

A close-up photograph of several ants on a raspberry. One ant is on top of the fruit, another is on the side, and two others are on a mossy surface in the foreground. The background is a soft-focus green.

Amazon Bestseller

Enjoy Life
360

*Simple Secrets to
a Happier Fulfilling Life*

Bernard Kelvin Clive (BKC)

EnjoyLife® 360

*Simple Secrets to a Happier
Fulfilling Life.*

Bernard Kelvin Clive

EnjoyLife Series®

www.BKC.name



PRAISE FOR THE BOOK

“In EnjoyLife 360, Bernard employs subtle write-up, challenging readers to look beyond their current circumstances and proposes easy verifiable steps at accomplishing set goals and objectives. Readers are constantly reminded to develop a mind-set for lifelong learning to make use of innate talent in order to effectively contribute to society, and even remind us that we can have fun while at it. Enjoy reading as I did!”

**– Yaw Adu-Gyamfi, Co-founder and Executive Director
at Kumasi Center for Lifelong Learning.**

“When you listen to the words of a man who has been shaped by his experiences and lives in a way that brings joy to those he meets, you know deep within that you have been given a 'cheat sheet' to succeed in life. Bernard is indeed a true mentor who strives to make a positive impact in the lives of all who read his book. EnjoyLife 360 not only motivates the reader to live with

more hope and peace, but also serves to inspire readers to cherish the simple steps to achieving happiness and success in life. In short, Bernard's practical insights will help you become a better person in everything you do."

**- Vanessa Amoako, Student- Ashesi University College
and Author of "No More Daddy's Girl"**

**"Bernard, you are a repository of motivation" ~ Abeiku
Santana, OKAY FM**

"You are one of a kind; Life is beautiful with you in it"

~ Gideon Marcel, Writer & Poet

"All the world's a page where every man drops an ink. Bernard has proven that his greatest fear is a blank page and hence has never ceased to make his mark with words. Bernard's words have always come to inspire,

motivate, up-light and enliven the visionless. Enjoy Life 360 may seem a little booklet but a golden treasure worth passing on from one generation to the other”

~ **Adjei Agyei-Baah**

Poet/ Co-founder of Poetry Foundation Ghana

“I have a dream, I have a burning passion: To die empty; to download all God has uploaded in me; to leave the world better than I found it.

But it’s hard to find real inspiration to rise above the increasing challenges we face in pursuit of our dreams. However, in Bernard, God has provided a wealth of daily inspiration to make sure we complete our assignments. This book EnjoyLife 360 and others he’s authored will serve you too very well”.

~ **Joseph Tamakloe**

“If the Bible was going to be canonized again in our days, am sure Bernard would have been one of those inspired men to do that. This book is a clear indication of a deep inspiration from God for our time, our Situations and our generation. A must read for all regardless of Age, Race, Occupation, Believe and location”. ‘A word aptly spoken is like apples of gold in settings of silver.’ Proverbs 25:11

~ **Rev. Israel D. Fianyi**

“Bernard is exceptionally good at what he does with words, uplifting souls”

~ **Dr. Rudolf Steiner**

Bernard you always inspire me with your creative mind. You are a motivation to every youth. Through you I realized that the sky is not my limit so far as we have footprints on the moon.

~ **Selassie Lotsu (Senior Assistant Exams Officer, WAEC)**

“One thing is certain that this book walks with you through life, shining a torch on your path and refreshing your focus. Bernard Clive inspires to face each day”

~ **Matthew Anorkplim Loh, Director, Digital Revolution System**

“It is very typical of the man who wrote it. It is simple, easy to read and practical. EnjoyLife® 360 is interesting to read with its daily inspirations. The principles are easy to follow. I encourage you to buy a copy and digest it and your perception about life will alter. Once you get hold of the principles, you will never be the same. It’s a must read”.

~ **Ekow Simpson, CapeCoast**

"I have watched Bernard for a while, and I see consistency in what he does, something rare to find among many young leaders. This book will be a source of inspiration and a road map to many people. Keep doing what you do to add smiles to many faces. "

~Edison Gbenga, ICT Consultant

"I have had some hard times in life that made me more physically ill, emotionally devastated and heart broken. I remember a lucky day I befriended Monica Ivanov and was instructed I join a group of motivational speakers in Ghana via Facebook. Amidst the mix feelings, I got in touch with Bernard Kelvin Clive (BKC) of the group. Since that time, our unending conversations have pulled my hearts strings and became attached. That was the focal start of a new phase of life, a life with ambitions and goals, a life of fulfillment which has refined my life. Your motivational words are life changing". ~ **Kubwimana Jean D'amour, National University of Rwanda**

“Bernard Kelvin Clive, a man with an extremely good heart...even if BKC had no talent or intelligence he would have succeeded because so many of us want him to succeed. BKC, thanks for all the great support and selflessness! God bless you.”

