of?

A comparison is a comparison also.

# LIFE AS A DRAMA

This is TRUE and nothing personal.

It might sound ridiculous, but it is indisputable.

A drama is a play part of an episode or a scene in action.

In the Life we live, you faithfully, willingly, or unwillingly act on your part with or without consent. You may take note, know, or should remember that it is your drama part that you are doing- your LIFE.

Life is lived in small bits (of seconds), building up into days, months, years, or decades, up to a lifetime.

A life well-lived is a life acted right.

Now, are you acting well and right on your part?

If you take two actors competing for a position in a play, the best of the actors is always retained in that part of the play.

Ordinarily, if two actors play the part of a pauper and the other one as a tycoon - who lives well in the scene?

Of course, the poor man lives and suffers his insufficiency in the entire episode. Simultaneously, the tycoon has the bests of what Life offers in material things- good food, apparel, money, and all material privileges, not to mention the servants.

Wherever and in whatever you do in Life, that is your part of the play. Disgustingly true, the drama of life is never-ending. For that reason, your role (LIFE) is visible in whatever you do; comparatively, if you play the best, you automatically keep put.

Looking back, if something is amiss or has changed on your part, it is obvious that something catalyzed the changes.

In this regard, Life will work on placing you where you can act best.

This might not be true you say, but now come the underprivileged or the well up behave in their statuses? How is it that a good driver behaves and acts like one? A good lawyer is just a good lawyer. That is it.

Like it or not, your play part is at your discretion, and you get assigned to the appropriate position.

If you wish to change your part of the play or play another character, you have all it takes. Change your play for the position of envy; prepare and play appropriately for the new positioning.

But be warned not to play pretentiously. Otherwise, Life's potential changes might skip you, subjecting you to a worse position of play in the drama of LIFE.

Faithfulness still Counts

It is imperative to know and understand that it might take time.

Just as you receive blessings you so rightfully or fairly deserve, so is the case with the good lives we dream of in the drama.

You may also play or act your part as you wish, but remember that you die by how you live; not forgetting everyone participates in the same drama, every acting is a lesson to the other participants in the entire drama of Life;

It might be a screen while you live or a reference book

# TRUE SUCCESS

This is where you get to the best of what you put yourself into.

TRUE and SUCCESS have no specific definition in nature as per this context; it varies from one region, village, institution, denomination, religion, family, individual, or any other dependents.

This model might not be acceptable across the board, but it is indispensable at whatever level.

Now, are you pursuing just Success or true Success?

What are the guiding posts for the boundary lines?

I cannot tell on 'true success' wholesomely, but I can hint on what it is not;

Are you struggling with Insomnia, lack of fulfillment, dissatisfaction, noisy Life, ugly neighborhood, denial, life-work imbalance, unmet financial obligations, and the like?

I can bet you are far from 'true successes.'

It is as easy as it is hard; you must first understand the cause and address it. Evaluate the cause and investigate its origin. That way, it will be a challenge half addressed.

Create time and internalize that you cannot have everything simultaneously; ambitions do not bring Success, but they are achievable.

Start from doing the basics right, sleep well, eat well, dress well, etc.; in this regard, the 'well' is not an adjective of class or standard.

Sleeping well is achievable since sleep hours are not person-hours, for per hour rating or pricing.

It all entails shutting down the entire system to relax and rejuvenate for another day's work life- to fight again.

It is in the new day that it all reactivates the milestones for better or worse.

Conclusively, true Success is at a sacrifice, but above all, it is within your reach, scope, and efforts, not to mention that it is self-regulated, moderated, or limited.

# QUALITY OF LIFE

Quality is an attribute to a high position, standard, or ranking; some are better or a level of excellence.

If you got the wording right, quality is descriptive and relative from one person to the other.

Of- referential to

Life is the breath in us, a time preceding the death of a living thing—a worthwhile existence.

Quality of Life is the worthiness of Life for every time and energy spent on every day of our breath; in the Life, we live.

The quality (ness) does not incline on life's physical human rating, i.e., material or immaterial things. Life's quality is realized on a day-to-day basis and is when you possibly give the best for yourself and for what you want.

Nevertheless, a general rating of quality by all the legends, scholars, and illiterates would be good sleep, better health, etc.

The quality of life of an individual is as achievable as wished by the concerned person, just by the virtue that one knows the features of the Life he/she wants.

The actor is bent on putting efforts towards it on a fast note wherever & whenever he so wishes. It might not be possible to achieve everything in the twinkling of an eye, but on this route, you at least can decide to clear or live with limitations, challenges, or hindrances in your Life.

The Life of that other person might not look good to you, but what is the 'quality of your Life?

I am also working, pursuing, and living towards my definition of quality life; which is the case with everyone. Responsibly work in your space.

One's quality of life is evident by the choices and the decisions he/she makes in their private lives, not to say that options have consequences and stories.

Honestly, life's quality is self-chosen, implying that we all have a responsibility and a role to play. It is not only the material things in life, but the blend of choice things in your life that yields QUALITY.

May you embrace some quality of life, if not Quality of LIFE.

# SELFISHNESS

This is the quality of being self-centered or egocentric -with little regard for others.

The self is dimensional in this case.

The trait is skewed in nature, presenting other people as of inferior capacity, especially for positive or good things.

It is a vice that makes one feel 'more' equal than others for as far as better is defined.

In this scenario, the self is intact with the heart and body; which relatively yields Jealousy and hatred. The same is clear with self and its counterpart is given priority in terms of benefits, rights, and privileges.

There are three types of selfishness in nature; none of them is symmetrical or fair. They are,

1. Type one selfishness -This type is where one gives himself the pleasure of pleasing himself. Individual interests/ self-centeredness is all visible
2. Type two selfishness- This is where one discriminates against herself/ himself to please others.
3. Type three is enlightened selfishness which is a moderated selfishness with the interests of all participants in mind. Here you cannot benefit as an outsider of the involved persons of interest.

The first type is obvious and dangerous, unlike the later ones that are hidden and equally discriminative.

(Antony de Mello defines it exhaustively on a topic, "The masquerade of Charity")

It is exploding here. When you do things for the sake of individual benefit or yourself, Is that not selfish ‘enough’?

All available energy, effort, and strength to impress just 'you.' (Maybe alongside others)

On the other hand, take a situation where you deny yourself some self-fulfillment just for the sake of others or to please other people- where they take lead priority in what you do; just for them.

