

# 52 SECONDS

Simplified Motivation —WORDS to INSPIRE

EnjoyLife Series©

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#### 52 Seconds — Words(Acronyms) to Inspire

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#### 52 Seconds — Words(Acronyms) to Inspire

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## Dedication

Dedicated to YOU — because you count. Also to Cecil GhanabaKwamena Dadzie and all my protégés.

#### Acknowledgements

To God be praise!

My MUM – Elizabeth Janis Amoako, you are exceptional!

Dad – Nana Anin Akroma Ampem I.

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Ms. Eva Lokko – CEO, Totally Youth & Former Director, Ghana Broadcasting Corporation, thanks for your guidance.

Monica Ivanov – you challenged me to go higher

Bright Dela Dey, Romeo Adzah Dowokpor you are extraordinary pals, thanks for your inputs.

To all my fans on Facebook and friends, I appreciate you.

## Praise for the Book

Life is too short, Enjoy life

A second without hope is a life without purpose

A minute without enthusiasm drains life's hope

A day without inspiration leads to weeks of misery

Weeks of misery leads to a life of un-fulfillment

In 52 seconds glance through words which will propel you to greater heights. ~ Dorothy Amonoo

"This ebook is meant to be turned into artwork on walls! What AWESOME, motivational, simple baby steps we can all incorporate into our daily lives. Thanks for sharing!" - Jen McDonough ~ Live Beyond Awesome!

"In all Bernard did a good job with 52 Seconds Simplified Motivation, spot on with the acronyms. Simple but very deep. It makes reading exciting as one can easily remember what he or she reads" ~ Lawrencia Elikem Zigah

See things in a whole new way; I made this book especially for YOU! ~ BKC





Ambitious Inspired & Motivated.

Anyone with an aim; who is ready to go for his/her goals need be ambitious, inspired and motivated. What is your AIM?

2.



Today Not Tomorrow.

Whatever your desire to do or dream of doing begin today, don't wait till tomorrow. Remember action is a fear killer.





Generously Investing in Various Enterprise

The act giving initiates the receiving process, with the old adage: 'it's more blessed to give than to receive'.

Generously give out something today. Be a giver!





### Calm understanding Tolerant & Exciting

We can all choose to be cute. By learning to be calm, understanding, and tolerant of others and their opinions and above all live with excitement. Look cute today!





Mothers: Unmatched Mentors

Our first love, care, instructions and directions we receive comes from mothers and most often we learn and adapt to so many things from them unconsciously. Is your mum one of your mentors? God bless all mums.





Neatly Install & Carefully Executed

Isn't it lovely to have something nice, or to look nice?
However let's not forget it may require some time and
effort to neatly install and carefully executed it. Take time
to be nice and look nice.





Decisions Instantly & Critically Executed

Anytime you throw a dice, you are making a critical decisions instantly not sure of the outcome. There are times we have to throw the dice, to decide quickly over things. May you make the right choices when the time comes.





Piece of Information Enabled

With a pie you have a piece of the whole, and sometimes that is the most important information you may need. A little that makes big impact.





### Amazing Revealing Touch

Everyone can be an artist, by simply adding a touch of beauty, excellence, care and love in every little thing we do
— illuminating the life of others with our ART.





Learn to laugh out loud daily, let the kid in you enjoy life, for "a cheerful heart does good like a medicine" laugh at yourself — have some good laugh today.



As Simply Done Focus

Just like learning typing using the 'QWERTY' keyboard with the home basic keys 'asdf' and 'jkl;' so in life just by focusing our attention on the things we want and taking basic steps we will master our skills and achieve our set goals.



Finding the unusual in Nature

Look for the fun in everything, even at unexpected places, the unusual. In the seemingly tedious task, they can be fun, if we find a way out. Life is fun – blow it!



Xtra xtra length

Many a time we do only what is required of us, not bothering to do anything extra, but it is the extras that make the big difference, an extra hour. Those who achieve greatness in life, have leant to go beyond the limit, — go the extra mile





Follow One Course until Successful

It's is so easy to concentrate our efforts on things that don't matter, the things we don't have, the negatives around us. However it takes a lot of effort to focus in the good we have the beauty around and also channel our energy on pursuing our dreams – FOCUS!