~ Jeremiah Buabeng, Motivational Speaker

“Sometimes when we wake up to see that each facet of life is against us, we are worried within and the only scheme left out is giving up. But ENJOYLIFE 360 is a devotion purposefully meant to uplift the soul, gear critical or trial moments to the extent of challenging you that your success is far BIGGER than your troubles. Therefore you are fit for reality battles and becoming a champion. A must read book!

~ James Robert Meyers

"Bernard lives a life of personally experimenting with the effects of words. He shares his world through his daily inspiration to make life better"

**~ Paa Kwesi B. Inkumsah, President, Emeritus,
International Institute of Global Leadership**

Books by the same author:

1. *Your Dreams Will Not Die*
2. *Inspirational Kitchen – Discover 30 Ingredients to Spice up your Life*
3. *Just A Minute – 52 Seconds: Simplified Motivation – Words to Inspire*
4. *The Writers' Dream: How to Write, Publish and Sell your Book Successfully (Paper Back)*
5. *How to Publish and Sell your Books with Little or No Money*
6. *16 Secrets I Learnt From My EX*
7. *Do Not Die with your Music Unsung*
8. *360 Days of Inspiration*
9. *The Art of Personal Branding*
10. *Time Management & Productivity TIPS.*
11. *How To Do It AT Any Age*

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While all attempts have been made to verify information provided in this book, I assume no responsibility for contrary interpretation of the quotes, terms used herein, this is for personal motivation.

Dedicated to YOU — because you count.

Do not let your dreams die!

Acknowledgements

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Introduction

In EnjoyLife® 360 – Simple Secrets to a Happier Fulfilling Life. You will discover basic ways to enjoy the daily life in its simplicity. There are countless ways to simplify life and enjoy it in the midst of all the ups and downs – that is the beauty of life. Life is supposed to be fun. That is the essence of this.

EnjoyLife 360 contains: Inspirational short stories, Thoughts, Text, Quotes, Ideas and Tweets to inspire you daily to enjoy life and live your dreams. This is an all-year-round motivational book, written in brief inspiring points, engaging and transforming words. From the everyday life challenges, to finding purpose in life, interlaced with humor to enjoy the daily life.

This book is packed with transforming thoughts, prayer-able prayers, quotable quotes, sharable short stories, text-able texts, and tweet-able tweets.

The foundation on which this book was written and compiled are these four(4) core values summarized in the acronym **S.I.L.K.**

S ~ *Simplicity*: Enjoying the simplicity of life, without complicating things. Simplify!

I ~ *Inspiration*: The power within, in-spirit, from your passion you draw inspiration for what you do. You find what inspires you. Your true source of inspiration.

L ~ *Leadership*: To be a great leader you must be able to lead yourself first. Leadership simply defined by John Maxwell as Influence. Here you will find lessons and ideas to lead.

K ~ *Kindness*: To show care and love. Life without love is tasteless. In all you seek to do and have. The

element of love should never be missed. It makes all things beautiful and harmonious. Love yourself, love people. Whatever you do spread love.

Remember *“there is no way to happiness; happiness is the way”*. Enjoy life and make your ways prosperous. This book is about you and for you – written for your personal motivation. It contains basic practical exercises to do.

~ Enjoy a silky life ~

JANUARY

DECIDE TO BE HAPPY: You have the Choice

Let me share this story with you.

The 92 year old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, she was provided a visual description of her tiny room by the accompanying attendant, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight year old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room.... Just wait."

"That doesn't have anything to do with it," she replied.

"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged... it's how I arrange my mind. I already decided to love it ... It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life.