You are thinking about it - RIGHT?

The two types are contradictory, especially the second one, which is almost unacceptable as selfishness. But it exists; investigate it.

Look in the case of peer influence; for acceptability into the group, you are required to shape up.

The debate might not end now.

When it is of convenience and mutual, it doesn't fit within the two types.

And now, just to mention, there is an enlightened selfishness, where it is a give and take situation. Biologically, we would call it symbiosis.

The 'SYMBIOSIS' version is what many regard as non-selfishness, which is not the case.

What type of selfishness do you have in the guise of Charity or Love, or Symbiosis?

Now, what selfishness do you learn from your friendships, governments, relationships, politics, etc.?

Whatever selfishness you hold, be kind to others.

# POSTERITY

This is the continuity of something into the future.

It means everything is done with the future generations in mind or for an indefinite use into the future.

You do not have to waste a lot of time for no reason, just for the sake of it.

Our skills, investments, and family's continuity means a prosperous life, which is a sure probability for a certain tomorrow. We are required to build on what we have or where we are towards the indefinite future.

Preparing ourselves for the future is a concern plaguing many families, people, and systems. We need to make the best of what we have been bestowed with at the start.

You do not have to retrogress the livelihood of a people or generation clumsily. Backsliding is costly and ineffective in our current lives.

In this regard, it is the starting point for either Success or failure -where you are required not to post anything less than the cut-off level.

This calls for continual improvement of products, skills, or lives so that the next generation will find a stable ground to spring from.

Parents should ensure their children will at least find a better foundation than they found.

In this context, if you must have an unachieved vision or goal to pass, organize to appropriately handover the chase or pursuit.

Any rational mind should embrace a ready platform to take off from or build on; unless, with inventions or discoveries, you may avoid a posterity base, which might not give much.

# GETTING ORGANIZED

This is in line with planning and living true to your plan daily -, you live it habitually to have a better life. That is Insightful, isn't it?

When you are organized, you live your planned day or time as scheduled without procrastination or excuses.

If you achieve this, you will have fulfillment and achieve goals-Just align your day to the bigger picture of your life.

Success is not a big thing, but it constitutes the small things combined and compiled over time.

Moreover, we either do not know its meaning, or we do not want it in our lives. If rated, most of us would have to redo the evaluation tests many times to get an average. The 'get organized' guide is not an activity but a process, just like Life. You live it on timely bits that coin it to our daily lives.

Getting organized is a lifetime assignment that demands a lot of discipline to control ourselves towards individual targets over a period in our lives.

However, being organized or not, we remain 'organized' anyway. You are either rightly organized or wrongly organized.

If you get organized, you maximize on time or resource utilization during that period or for the given opportunity yielding optimal results.

Any shortage of some achievement throws you out as an opponent or enemy of the organization, irrespective of the influencing factors.

Now, how much are you hitting on your target list without excuses?

Being organized would mean you are responsible, and you are taking charge of your priority list to its last item.

Getting organized is having clear demands of your time, activities, and assignments.

Your life 'things' is dependent on your state of the organization from all aspects and levels.

# BE THE MASTER AND THE STUDENT

This gives a presentation of a classroom scenario for everyone on a daily life screen.

The expert is supposedly the trainer and the teacher who has appropriate wisdom, knowledge, and insight.

He compares to none, and he is the only Teacher.

On the other hand, the student takes the position of a focused learner who wants to optimize and redeem his time learning all the lessons to be quite knowledgeable for all his undertakings.

The student has only one chance to learn everything besides representing the best of a classroom learner.

**NOTE: The Master and the Student is the same person, but playing opposite roles in the same person.**

The Master who is 'YOU'(in this case) ensures that appropriate knowledge is imparted for once into the mind of a student(YOU) who is not as serious; implying that the master(You) is so keen, elaborate, and patient enough to make the student the best of a learner in and for his Life.

On the contrary, (and simultaneously) the student is supposed to be a good learner listening attentively to get everything from the master/teacher (who is thought not to be concerned or as considerate) who does not care about the amount of knowledge garnered.

The student must concentrate on the lesson at his suitable time to compete with other bests for an opportunity.

As presented on a lifelong screen, the two are intertwined; the expert takes charge while the student listens carefully, making an aggressive learner who leaves nothing to chance for another day, as guided by the master.

The character traits earmarked for both the expert and the student does not represent any specific personality.

So, what kind of a master or student have you been to your student or master?

How much have you imparted your student?

How much have you learned from your master?

.....

I am excited by how you want to react to the evaluation?

In this regard, you need to make a student's best in yourself and the best of a master for others in Life.

The master and student make exemplary Actors in the drama to inspire lives at large.

# STAGES OF LIFE

We have two lives, and the second one begins when we realize we only have one- by Confucius

Like somebody said, "Everyone has a friend during each stage of life, but only lucky ones have the same friend in all stages of life."

You are worried about the statement above. NEVER mind.

Some people and psychologists have shared a lot about the different stages of Life.

I am not a Psychologist, but some people can give counsel to good listeners.

Generally, the stages would be as follows.

**Childhood:** This is early childhood, and you remain dependents in the family.

At this level, unless otherwise experienced, everything is freely given (Basics and non-Basics), and almost none of the children has clear knowledge of ambitions and dreams but immediate wishes.

The stage has momentary living and fulfillment coined around it.

Life is all playful though very little competition is evident. They do not cling to a class or status. To them, Life is a smoothie.

**Teens and Youths:** At this point, you are dependents to a certain extent; some have a sneak understanding of life and its powerful and dynamic facets.

It is of utmost importance that parents and guardians nurture their children's right in behavior and imparts the basics of responsible lives; true Christian living, the importance of education, etc.

The stage is highly susceptible to peer and media influence.

This level is quite vulnerable to costly mistakes in Life, and in the case of parental neglect and disconnect, it results in misleading many of the teenagers and youths in Life. They take education lightly, overindulge, and expose themselves to many things, hence losing the meaning and purpose of their lives.

Any misdeed will haunt mercilessly and discriminately later in Life.

At the same time, this is the most important stage to plan, envision, and realize much in your youthfulness. If you have smooth travel and transition through, you become successful great leaders, highly rated in whatever fields of career or interest-holding all other factors constant.

In this stage, ensure you answer the following;

Who am I?

What do I want with my Life?

What is the route path to it?