Living Instruction For Eternity

Life is precious; let's live on purpose with love. It's better to believe and prepare for life after death than not to believe and live to see life after death. Where will you spend eternity?

# T.B.A.E.E.I.C.

Totally Relaxed And Feeling Favored In-spite Conditions

Enjoy the traffics in life. When stuck and there seem to be no movement in any direction what should be your reaction — relax. Easy the pain and enjoy life. Things are going to get better.



Simply Worshipping Almighty God

Get your 'swag' on. In whatever you do, it should be to the glory of God and serve humanity right. Ensure that your gifts and talents have 'swag'.



S.W.S.W.S.W.S.W.

Some will, some won't, so what? Someone's waiting!

I really like this term. Sometimes when faced with rejection we coil back into our shells. But it time to bounce back. You may be knocked down but not knocked out, get up and fight on.



Ever been refused anything? One of the most feared two letter word is NO! The next time you hear or see No! Be encouraged and look out for the Next Option!

# M.I.S.T.A.K.E.

Miracles In Secrete, Timely, Accrued & Kept for Execution

The next time you make a mistake, don't be so mad about yourself, it's a learning process. It might be your miracle in disguise.



Learn to stay and say hi! Keeping a positive inspired spirit helps you transmit enthusiasm. The next time you see a message with the salutation Hi! Smile and be Highly Inspired, because someone cares.



Friendly, Lovely Act Saying Hi!

It's ok to flash someone with you cell phone. It is just a way to say hi. Pick your phone now and flash that person now.



See My Instant Life Energizer

A smile is a curve that fits every face beautifully. Remember a cheerful heart does well like a medicine. Keep a smiling face. You've never dressed properly until you wear a smile. (Keep this in mind always)





It all begins with you — self believe. You have to believe in yourself, your potential, your talents, your dreams. No one can do the 'believing' for you. You must believe first in yourself. A fuel for success.



Good in Good Out

Garbage In Garbage Out. What goes in, comes out. Feed your spirit with good things, things that inspire, build up and transform. Let the good and the God in you standout.





Personal Creed

This is your personal power, what do you affirm? What is your daily confession? You must speak positively into your life daily. Have some power phrases you confirm daily.



Magícians Out There Having Extraordinary-powers to Raíse-children

I celebrate all mothers. I always believe mothers have some extra powers and grace. Appreciate your mum – you know it is worth it.





Wealthy Opportunities Reward Knowledge

Your work should provide you with an opportunity to be wealthy, have a reward system and get some knowledge out of. Do you love your work?



Worthy Opportunities; Realized Dreams

Words matter, speak to impact. Use your words to unleash your dreams. Choose your words. A word fitly spoken is like apples of gold in paintings of silver.





Together Every One Achieves More

You need teamwork to make the dream work. No matter how skilled you are, you need a team of great people around you. No one made it to the top alone.

What You Sow Is What You Get

What You See Is What You Get. Simple law of nature, you reap what you sow. What are you sowing daily? The fruits you have today were determined by the seeds sown yesterday.



Persevere until Something Happens

Persistence pays. The walls in life are there for a reason. If you knock long enough and hard enough someone will answer. Pray Until Something.





Labour under Creative Knowledge

It's possible to be lucky always. Work creatively with knowledge and you will have a high chance to be lucky always. Remember, luck is when preparation meets opportunity.





Just A Minute

A minute can make so much difference in one's life. After 9/11, some testimonies have it that people missed a train by a minute, others had to return to fetch something they left behind, others took a minute longer to hug a spouse, a child etc and that was a life saver.





Giving Recognizable Enthusiastic Energetic Tribute

Greeting is a great point of attention and attraction. Giving honour to someone. In Ghana, greeting is a highly acceptable code of conduct, giving respect and honour. Go ahead show some respect.





Act of Random Kindness

Every now and then an act of kindness opens so many doors of opportunities. The giver and receiver both benefit. The next time you have an opportunity, choose to be.