Old age is like a bank account ... you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

~ *Anonymous*

1

~ *This is the beauty of life!* The good news is that every day, with each morning we have the choice; not to be controlled by circumstances nor our past but by purposely designing our day, hence making our lives better. Not to react to life but to respond with love. It's a wonderful day! ~

2

~ *Be armed with this!* You are going to have lots of things calling for your attention, but attend to those things that really matter ~ FOCUS! Learn to ignore people who will distract you on your journey, adhere to the advice by Winston Churchill, *"You will never reach your*

*destination if you stop and throw stones at every dog
that barks” ~*

3

*~ Let Love be the Driving Force. Age may divide us,
religion may stage us but GOD’S page can contain us; we
may come from different countries and cultures but we
all speak ONE language – LOVE! ~*

4

*~ The question is who is in charge of your life and your
dreams? Is it the media, mentors, celebrities, parents,
friends etc. You are the best person to answer this. My
word for you is this. Don’t take my word for it – and
don’t let the world decide for you what is right for you
and what you should do. You have the choice to bring*

your gifts and talents to work, to carry your uniqueness on-board and live the life you have always imagined. Make it happen! ~

5

~ *As you step out this day, remember this* “Do not chase people. Be you and do your own thing and work hard. The right people who belong in your life will come to you, and stay” ~ Wu Tang ~

6

~*Too often, many people choose goals that are not inspiring and empowering to them.* Goals that has no true meaning to them, not coming from within but from the ideas and opinions from others to build their dreams. This often leads to frustration and dissatisfaction even if

they are able to achieve that borrowed dream. To have more empowering goals – look within. *What resonates with you, your desires and aspirations?* If it's truly meaningful to you, you will less look out for motivation from external sources, the motivation will come from within. Because you choose your goals and you know exactly your compelling reasons to achieve them. Live your dreams. ~

7

~ *Find your true self, and live with passion.* Search deep within; this exercise of finding your purpose in life can be easy or difficult either way, make it your goal to find your purpose and live life to the fullest. Find out those things you do with ease that looks like work for others. Ask yourself, what are the things people compliment me on, what will you do if money and time were not the challenge, you will not be paid for it for the rest of your life? These are some of the questions you can ask yourself. ~

8

~ *Don't try to stand out among the crowd, create the crowd – be the standard*, try trekking on the unknown paths, find out new areas you can put your skills and abilities to work. They may call you weird but hey they will gather to hear you when the time comes. Put your weirdest ideas to test, push it hard enough, and work on it. Even if you don't get it right, you may stumble upon something new, just because you love what you are doing. EnjoyLife ~

9

~ *You may or may not make a million dollars in life, a song may not be sung in praise of you, monuments may not be erected in your name but promise me this: to live*

life fully, to give wholeheartedly, to do your best with what you have, to impact souls, to use your gifts and talents to serve humanity, to live, love and leave a legacy in your own way. Live your dream. ~

10

~ Success means different things to different people. Whatever success means to you, get hold of it and enjoy it. See success more of a journey than a destination.

What you need to be asking yourself is *“what am I becoming”?* in pursuing what you want? Enjoy life. ~

11

~ *I want to be me!* This is the silent cries and woes of many souls to put them on their toes. Because they have become what they weren't made for, and silently the

true self cries out daily – ‘Free me! I want to be me!’ I urge you this day to re-examine yourself what you have become and what you were truly created to be. Set yourself free! Live your dreams, it’s in you! ~

12

~ *Don't Complain, Don't Explain, just be plain – Do it!* ~

“If you want happiness for an hour — take a nap. If you want happiness for a day — go fishing. If you want happiness for a year — inherit a fortune. If you want happiness for a lifetime — help someone else”. ~

Chinese Proverb

13

~ *Looks are good but books are great, invest more in books than in your looks.* Have an open-mind approach

to books and discover things for yourself. Read for fun, read for information, read for knowledge, read for change. EnjoyLife! ~

14

“There are higher heights, but you don’t have to be tall to reach there, just stand tall in all you – be outstanding”

~

15

~ *When you find your path, you must not be afraid. You need to have sufficient courage to make mistakes. Disappointment, defeat, and despair are the tools God uses to show us the way. – Paulo Coelho* ~

16

~ Today, say a prayer for anyone whose name pops up in your mind. Just do it! ~

17

~ *One of the toughest decisions you will ever face in life is choosing whether to walk away or to hold on and try harder. I pray for wisdom for you in times like that.* ~

18

~ *The world is a jungle, for there are whole lots of people out there who would take advantage of you if you don't set reasonable boundaries for yourself* ~

19

~ *Life isn't all always about winning the games and the battles, there will be losing, lonely moments, lean moments in everyone's life. Learn to embrace all of them.* ~