Which warns you not to indulge; instead, build on yourself.

The stage has a small room for wrongs /mistakes and consequently inadequate time to correct all the misdoings for the Life ahead.

Though not always satisfactory, we must live forward. Life fixes itself at some point. Life is lived forward, but we understand it backward.

Be responsible, and live uprightly.

**Adults:** This is a continuing life stage, where we evaluate our past lives, make right our mistakes, and still build on ourselves.

At this level, most people have a diminishing trend of ambitions and dreams- out of increased assignments and responsibilities in family life, e.g., children's education, parenting et al.

When one is overwhelmed, they ldetach from their loved ones; and become irresponsible adults.

Nonetheless, you must soldier on into the uncertain tomorrow. You cannot fault lives in your lineage.

**Elders:** At this stage, all rights and wrongs have encrypted lessons in their lives.

Given a chance, they have counsel like no other to the young people in building family, success, and for all the Insights for Life.

They have invaluable advice, wisdom, experience, and Life examples to support their recommendation.

However, it is not too late to build on ourselves into the future- After all, no man is limited, but we are powerful beyond nature.

Life is all God-given; you can start it now, and you are not past wealth acquisition. Otherwise, you are a resource person.

As an elder, you can confirm that everything is vanity.

Now that all this is evident, and we are fast living the stages, what should we become of the level we behold?

# LIFE OF FEAR

A life of uncertainty is such a challenge for everyone.

The world is not a playground but a battlefield, so prepare for war.

In this regard, it is easier to be a Warrior in a village garden than to be a gardener in a warzone.

Insecurity is an indicator of inferiority, or rather, shortage of security is a great impediment to livelihood and survival.

Having been already aboard this Life, you must never focus on any form of Insecurity-be it at the workplace, marriage, business, etc.

It takes courage to stand tall, secure and furnish yourself with skill and competence for this Life.

Courage is found in unlikely places.

It is functionally true that insufficiency, weakness, and incompetence cause us to fear for our survival.

Notably, we fear not because of our insufficiency but because we know that we are powerful beyond nature and have a chance to bloom.

Therefore, diligently take your position or assume your shoes and stamp authority.

Now that we know that this is the way to go and we are already onboard, let us brace ourselves for a good fight of victory against the day-to-day challenges in our lives.

Let us build on confidence, our esteem, and stamina for Life.

We cannot whine over this and that, over everything in the name of unfairness, bad luck, etc.

Luck is preparedness versus an Opportunity. Luck is realized when there has been sufficient preparedness, and then a chance shows up.

To avoid the unknown's fear, work on your life through a strategic plan- well-drafted and executed.

On the other hand, do not take Life or things with the complexity of mind; it will cause you to complicate simple things in the guise of hard Life.

To eliminate fear, you must position yourself on a stable ground because whatever you need to accomplish goals is already in you.

Have a fearless life, won't you?

# MAKING YOUR PRIORITY LIST RIGHT

Mathematically, and in real life, the shortest distance between two points is a straight line. Whatever ambitions or dreams, the order of pursuit for achievement matters a lot, and this is where doing one thing at a time stands out as the surest way to achieve something.

We all have the same quantity of time (24 hours), but we achieve much by how our priority list is- on a First Things First principle.

Life is of competing priorities, and you cannot do everything in a lot, and you cannot be everybody.

Choose what to do and what to become, and it is almost a guarantee that you will achieve it.

Time management is regards listing of priorities that will help an individual make much out of the limited resource of time in our lifetimes.

* However, this' right' listing is a variable from one person to the other, but it gives a second chance to correct all the mistakes from our everyday lives.

Therefore, the priority list should be attended and reviewed daily, not forgetting it should complement the long-term goal.

Our lives have both a taste and an aroma if you do things in some good order, and it so happens whenever we pursue the magnificence of a bigger goal- which we should be doing every time; second, minute and hour.

The 'Rightness' in the priority list means a clear flow of daily activities that build-up to the big thing, which is essentially the accomplishment of a goal(s)—the greatest part of Success.

Now, how good or right is it on your list?

Is Life exhibiting the confusion or the organization of your Life?

Ensure that you have your priority list right, and then examine your Life after proper planning- It will be a worthy and better Life.

Diligently work on your list from the topmost item descending, as it should in the order of importance. Certainly, it will optimize your level of productivity.

As was noted, you are not going to master the rest of your life in one day. Master that one day (one item). Then just keep doing that every day (every time).

That will make an organized life.

# TIMING IN LIFE

Timing in Life is as good as a choice for a good life.

You are required to do the right thing at the right time and place. If one misses the timings or activities meant for the seasons, the rest of the activities shall probably hit a snag.

Timing compels you to put things, activities, or assignments in their right order.

When you commit your time to anything/ something in this world, you put the days of your life into it. The more reason why things have their time/season so that we can optimize our lives.

**Just to mention;**

In Life, there are things that wait, and those that do not wait for their implementation; that is to say, we have tasks requiring immediate planning and ok with flexible execution plans, and those that can wait without demands.

For Instance, you can study at whatever age, but proper timing is essential for schooling, especially to complement ages or levels.

That notwithstanding, you can do it at whatever time; and it is Ok, but it might not give a return on investment, especially when you have goals to accomplish.

Further, timing is quite important for education, marriage, employment, etc.

So, if you invest your precious time in the right things of Life and appropriately, there is a fulfillment and return on investment to complement it, materially and immaterially.

On the same, how consistently right is your timing in doing things?

…..

If lateness is evident, nothing much is possible to undo the error knots, but you can plan for the Life ahead. Of course, every undertaking takes time. Time is a sacrifice and a split of Life.

Timing is a strategy in itself

When you do things on time, you eliminate the baggage of confusion in life.

In addition to all that, you are left with a lot of extra time to address other contingencies and plan farther ahead, organizing and planning prior to their execution.

Life blooms well in season at the opportune time, and you reap when it is right in time.

A life scheduled**/** planned is worth more than many unplanned lives lacking a defined season.

# SLEEPING WELL-

**How well do you sleep?**

**This question would cause** me a spanking and a kick at the same time.

"What is your business in my sleeping well?" That is a question lingering in your mind.

Now that I am not near you, how well do you sleep?

What is sleep?

It is a session of time- seconds, minutes, or hours of physical shutdown; that disconnects one with the physical body and world.

It is a mental and physical shutdown to heal and rejuvenate

How well do you sleep?