Attitude Of Gratitude

The more grateful you are the more you get to be grateful. There is always something to be thankful for, look around.





Breath-in Relax Enjoylife Appreciate all § Know: — that rest is vital

If you don't learn to take a break when it's necessary you will end up breaking down. Rest is necessary.





Thank God I'm Favored

Yes! You are favored. You don't need to wait for Friday to be happy and enjoy life. Today, God Is First. Give God the first and he will take care of the rest.





Holyspírit uninterrupted Guidance

We all need a hug, that warm embrace, the care and the love. The assurance that the someone(A friend/God) is with you, care about you, there to support, guard and guide you.





God's Riches At Christ's Expense

May God grant you the grace to run the race of life and excel in all you find your hands to do.





Míracles Available Now New as Always

You can create miracles for others every day, by becoming the miracle maker, doing good for people anonymously. Provide manna for others daily. Expect some miracles too.





Like 'Nike' — Just Do It! Sometimes the Lord's delays are there to give us a transforming testimony. When He places a .dot, He is saying 'I will Do-it On Time'.





'Yawa' slang in the Ghanaian language with a negative connotation. The next time you hear someone use this word 'yawa', tap the positive out of it. Be young and be a wise.





# Opportunity Knocking

There are thousands of opportunities available to us everyday. Just say yes to the next one – for Opportunities are Knocking.





Seriously Living un-Motivated

Are you living in a slum? Get out of it. It all begins with a mindset change. Encourage yourself. Find that which motivates you and be excited about life.

Live with passion. Enjoy life!





Accept Change

The only constant thing in life is change. Without change there wouldn't have been a butterfly. You must be willing to accept and adjust to a level of change (*Positive change*).





Sense of direction, understanding, Courage, Clarity, Esteem, Self-confidence, Self-acceptance.

Qualities featured in the attitudes and thinking of successful personalities. Don't let anyone define for you what success should be like, create your own and live your dreams.





It is interesting to know how most people expect little from themselves but more from others. We have to aim high. It's better to dare to dream big dreams and achieve half of it than to dream small dreams and achieve all. Raise the bar on yourself





Few Relations In Earth Never Die

We all need friends. A true friend knows all about you and still love you the same. 'A friend loves at all times'. Make a friend before you need a friend.

# B.E.R.N.A.R.D

This is what I stand for:

B-Believe in people and their dreams,

E- Elevate

R - Respect

N - Nurture

A - Assure

R - Reward them

D- Dare others to do more

Create an inspiring and empowering acronym for yourself (name).



#### G.I.R.L. that's what I need...

I guess you have been wondering what this statement really mean.

Maybe you are trying to figure it out...?

G.I.R.L. that's what I need.

What do others see when they look at you, when they are around you or come into contact with you in any way?

Do they see joy, peace, love ...?

Do they feel loved, cared for, encouraged...?

Do they feel rejected, abandoned...?

Here is it G.I.R.L.

God. In. Real. Life. That's what I'm talking about.

Do men see the God in you? Or have to wait for a particular day of the week(Sunday or Saturday – in sanctuary or a sacred place) or

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particular time to experience GOD? We are ambassadors of God...created for good works.

We should let the good in us be seen and experienced by others. We love not only in words but deeds. Love – is more of a verb than a noun. When others come into contact with us, they should have an encounter with the God in us. God: not being an image somewhere up in the sky "Heaven" watching over us. In real life situations, in our daily life as we rush out and rush in, we have to pause, to show a little kindness, love, to give hope, encouragement, knowing that the most important things in life are not things, but people.

Let's learn to love people and use things rather than using people and loving things. "...by this shall all men know that you are my disciples that you love"

I hope by now you will side with me and say"

"G.I.R.L. that's what we need"

"In doing something, do it with love or never do it at all." ~ Ghandi

God bless you!

## **About the Author**

Bernard Kelvin Clive: Author | Speaker | IT Consultant.

A Ghanaian renowned Author and Motivational Speaker with the passion to inspire people to live their God-given dreams and enjoy their daily lives. "Inspiring and empowering souls a text at a time"

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