20

~ Five, Ten or Twenty years from now it won't really matter what school you attended, whether it was FREE or paid, online or offline. What will matter most is what you learned and how you leveraged it. Be a lifelong learner. Invest in yourself. ~

21

~ *My question for you today is this, What if we woke up tomorrow and the only things we had were the things we had given thanks for today? Let's learn to appreciate people in our lives and the things we have.* ~

22

~ iPRAY4U! *A prayer for you!* May you have love that never ends, lots of money, and lots of favor. Health be yours, whatever you do, and may God send many blessings to you! ~

23

“You can’t go through life protecting yourself from everything; you have to take chances, because if you don’t then you might as well not be living.” – Live Life Happy

24

~ The question is not... are you valuable? of course you are. The most important question today is... what value do you bring to others? ~

25

~ A life lived without mountains, leaves no room for memories. There will be troubles and triumphs. ~

26

~ Awaken to the opportunities available for you today. It's not too late to be, do, and have, whatever you so desire. It's only late if you don't begin today, the time is now. *Ideas love speed!!!* ~

27

~ Too many people do not let their dreams see the sun shine because they are too afraid of the shadows that will fall behind, the possibility of failure, scared of their dreams not being able to survive the test of time. So they stay forever in the darkrooms of their minds and they refuse to develop it till eternity. Unfortunately many of such dreams never come to pass because such dreams either over stayed in the darkrooms of their minds or prematurely birthed because of fear. Dare to live your dreams ~

28

~ Listen, they will say you are crazy about that idea, It can't be done! Laugh it off. And work your ass out. Your Dreams Will Not Die! ~

29

~ *You are uniquely unique.* Today's question is this... How do you use what you do uniquely well to help others? ~

30

You cannot enjoy outstanding success in life without power, and you can never enjoy power without sufficient

personality to influence other people to cooperate with you in a spirit of harmony. ~ Napoleon Hill

FEBRUARY

YOU ARE UNIQUELY UNIQUE

Read the story below '**Clay Balls**'. You will be amazed. Enjoy this.

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man so he took the bag out of the cave with him.

As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it until he dropped one of the balls and it cracked open on a rock. Inside was a beautiful, precious stone.

Excited the man started breaking open the remaining clay balls. Each contained a similar treasure.

He found thousands of dollars' worth of jewels in the 20 or so clay balls he had left. Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he just threw it away.

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling so we discount it. We see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person by God.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay.

May we see the people in our world as God sees them.

~ *Anonymous*

31

~ *Take a different route*: What we keep seeing we stop seeing. When things becomes familiar, we easily loose passion for it and may not even see the joy in it. We do things on the fly without even noticing it. There is a

downside to this – it limits the minds involvement and lowers our creativity. Try this – if you have been using the same road from and to work or school, try the other road, walk along those roads and observe what you have been missing all this while. ~

32

~ *Today's exercise:* Make a list of the top five(5) people in the various enterprises you are in or want to venture and contact them. Ask for a lunch with them. Tap into their expertise. ~

33

“We all have two lives – the life that we live and the life which is – un-lived – and dwells within us” ~ The War of Art

34

~ Every uncommon dream requires uncommon room
(preparation to receive) ~

35

~ *Love is such a beautiful thing.* See through the eyes of love every day. Learn to appreciate and celebrate what you have and the person in your life now, because the uncertainty of the future can take all away from you. ~

36

~ It's not that I can't let you go or forget about you, it's simply that sometimes just saying hello again is just enough – to let you know someone cares! ~

37

~ Don't just keep thinking about your dreams set out to do it! ~

38

~ Get to know yourself and don't let society mold you into something else. For whoever is defined is confined, set yourself free, be refined! ~

39

~ Don't try to stop the clock or race against it because you want to achieve your dreams, just live in the moment. Enjoy the journey. ~

40

~ "If you understood how powerful your thoughts were, you'd never again think a negative thought" ~

41

~ Nature, Life is governed by Laws. Observe the Laws. ~

42

~ A journey of a thousand mile should begin with a smile.
Be excited to embark on that goal and dream of yours ~

43

~ Learn all you can, learn from the experiences of others,
learn from your own mistakes, and keep learning. ~

44

“Do not dwell in the past; do not dream of the future, concentrate the mind on the present moment – Buddha

45

~ Don't imitate. Learn from others and develop your own on style. Be consistent in it. Be known for it. Your brand ~

46

~ Today's affirmation: I surround myself with happy and successful people always, I create abundance ~

47

~ Say it and mean it! Remember words are not substitutes for action. Say it and do it! ~

48

~ “Live in harmony with nature and people, for it’s not enough to dream big and think big, you must act” ~

49

~ “You can tell more about a person by what they say about others, than by what others say about them.” ~

50

~ Today’s question. What will you venture if you knew you will never fail? ~

51

Today's exercise: Learn to be creative

~ Create your own hit list of favorite music that makes you dance, and happy. Create your own words, jargon.