The majority of the citizenry you see every day around you, men and women, have had below-average success, rating in their sleep life.

Remember, you slept either well or not- no middle ground for it.

For example, when fatigue or sleep overpowers you, you fall asleep like the dead and later wake up with hangovers despite the feeling of rejuvenation, which is somehow a failed rest- below average rating.

It revolves around good sleep / Sleeping well

Bad sleep is a function of unhappiness.

The basics to a flourished and successful life hail from good sleep; this entails having a good place to lay your body, conducive environment, contentment, and peace of mind; that is where you have proper shutdown and the healing effected for some time.

Generally, sleep is formless and shapeless, and I would hint that it assumes the form/shape of the carrier body and sleep zone.

Sleep is the same all along for both animals and humans.

Sleeping well is a skill very few master, but it is well with good beings or animals; no wonder majority does it wrong regardless of whether it is for free. But it supports effectiveness and health immeasurably.

Good sleep is what God has given to rest his children (Prov. 6.22, 4.16, 3.24)

It is like a balm to the body and soul- it heals you.

The wild animals have mastered this; in case of an injury, an animal hibernates until it is healed and restored.

Have you seen or compared your sleep to that of a toddler?

While asleep the baby is free and quite flexible in the body, unlike adults who tend to be quite rigid while asleep.

The posture position is as important as the sleep itself. You can only fail in what you have tried; if you fail to do the sleep basics, you fail in doing it wholesomely. That is why there is no two way about it- you either do it right or wrong.

Some of you are sleeping ‘bad' and wrong because of how you lead your life. If one has lacked good sleep for a while, poverty of sleep is equally agonizing like any other insufficiency.

That, you are so poor to afford good sleep; a free thing.

To fix your ugly sleep life, you must fix your entire life. That is to say, your life is on a terrible track and not doing as well as you think.

Life is a process, and you cannot have everything but something- deserved and rightfully acquired.

Understand that peace of mind is a forerunner of good sleep.

Why sedate to sleep? Which is not good sleep, by doing stupid alcoholism & ‘dragging’ yourself into sleep? Sleep is tax-free—the only committal.

I have also lacked sleep in some instances, and that is why I have got to review my session of ‘bad’ life so that I can fix it right from the symptoms.

Another reason for good sleep is body rest; to achieve this, the body is bathed and nourished for rest and rejuvenation.

Good sleep is not a byproduct of fatigue; you should not confuse the two.

Good sleep draws you from a comfortable place slowly by slowly detaching you effortlessly before sleep takes you away for some time. When enough rejuvenation has been done, you feel to wake up.

Other requirements for a good sleep at night; are to clear your bowels before you retire to bed, not to mention comfortable beddings.

The sleep is as good as the comfort of the beddings, and they should be taking the shape of your body or comfortable—one of the most important requirements for good sleep.

If you still cannot get good sleep, review and overhaul your whole life- business, family, personality, job, skills, etc., or seek divine intervention.

Guilt haunts more during ones rest and sleep time.

# NEW THINKING

Information is not in sight, just as knowledge is not awareness.

Having information does not mean awareness.

Like an alcoholic knows very well that he is destroying himself, he is not aware of it. If he was aware of how he was killing himself, he would assuredly stop drinking.

This is where many of the people are; they have information but are not aware.

You do not change yourself; change happens once and takes place through you and in you.

The information does not change one, Awareness does.

For instance, Christian knowledge of salvation does not lead you to it, instead of awareness leads your steps to it through you.

Further, I would say understanding how is the actual awareness in its scope.

When a smoker knows smoking is killing him from the lungs and might snatch him from his loving family, it does not mean much and might not scare enough; but when he is aware (Understanding how) the patches on his lungs have been accelerated from his habit and is about to kill him, he will quit smoking right away.

Let us now think of and answer the ‘how’ question in everything.

The life we live is covered by knowledge (s) but short of awareness.

In this regard, more often than not, we all know what we want, what we should do, and how we can do it; but it is surprisingly unfortunate that we are not doing it and not willing to do it.

Put your health and fitness to focus, how and what are you doing about it vis-a-vis your wishes

Who does not know their life position and their life of admiration and dream?

Who does not know what is good enough for him or her but how many or how do we not pursue it or maybe, we do not want to?

St. Ignatius calls it tasting and feeling the truth; that is, not only knowing but tasting and feeling it, i.e., getting a feeling for it is what makes you change.

Encircle yourself with awareness, feel for it; do not be afraid of understanding how

Avoid, among other things, emotions, demands on people or relatives, sensational feelings, high expectations outside understanding how- actual damages.

Instead, work on or change to a new way of thinking where you feel the truth and put effort into it.

Are you aware of just in knowledge of things?

Awareness is utmost for new thinking and New Life

# RELATIONSHIP WITH DEATH

Often, this is a forbidden discourse, especially when you talk of a next-level life you have not reached.

What is death, what causes it, and how do we know that it is death?

At times, real things have competing swindles.

It refers to things with few counterfeits while ‘most often’ pools everything, followed by inauthentic competitors.

From a layman’s point, DEATH is an actual shutdown of a life (stop of functions) after the soul has left the body – Irreversible.

Death is the separation of the soul from the body, separation of the immortal from the mortal, and the perishable from the imperishable.

Death is the stop of breath, meaning it is no longer alive. When life is no more, there is no breathing, no need for food, etc.

What makes death hurt the living so much?

The pain linked to death is relative in the context that it depends on several factors, i.e., from an individual, family, age, deceased, etc., to the other. Parameters, in this case, are varied

Death hurts most when the deceased has had many or disguised unfinished businesses, ambitions, dreams, assignments, and responsibilities known to the living.

For instance, if you have been faithfully providing a service indiscriminately, with very young dependents, unexpected death from an accident, a caused death would hurt the living more

The living mourns the dead not for the sake of the dead but for fear of their lives, the wastefulness they have caused themselves. Many which include;

The guilt beneath their scammed achievements or the amassing of false wealth; or their knowledge of life after death which comes with its share of judgment and hellfire (eternal condemnation)

Also, the level of injustice perceived to have caused the person's death, not to mention death cases, especially in hospitals and many more causes great emotional pain.

Generally, the mourning is NEVER for the dead or the dead person, but for what caused it and the relationship with death's induced gap.

On the other hand, the living should formulate a way of dealing with death, where they should genuinely love one another and build, support, and facilitate the dead's unfinished assignments.

For a life well-lived, death brings rest from the physical life.

Death transitions us from mortal living to Immortal living, whether it is for Eternal life or Condemnation (Ecclesiastes 11.3)

When we live our lives right, in Righteousness, and believe in Christ as Lord, we eliminate the guilt of sin, giving assurance of Eternal life.

Somebody put it, “We live in a flash of light; evening comes, and it is night forever” It is only a flash, yet we waste it. We destroy it with our anxiety, our worries, our concerns, our burdens.

We need to accept death because we have a hope of Eternity.

We should bid farewell to the dead without clenching on ‘our physical lives together’ wish well for how and the time they lived.

Once they have left us; let us accept profoundly; we may or not meet them again unless our destiny is shared. Hell and Heaven are apart, no playground shared (Luke 16.26). There is a chasm.

For somebody said, we have two lives, and by the time we know we’ve to live, our first life is already gone.

Life calls for wisdom, for death is about to hit us; when you live, share moments (with love) with all people, touch lives and hearts, live a good life today, a fulfilled life.

Prepare for your death; it hits without signal; if you MUST Die, Sleep honorably and with dignity. Reserve your destiny.

Fare Thee Well, when you’ve got to go.

# PRINCIPLE OF COMPLETENESS

A principle is a fundamental assumption, as a Rule, or Law of nature.

In this regard, life demands responsibility at all levels, ages, and engagements. The principle of completeness dictates that if you set on something, you should work it to completion.

Start what can finish.

Unfortunately, it is dishonored in our lives; and that is why we have failed to make much out of our lives in terms of knowledge, understanding, and experience.

What have you failed to complete? Any lessons thereof?

Relearn now that you should only initiate what you can complete to the very end, except reading some books, stories, watching some movies, gossiping, and other similar unbeneficial activities.

However, by the incompleteness of whatever (you set on), you still will have lost the final part of all the worthy lessons. No one gets out of it free.

In this law of nature, learn all the lessons in full and most probably as planned or intended to whatever extremes. On the contrary, reduce your choices and explore discrimination in life in your taste for everything.

Life is the time lived or the amount of time at your disposal.

Nonetheless, the practice of the principle of completeness brings an aspect of effectiveness in one's life. It creates clarity of mind

For instance, you become visionary with a clearer picture of the end in mind, which develops clarity.

This is to say, before you set on a journey, you should have the goal at the far end visible even before you start, which redefines the best of what we are willing to pursue alongside its value or value for it.

With that, we become better, effective, and more successful; if we do what we can complete it.

In any case, if we start something, we are sure we can walk the process to the end.

Just to note, before you set on something, ensure that you have a clear picture of the end product thought out.

Start what you can finish.

Let your target be clear, that you can identify and pick it from a bulk of things. Very clear in mind.

You cannot start doing something without an achievable goal in mind.

When a lion is out to hunt, it must be very objective because any oversights or mistakes would cost its life. A failure to capture its prey would mean starvation-; A lesson to borrow from the jungle.

On the contrary, a gazelle must outrun the fastest cheetah to live another day. All have their eyes on the price, i.e., to live again.

If you are pursuing your goals for life, there should be no room for mistakes.

However, unlike wild animals, the humans who have a rational mind have understood that the more options we have at our disposal, the more we are likely to miss the targets altogether.

The miscalculations are evident in our lives; it is clear in our so far (almost) wasted lives; where we shy over very little achievements this far, with so many wasted chances.

Life dictates if we MUST bite and chew, then we are required to swallow.

# FIGHTS AND BATTLES

The world is not a playground but a battle field, so prepare for war.

However, do not participate in any fights and battles because it is a costly affair. Fights are smaller in scale than breathtaking battles, but equally, they can ruin and take lives or both.

Choose to avoid them totally or choose which to fold your sleeves for or to engage coldly.

Unfortunately, none of the fights and battles is good for you and other participants.

If you participate in all fights and battles in life, you will overwhelm and burn out.

Whenever you engage in a fight or battle, you are bound to lose; mark you, no loss is small.

A loss that would cost your lifetime is not a worthy gamble, or rather a loss of a part of life is no mean thing.

You do not become a hero by losing or engaging and losing in battles, fights, or wars; you should choose right as expected; if you cannot win (say small loss margin altogether), reach out and negotiate for a cease-fire.

The day-to-day fights in life are wasteful - fights of whatever nature eat you up from inside, shortening your lifetime (as it is consumed in the brawl)

Kindly let me now give you further counsel -FIGHT YOUR BATTLES WELL IN LIFE; if you cannot avoid them anyway.

You do not have to fight to be a man.

Keep your vigor and energy for another day or season.

Life is a battlefield- a long battle already exists at its climax. Survival is for the fittest.

Like one George S. Patton said, “You must be single-minded. Drive for one thing on which you have decided. Minimize your engagements /battles.

Life-fights, in general, are extra engagements that eat up a lot of your time and efforts, consume your energy, and waste you; leaving you too exhausted for yourself.

Now, choose your fights well.

Note: If you want to fly, give up everything that weighs you down.

And if you MUST fight, then you cannot afford to lose. That is to say; you must only pursue a worthy course.

The world we live in is a battlefield and not a playground; any overstretch in and of fights will drain our energy and render us helpless for the appropriate ventures in our day-to-day lives.

# SMALL THINGS IN A BIG WAY

**If you cannot do great things, do small things in a great way-Napoleon Hill**

Nothing is small in nature, if it consumes our time.

The payback value for any of our time is costly because it is a fraction of our lifetime. Every second spent is an investment of time.

In regard, every investment has a cost implication, which is expected to give forth a benefit (positive or negative).

In other words, everything we do in life has a payback factor that is either amplified or magnified before it is deflected to us- good or bad.

This is a forewarning for those doing good things with reservations or those who do injustice to others. You will either get what you do on a minified scale for the insufficient good or amplification for all the wrongs.

“How does it happen?” You ask

Does anything sound or feel amplified or moderated, unlike it is with other things in your life? Have you experienced a feeling that something was not fair, that you deserved more or a better treat?

When you intentionally do good things with reservations, you know it yourself, you feel it was insufficient, but for your information, it shall come back to you; in a moderated range- saving you limitedly, and vice versa.

And the insufficiency (ness) comes back in an amplified nature, while the ‘goodness’ is moderated. It is a win-win more or lose-lose more model situation.