Have fun with that. Give yourself a nickname. ~

52

~ You may copy someone's style that's fine but if it's not your true passion you will perish soon ~

53

~ The fear of judgment has crippled much potential. Set yourself free, let your ideas fly~

54

~ “Our purpose in life is to help others, and if you can’t help them, at least don’t hurt them.” ~

55

~ We may have similar experiences but never the same ~

56

~ This is not an end; it's rather a new beginning. ~

57

~ “He is no fool who gives what he cannot keep to gain what he cannot lose” – Jim Elliot ~

58

“The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it's the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him with his friend” – Ralph Emerson.

59

~ It's easy to complain with the changing times and seasons, especially if it's not on your favor. It's about time we learn to dance in the rain of life. Let's be like children who have fun in everything. Don't wait for the rain to stop, dance in it. ~

60

~ I realized that great men with big companies set out not to make money but to make meaning, to solve a problem, to make the world a better place, not with the focus on money. ~

MARCH

SET YOURSELF FREE. Let go the pain, the troubles, and the unpleasant. Enjoy this old Chinese Zen story with its lessons.

Two Monks and a Pretty Lady

Once upon a time, an elder monk and a younger monk were travelling together. They came to a river bank, the bridge was damaged. They had to wade across the river. There was a pretty lady who was stuck at the damaged bridge and couldn't cross the river. The elder monk

offered to carry the lady across the river on his back. The lady accepted.

The younger monk was shocked by the move of the elder monk. "How can elder disciple brother carry a lady when we are supposed to avoid all intimacy with females," thought the younger monk. But he kept quiet. The elder monk carried the lady across the river and the younger monk followed unhappily. When they crossed the river, the elder monk let the lady down and they parted with her.

Along the way for several miles, the younger monk was very unhappy with the act of the elder monk. He made up all kind of accusations about the elder monk in his mind. This got him madder and madder. But he still kept quiet. And the elder monk had no inclination to explain his situation. Finally, at rest-point many hours later, the younger monk couldn't stand it any further; he burst out angrily at the elder monk. "How can you claim yourself a devout monk, when you seize the first opportunity to

touch a female, especially when she is very pretty! All your teaching to me make you a elder hypocrite."

The elder monk looked surprised and said, "I had put down the pretty lady at the river bank many hours ago, how come you are still carrying her along?"

This is a very old Chinese Zen story but it still reflects the thinking of many people today. We encounter many unpleasant things in our life, they irritate us and they make us angry. Sometimes, they cause us a lot of hurt; sometimes they cause us to be bitter or jealous. But like the younger monk, we are not willing to let them go away. We keep on carrying the burden of the "pretty lady" with us. We let them keep on coming back to hurt us, make us angry, make us bitter and cause a lot of agony. Why?

~ *Anonymous*

Simply because we are not willing to put down the baggage of the pretty lady, we should just put down the pretty lady immediately after crossing the river, immediately after the unpleasant event is over. This will immediately remove all our agonies. There is no need to be further hurt by the unpleasant event after it is over. It is just that simple.

61

~ Find humor in life.

Don't take yourself too seriously, loosen the ends, and let some air out of the balloon. Learn to laugh at yourself; don't knock yourself out with every little thing you miss. Laughter is a great medicine. Look at yourself in the eyes of a child and don't be so hard on yourself, release the stress. ~

62

~ Time to let go “If people don’t appreciate you for what you do and your contribution to the world they don’t deserve you.” ~

63

~ If it is your passion, then you got to do it, nobody will do it for you. If you keep waiting for the ideal time, chances are that there will never be. Go for it!! ~

64

~ Don’t heed the naysayers... be courageous and move. ~

65

~ “Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.” -Ralph Waldo Emerson ~

66

~ Sometimes we set limits for our thinking because we think in terms of monetary limitations, take the limits off. Go confidently in the direction of your dreams! ~