When what you do is quite inhuman, the same shall deflect back amplified, maybe in its basic package or mostly in an upgrade, and then the small good, if any, is split and sent to you.

Further, if you do wickedly, relative amplification of its variables is sent to you or your life in all forms and shapes.

You are cursing my notion on this! Call it big things in a small way.

Either way is true.

For whatever good you do in appropriate measures, to some extent, your wickedness is reduced exponentially, diminishing your punition for wrongs.

On the contrary, all the intentional wrongs eat up the goodness towards you from your previous good gestures, which means little goodness shall come your way.

The two opposite paybacks could be physical, psychological, or emotional, but it is a guaranteed compensation.

This is to say, any good done in its full measure will be amplified for better then redirected to the doer.

While anything is wickedly done with consent, in whatever meager pack shall be proportionately added and projected to the deserving person.

Now are small things having multiplier effects in your other life?

The notable effect is giving a positive or negative implication unto your Life.

Now you know, find the multiplier constants haunting your life and warn others on doing wrong.

If you can’t help, then don’t hurt.

# NO SMALLER PROBLEM

People have different scales of rating things in life.

Controversially, as some may or may not take it, a problem is a problem, a decision is a decision, an opinion is an opinion, a plan is a plan, etc., nothing unique with them.

The ‘small’ big, or so adjectives were coined by some extremists to have their way.

What is a problem?

A problem is a difficulty or an issue with our physical, material, emotional, or psychological situation; a challenge.

Comparatively, what is in a big problem that is not in a small One? For facts, other than the ‘small or big’ adjectives, there is no difference.

Otherwise, their geographical position or location is what relatively affects the description.

The magnitude or size doesn’t matter; it changes from one onlooker or seer to the other, making it a Variable.

A problem is a problem irrespective of the describing word; the adjective does not add anything to it but only highlights it.

For instance, in the village, a situation of a small problem described by the villagers as death row and would scare you; while a problem (big) as cited by some people would probably make a tertiary need; this would be forbidden ‘as a problem’ if it was mentioned to the lower class of people.

For example, one driving limousine would be organizing for routine maintenance of about Two hundred thousand ,while, the same amount could purchase two brand-new motorbikes that would comfortably feed and facilitate at least two families of 10.

So, you do not have to go on the rooftops to announce the size of your challenge(s) because a challenge is a challenge. The only variables in the situation would be the owners; nothing more, nothing special.

The same amount of energy and time to address one can settle the other- from an owner’s point.

The same amount of energy a multinational manager uses to decide on a strategy to make a multi-billion profit margin is the same amount of energy equally required by a village boy to make a toy out of a wooden stump and moved by the push-pull of a string.

The only difference is their location, status, etc. But a decision is a decision.

The variation of a salary's monetary compensation is nothing unique to the thinkers, planners, or decision-makers at their levels. The importance of a decision is not in the reward to it but the solution it brings to the table. It is just a decision.

Whatever decision will cost a fortune or yield an equivalent of the other person’s decision without bias, and the resultant solutions are but the same.

For whatever plan or decision made, it results in equivalent solutions (relatively).

There is no special challenge or problem. It is all fair and equal to any person(s) irrespective of class or title.

You are the size of your problems or challenges.

How big or small is your problem? What is the scope of your decisions?

Now, involve yourself in decisions or plans that impact more on the direction of your life.

# LIFE TEST

A test is an assessment of the knowledge, but do not forget that education is what you are left with after school.

In a classroom setting, life basics are instilled in us to ignite and illuminate our mortal lives.

This is the same lesson we learned in our early childhood; to eat, walk, talk, play, rest, etc.

During childhood, it was quite hypothetical that if you do not eat, you die (but after how long?); if you do not sleep, you do not grow, and so many other myths.

However, the rest of life demands an appropriate interpretation of concerns, issues and challenges from the classroom basic lessons.

A classroom test is different from a live test in the following ways among others;

* No rehearsals in life, unlike in a classroom, where one has a chance for trials. Life eats up part of your precious life (valuable). Of course, it does not mean life is lost in a classroom; it is more acceptable in childhood because most people do not even know they have a life to organize and establish- while living.
* Room for Corrections; life test haunts forever.

For instance, you may train competently in various computer packages in class. You get versed and outstanding, but come to actual Life test, the computer might not even switch on for you to work with the package skills you pride on, in such a situation, you are like a computer illiterate.

So, for your skills' relevance, you must have problem-solving skills to address a situation to put the packages to task.

The basic knowledge might never yield much in life, but the application of the basics shall forever be utilized for the good of our lives.

You should know that life skills help us to make much in our day-to-day lives for our prosperity.

In line with this understanding, whenever you train on skills, ensure that you have applicable skills to solve life problems and counter challenges because that is all that counts and can fix issues in life.

A classroom test is a prerequisite for other tests outside our understanding. This is to say; a classroom test is inferior to a life test.

For instance, an arrow is a pointer; in real life, it implies something or shows how to go or the direction to take; it is directive in whatever context.

However, in life, an arrow warns, directs, redirects, or guides; you are required to pick the prompts for yourself and act accordingly with them.

How is the class test comparing to your life test?

In a class, a pilot is a person that can fly an airplane, but in life, a pilot is a trained person to keep a plane in the air from the ground to the sky through a route and safely take it back to the ground.

Anything short of that comprehensive training will cost a life or more; if you crash, God forbid! the piloting in you is no more, not to mention the lives of passengers.

Now, you better build a competitive life from your class.

Life test(s) assessments are what we practically do (daily) to upgrade or facilitate our living.

I wish you all the Best. Do not fail.

# IMPOSITION OF GOOD LIFE

A good life is a choice and has a price to pay.

You are a resident and an owner of the life you rock.

An imposed good life is a ‘good’ one also, though this would be an unwelcome decision that coerces an individual (including you), which in my thinking should be done better by ‘self.'

This kind of life is a purposed life that is objective enough and with clear goals besides other small things.

Even though too much ambition breaks a man, too little also takes him nowhere- good life is realized with self will.

Humans have been exploring and pursuing the ‘good life’ or the ‘good’ in life. However, though the same cannot be traced back, it may be adopted within desirable limits; so that there is enough space for control, discipline, and sacrifice.

The imposition of goodness in life is relatively done at home, in church, school, and in jail; which is by parents, teachers, or the law. On very few other occasions, any other persons would do it besides the notable institutions that would be quite severe.