67

~ “It doesn’t matter how skilled you are, you need a team of great people around you to work with. No one made it to the top alone.” ~

68

~ I will rather try a million times living my dreams and fail at it than not and wish I did at the end of life. ~

69

~ Beloved, you have to stop whining and start dining, for God has prepared a table for you in the presence of your enemies and He’s got your back. ~

70

~ Why are you struggling and striving to fulfill someone's vision of how your life should be? Live your dreams ~

71

~ Being blessed doesn't mean you won't face the fires and see the storms, it means you will go through and come out better, refined, purified and glorified. ~

72

~ Success is not what you get out of life or something you pursue; it's what you give, what you bring into a given situation, at every moment of your life. ~

73

~ *Be loving, show some love.* There is more hunger in the world for love and appreciation than for bread – Mother Teresa ~

74

~ “Don’t be afraid of a little opposition. Remember that the ‘Kite’ of success generally rises AGAINST the wind of Adversity – not with it!” – Napoleon Hill ~

75

~ *A billion dollar idea in you!* Everything starts with an Idea, a thought. ...what is your idea? ~

76

~ Pamper yourself, You deserve it. ~

77

~ Today's pains will be tomorrow's power-point for your success presentation. ~

78

~ Learn to rebuke your friends in secret and reward them openly. ~

79

~ It's not what we don't have that is the problem, is what we have and refuses to acknowledge and use that is. ~

80

~ "Our purpose in life is to help others, and if you can't help them, at least don't hurt them." ~

81

~ Today's question... Ask yourself... What if the whole life I have lived was wrong? I have lived a lie? Did I give my all in spite of that? ~

82

~ Be willing to go the extra, extra, extra mile ~

83

~ “Whatever you do, or dream you can, begin it. Boldness has genius and power and magic in it.” –
Johann Wolfgang von Goethe ~

84

~ Winners quit too. Huh! Does this contradict your previous programming, Yes! We are told winners don't quit and quitters don't win, but hey, winners quit too. They quit pursuing things which no longer serve any good purpose; they quit relationship with people who don't add up to their life, they quit riding the dead horse. It's about time you quit focusing on things that are not working and go after the one that makes meaning and great impact. Quit to win. ~

85

~ I pray for you. May God make you the kind of person whose presence darkness fades away, an encourager, a lifter of souls and a bearer of good-news. ~

86

~ “With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.” - Wayne Dyer ~

87

~ Takers may eat better, but givers will sleep better. Be a giver and learn to receive that which is rightfully yours.
You deserve the best ~

88

~ One of the greatest moments everyday is waking up to know that someone has been praying for you to arrive! I pay for you to have a great day. Every mountain will be leveled. ~

89

~ Don't Dread Success. ~

90

~ "I'm not is pursuit of happiness; I'm happiness in pursuit, ready to happen everywhere I go." ~

APRIL

HAPPINESS RADIATES FROM GIVING

Be inspired by this story to show some kindness.

A young university student was one day walking with his Professor. They saw a pair of old shoes, which belonged to a poor man who was working in a nearby field.

The student said to the professor: "Let us play the man a trick: we will hide his shoes, conceal ourselves behind those bushes, and wait to see his perplexity when he cannot find them."

"My young friend," answered the professor, "we should never amuse ourselves at the expense of the poor. But

you are rich and may give yourself a much greater pleasure by means of this poor man. Put a coin in each shoe and then we will hide ourselves and watch how this affects him."

The student did so and they both placed themselves behind the bushes close by. The poor man soon finished his work, and came across the field to the path where he had left his coat and shoes.

While putting on his coat he slipped his foot into one of his shoes, but feeling something hard, he stooped down to feel what it was, and found the coin. Astonishment and wonder were seen upon his countenance. He gazed upon the coin, turned it around and looked at it again and again.

He then looked around him on all sides, but no person was to be seen. He now put the money into his pocket and proceeded to put on the other shoe; but his surprise was doubled on finding the other coin.

His feelings overcame him; he fell upon his knees, looked up to the heavens and uttered aloud a fervent thanksgiving in which he spoke of his wife who was sick and helpless, and his children without bread, whom this timely bounty, from some unknown hand, would save from perishing.

The student stood there deeply affected and his eyes filled with tears. "Now," said the professor, are you not much better pleased than if you had played your intended trick?"

The youth replied, "You have taught me a lesson which I will never forget. I feel now the truth of these words, which I never understood before: "It's more blessed to give than to receive."