Nonetheless, a good life is an individual or owner’s Assignment and role in life, which means a student must steer a controlled life in school within the confines of strict rules and regulations even though school fees were settled.

If an individual takes up the unwelcome wish and self-disciplines himself to adhere wholesomely, life will have been changed; a role model for that matter.

Strict discipline has not been imposed into many lives, and no wonder we do not do what we know and understand would best impact in our lives.

And that is why even though we know where and how to move, we are quite inconsistent in keeping our lives on course.

The same is evident for the acquisition of skills, which seems hard at the start, and we avoid the bulk of course work in terms of time and days. This has left us free while loaded with incompetence and ineffectiveness. Discipline is coercion through something for a worthy course.

When one wants to live a good life or rather must live it, you must do it ritually on a day-to-day basis to keep afloat in a lifetime, which means you enjoy the goodness in every hardness of life.

This is a training for perfection; but mind doing your good

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# MANAGING YOUR TIME

Many scholars have investigated this, expounding on what Eisenhower came up with

In life, Time is one of the most important and limited free resources at our disposal for our life’s good.

Money is a SCARCE resource, but time is life itself at our disposal. Time in our lives is unknowingly limited, and we know it. We cannot be here forever

A day has 24 hours, 14,400 minutes, and 86,400 seconds is enough for everyone. Generally, it is a public good.

To make us understand the value of a split second of a time;

There are 86400 seconds deposited into one’s life account every time and assumed depleted at the very last second of last minute of the twenty-fourth hour of a day.

With or without your spending of previous amount(s) of time in seconds, minutes, and hours, the same number is restored afresh on every start second of a new day. The same recurs or happens daily in a lifetime.

How you utilize this bulk of seconds in twenty-four hours is upon you, and it determines your worldly progress and prosperity, which is a big stake in your eternity-for better or for worse.

This tells us we have urgent and important matters in life or otherwise not urgent /not important things.

Note: Not important does not mean useless in this context of time- but in terms of priority.

Further, below is a time management matrix;

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Urgent** | **Not Urgent** |  |
| Important | 1 | 2 |  |
| Not important | 3 | 4 |  |

1. The first quadrant is a necessary part defined by being Important and Urgent, which dictates that we should do it first.
2. The second quadrant is a productivity quarter which gives us the time to focus or schedule it, plan and do it later (between being important but not Urgent)
3. The third quadrant comes with some urgency, though not as important as a priority; they distract us from our focus, and it would be important to push it back or delegate them to someone as you take on things top on your priority. In other words, they cannot be taken care of at the moment
4. The fourth quadrant is a ‘not urgent’ or ‘unimportant’ part of all the parts. It is clear this is wasteful, and you should not do it at the peak of events or avoid it.

The matrix explains with clarity how we spend or have spent our time (lives) with the knowledge or unawares. You may toss the matrix and scan it to the truth in it. (You are nodding).

However, the matrix is supposed to help you fix your life and plan it for you and the people close to you.

The first quadrant 1 is Urgent, must fix now, e.g., Fire or deadlines to meet.

Quadrant 2-You may plan or schedule this for execution before it moves to quadrant 1

Quadrant 3 is Urgent but might not be as important now; this is ‘not you must handle' though it might affect your social life or work life; delegate and shift the blame, but you are still indebted to responsibility.

Last quadrant four is not work-oriented, and it can wait to be done later in your life,

Now, try to understand how the time quadrant affects you so that you avoid wasteful engagements with your precious time. There is value in quality

Through this, you are bound to increase your effectiveness and productivity.

# QUALITY versus QUANTITY

Quantity is big and bulky or large in amount.

Quality is seasoned, detailed, and specified regardless of the amount- with a better value.

There is always a craving for Quantity, some big amount in everything, but every time Quality is indispensable, and it cannot be overlooked

Quality of a product outrides the test of time; but quality has far much better fulfillment and satisfaction.

Quality at some point might never outweigh Quantity, but it is wholesome.

Quality of sleep is far much better than the quantity of sleep. A quality life is a well-lived life with its bulk of fulfillment that goes a long way without a pinch of dissatisfaction.

But can we combine both in a thing? Yes and No

In whatever quality, there is a quantity, and of every amount, there is an aspect of quality- there is an aspect of size and amount in every of both.

For instance, the quality of a drug has a quantity in the tablet or dose.

When we regard quality, quantity brings some bonus with it. Of course, you do not overdose just because of the effectiveness of a drug dose.

Further, there is nothing quantitative concerning emotions and feelings- it is qualitative.

Now that you know pursue to live a ‘Quality Life' in your LIFE. The quantity or the number of days shall come as a bonus.

The quality(ness) is not to be carried or touched but felt virtual.

The quantity is both visible and weighted-mostly physical.

In everything, ensure that quality precedes quantity, for there is value in quality. And quantity is a good follower of quality.

# EQUALITY

Is the fact of being equal in value or equal treatment of people irrespective of their differences.

This insightful enlightenment borrowed from a great Author, Gart Keller, with writer Jay Papasan.

No two things are equal.

In the world of achievement, nothing matters equally.

Equality is a lie.

How would you equate things undertaken in a biased manner?

How do you make a priority list of things when you have so many assignments to do on the same day on a squeezed timeline?

It was never business as usual, not as kids when our parents and guardians managed everything concerning us.

We did things when it was time to do them, time to eat, go to school, do homework, dinner, bedtime, etc.

After some years, we forget some freedom with a measure of discretion. Later in adulthood, it is wholly upon us to make choices.

We get to become our choices.

The older we get, the more we are overbooked, over-committed, and overwhelmed with things- and that is how our priorities matter and how our lives stir reactive reactions with approaches that tamper or undermine our success.

When this confusion hits us, we lose track of our wants and wishes.

Success has a price to pay, and we need to have a clear formula for the decisions we ought to make so that we do not deflect back to familiar and complacent ways that would affect our way of doing things.

When everything feels urgent and important, everything seems equal-which is not the case. This makes us ‘look’ busy just like ants are (but we are humans).

In your busyness, how do you envision your success?

Of course, the knowledge of our wants, our wishes, and our ambitions require actions towards them.

While on the other hand, our to-do lists do not complement the success dream we hope for. But still, we must do something.

That notwithstanding, our people’s (friends and relatives) wishes and counsel directed to us right, left, and center drifts us away.