91

~ Get started, because you don't have to get great tools or to be great, to get started you only have start in other to be great. There is greatness in your genes.

92

~ Be different not indifferent. It's OK to be different, you don't need to always fit in the crowd, be yourself daring to stand out, live the life you've always imaged. You don't have to be indifferent, allow others also to be who and what they want to be, permit the opinions of others, show love and care to others, especially the needy around. A little love makes a big difference. ~

93

~ You have a special place. *“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”* - Albert Einstein~

94

~ Don't be disappointed if things don't work out as planned the first time or even the second, keep hope alive. ~ *So many people leave their dreams dying on the floor, gasping for air because it didn't work out the first time. Be it marriage, business, children, faith, whatever your dream is, you can't give up because it didn't go as planned.”* ~ Tyler Perry ~

95

~ Time to Move. You may have to stop there for some time to rethink, revive, re-launch, rewind, but don't you settle there. Don't see this as a dead-end; but rather a new beginning, a major turnaround. Keep moving forward. Don't build permanent structures at temporary places. The sky is no longer the limit, there are limitless opportunities, and there is more room at the top. ~

96

Persevere against the odds

~ "Be relentless: There are times when you will wonder if you have what it takes to fulfill your dreams or if you deserve to live them. We all feel afraid at a point in life I will say it's normal. If you can accept that fear will occur

during this process then you don't have to spend time worrying what you will do if you do get afraid because you will have this part handled. The only way past fear is through it and not around it. You can do it!" ~

97

~ Today's Exercise: Celebrate your progress: You deserve it! The fun part of living your dreams is the journey. It's the part that shapes your character and the part that you will remember the most. So Learn to celebrate along the journey. ~

98

Face your fears

~ If you face your fears you become fearless. What's keeping you from living your dreams? Not enough money or time? Too many responsibilities? Look for ways to overcome this. There will always be a reason not to do something. The choice is yours to either live by results or reasons. Go for your goals.~

99

~ Identify your true dreams and write them down. I know you have Dreams. You know what your dreams are, you really do. Don't push your dreams down the drain. Let them out, you are worth it. ~

100

~ Less could be more, look at it closely. “Find wealth in what you are and not what you have. Living with less is living well indeed.” ~

101

~ YES!!! You will meet them, they will try to distract you and stop you – the ‘Naysayers!’ But, ignore the ‘naysayers’, saying “stop dreaming & face reality” instead, keep dreaming & make it a reality’. ~

102

~ It's time to ignore those barking dogs – the naysayers, those distractions, let the dogs bark and keep running.

Focus on your dream and goals and work relentlessly towards attaining them. As you journey through the road of life, many things will call for your attention, to distract you but keep your eyes on your prize and follow your heart. ~

103

~ “Always learn to be better today than you were yesterday” How little seemingly insignificant progress, baby steps~

104

~ Today's Tip! Note: Packaging and are marketing are two greatest tools to success in life and business. Carry yourself as royal, because you are. Don't sell yourself cheap ~

105

~ Let me share this with you...

“Every morning in Africa, when the sun rises, a deer awakens, knowing it has to outrun the fastest lion or be hunted to death. Every morning in Africa, when the sun rises a lion awakens, knowing it has to outrun the slowest deer or be starved to death.

It does not matter whether you are a deer or lion, when the sun rises, better *be running at your best*“~

106

~ Life is simply a race – the ‘*human race*’, a personal race. Race to achieve your dreams, goals, race for meaning in life, to leave a mark.

‘Let’s face it; as long as you are at this place you must run that race – the human race’. You better run now ~

107

It's a mind game

~ Napoleon Hill says, "Whatever the mind can conceive and believe, the mind can achieve" ~

108

~ Today's question: What would you choose to do if you won a million dollars today? ~

109

~ The beauty of life is not what we see, but how we see it. Today wherever you turn may the beauty of life engulf

you and put a smile on your face, to walk with spring in your steps, knowing that nature adds its own beauty to everything. The beauty of life, are the lessons nature teaches that are not in books, only have to look and appreciate its priceless gifts. ~

110

~ Where attention goes energy flows. *What is sapping your energy?* Are you focusing on lack or abundance? Most of the time, it's not what you don't have that is the problem, is what YOU have and refuse to acknowledge that is. Starting today begin to make the most of what you have; your gift and talents and maximize it. You have what it takes. ~

111

~ Never apologize for who you are and what you do and more especially never apologize for dreaming big even if they don't come true. Many will criticize you and call you names but hey it's your life, it's your dream. Make it happen ~

112

~ The fact cannot be denied that successful men have always done what they are passionate about. This simple statement says it all: *'do what you love and love what you do.'* You have to be bold and face this fact, find what you are truly passionate about and pursue it. ~

113

~ HUG some today! ~

114

~ Take charge of your dreams. Don't expect the world to dish you your wishes, go out and serve yourself. Fight for your dreams, push through against all odds and make it happen. ~

115

~ Develop your skills and work with passion.