Others’ dreams and ambitions for us impart a type two selfishness of working to impress them.

We also have time planners, to-do-lists, which make most of our plans and priorities reign in the timelines in place.

Notably: We should not tackle things in the order they come; we should constantly shuffle our to-do lists till we are right.

Equality is a lie.

As Bob Hawke, An Australian PM, said, "Things which are most important do not scream loudest always.”

High achievers operate differently; they pursue one essential thing or assignment to completion -which compels them daily towards success.

They work from a clear sense of priority.

Garry Keller took note; a to-do list is different from a success list-one gives a bulk of all assignments at hand, while a success list pulls you in a specific direction that is on a progressive channel of success-yielding extraordinary results.

Nothing is as important as any other thing. They do not share value; things matter differently.

Ten shillings might not equal across the board unless we buy the same value, type of commodities in the item lists—all the same.

The utility of the item(s) might not be equal with all the consumers; that is why we’ve competitors in all fields.

# UNIVERSAL LAW- PARETO PRINCIPLE

This was a principle by An Italian Economist, Vilfredo Pareto

This principle generally states that 80% of consequences come from 20% of the cases, asserting an unequal relationship between inputs and outputs (the relationship between inputs and outputs is not balanced). In his case, Pareto noted 80% of the land was owned by only 20% of people.

In line with this principle, we may wish to apply it in our individual lives to understand our misdoings in life.

A small amount of energy/effort appropriately put would yield a large amount of success/results. While to the extremes, a handful of flaws would cause majority of defects and consequences.

The minority of causes, inputs, or efforts usually lead to effects, outputs and rewards. The right information produces an equivalent amount of knowledge, while specially selected effort yields almost all the rewards.

Scientifically, pressure is the amount of force applied over an area.

Similarly, the majority of what you want will come from the minority of what you do. The appropriateness of inputs matters a big deal.

Even in business, some clients make or contribute the biggest of your profit than most customers/ majority of customers

Extra Ordinary results are realized from some little-known or understood efforts.

In politics, a small percentage of your campaigners will lure and lobby most of your electorate for your win.

This universal law builds on the equality factor, giving the understanding that equality is quite inexistent in whatever we do.

Taking on this principle helps us understand to put our efforts right, where our priority is appropriate for our success. Also giving us great insight that small mistakes would cost us dearly in life.

A few things matter more, and out of all, one will matter more; just look for it. With understanding, this is the ‘One important thing’ to keep in mind.

We need to know how to balance our numbers and where they matter.

Finally, a twenty percent cannot equate to an eighty percent.

Just try understand your numbers.

# FORGIVENESS

Forgiveness is the fragrance the violet sheds on the heel that crushed it- Mark Twain

Forgiveness is courage in its glamor and clears all the pain that somebody caused.

When one hurts somebody, whether physically or emotionally, great pain is inflicted, which eats into the positive energy in that person's life. What ticks away is not time but your positive energy and life.

When it has so happened, the involved persons are almost equally burdened with guilt, bitterness, or pain inside them. However, the person on the receiving end is able to heal faster if he/ she has the courage and will.

The healing comes from how fast one understands and can forgive and let go of the incident from his routine mind. That’s awareness.

On the other hand, the rascal is pressed of the guilt that NEVER leaves his life; every so often, guilt refreshes in such a person's mind to hurt newly every other time.

Dalai Lama said,” Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them”.

Learn to forgive those who hurt you; it elevates the mind and heart above the feelings that was crushed by the rogues.

It may sound selfish or biased to tell somebody to forgive after being hurt. Again, I say FORGIVE, but when you retaliate to a Scoundrel, your both energies are lost in the scuffle.

The hurt could be intentional or unintentional, but the damage was done; however, if one can disregard the pain caused by the other person, that is true forgiveness.

To forgive, one must pay the price, not for the villain but for the unjust treatment, which is contradictorily selfish. You discriminate against your hurt feelings to be able to forgive the vile. He/ she is forgiven knowingly or unknowingly for your peace of mind.

Health is a function of the mind, while forgiveness is an ingredient of inner peace, a requirement for productivity.

Summarily, learn from this conversation in a Monastery

Student(St): “How shall I get the strength of never judging my neighbor?

Master (M): “Through Prayer”

St: “Then why have I not found it?”

M: “Because you have not prayed in the right place. “

St: “Where is that?”

M: “In the heart of God.”

St: “And how do I get there?”

M: “Understand that anyone who sins does not know what he is doing and deserves to be forgiven.”

# LIFE CIRCLES

The circles make up the interconnections of people far and wide.

The world has countless issues, challenges, and concerns, which add up to the struggles and ambitions in life.

The challenges experienced in life are either external or internal, affecting our daily operations, thinking, behavior and habits.

All the issues compounded together to cause a ripple effect upon our real lives, not forgetting we live in one world, the Earth.

However, the interrelationships between an individual and other lives have cause and effects which affect one another’s demeanor indefinitely.

Individuals share the same world but have a smaller unit of the ‘world’ they live in. The smaller ‘worlds’ of individual people affect the worlds of others.

Those close to the world of other persons experience direct or indirect influence(s) while affecting other lives without stopping. The effect thereof is to the extremes, either to the positive or negative.

This causes a direct effect on the bigger world, causing an unforeseen change of habits and behaviors World over

The circles in this regard are; circle of influence, circle of concern, and circle of control

**Circle of Influence:** It is what we have control of in our lives, and therefore, we are required to pursue and internalize to achieve optimally in life. The intrinsic factors stir our lives negatively or positively.

Out of proactivity, a person's life stirs prosperity and success, which makes up the personality and character of a person; birthing up personal responsibility to work on self in body, mind, and heart continually.

**Circle of Concern:** This is what we cannot control in our lives, and therefore should never be of great concern to us; where external factors influence things, that are beyond us, E.g., Wars, Natural disasters, etc. Only limited mitigation is at the reach of individuals- don’t overwhelm.

**Circle of Control:** This is what we can directly act and control in our day-to-day lives. In this circle, everything is at the mercy of the concerned person, at Ceteris Paribus.

Generally, the circles exhibit the interdependence between lives and circles of people in a person's life. They all exert pressure on every bit of a person’s circles, spiraling effects unto other lives; thus affecting the way of life, irrespective of our independent lives.

Now, how are circles taking charge of your life? Just learn to live and to manage the circles.