Remember: Skills are learned and everyone can but passion will propel you to shine. *“Skills are learned but your point of difference is your Passion”*. Live your dreams. ~

116

~ What does HAPPINESS mean to you? ~

117

~ Unlock your dreams and set them free! Don't let your dreams be only dreams, release them and realize them.

Set a deadline for achieving your set dreams, plan on how to get it done and work daily towards it. ~

118

~ Too often we turn to rule people out of our lives because they may not think, dress, or talk like we do and even worse if they don't share in our vision, dreams and goals. The truth is that you may even have the goal of saving the world, but the people in the world will not believe in your dream. Believe in yourself and in your dreams. ~

119

Don't run out!

~ Not everyone will believe in your dreams, no offense to that, so when you find people opposing to your ideas don't hate them, allow them to be and follow your heart and live your dreams. Your goal is to pursue your dreams and not to convince others to believe in your dreams or support you. Most people are busily working on their own dreams. Mind your own business. Live with passion and you will find favor coming your way from unexpected places. For the fuel to drive your dreams is passion, don't run out of it. !

120

~ “It’s nice to be important, but it’s more important to be nice.” ~

MAY

Parable of The Pencil

The Pencil Maker took the pencil aside, just before putting him into the box. "There are 5 things you need to know," he told the pencil, "Before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be."

"One: You will be able to do many great things, but only if you allow yourself to be held in someone's hand."

"Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil."

"Three: You will be able to correct any mistakes you might make."

"Four: The most important part of you will always be what's inside."

"And **Five:** On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write."

The pencil understood and promised to remember, and went into the box with purpose in its heart.

Now replacing the place of the pencil with you always remember them and never forget, and you will become the best person you can be.

One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need it to become a stronger person.

Three: You will be able to correct any mistakes you might make.

Four: The most important part of you will always be what's on the inside.

And **Five:** On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties.

Allow this parable on the pencil to encourage you to know that you are a special person and only you can fulfill the purpose to which you were born to accomplish. Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.

~ Anonymous

121

~ “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. We ask ourselves ‘who am I to be brilliant, gorgeous, talented and fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small doesn’t serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We were born to make manifest the glory of God that is within us. It’s not just in some of us; its in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” ~ Marianne Williamson from her book “Return To Love” ~

122

~ Nobody is immune against pain. Everyone feels it at a point in time in life. If you will flashback, you will appreciate all the hills you had climbed and the valleys you've been through, that it had been good. It's said "*What doesn't kill you will make you strong*" I believe all these painful situations had help shaped our lives for the better. Knowing that, today's pain will serve as tomorrow's power-Point for your success presentation, we endure. It's only a matter of time. ~

123

~ We live in an ever changing world of different times and seasons. I believe there is time for everything and that everything happens for a reason; there are no accidents in life. People really do come into our lives

for a season and a reason. Let's learn to appreciate that.

~

124

~ "Your mind is either your prison or your palace. What you make of it is yours to decide." *Make it a palace of fulfilled dreams* ~

125

~ *Living your dreams is a choice and not a preset.* We are free to chart the paths of life that come to us daily or create our own course to lead us to our dreams. Are you just flowing with the current or in charge of your steer of choices? It's your dream, make it happen! ~

126

~ Is the Hero in you asleep or buried alive? *Let the sleeping dogs lie; but wake up the sleeping giants!* Let the King and Queen in you reign and rule! ~

127

Keep Playing

~ Most people have stop playing the game (living their dreams) and instead cheering with the crowd (following the masses). Just because they missed a penalty (a chance, an opportunity). It's time to start playing again, it's your dream, it's your baby, make it happen! ~

128

Be warned! *“No matter how positive, inspired and fired up you might be, the storms will always come.”* Be encouraged!

129

~ Dreams are like seeds sown in a garden that needs to be nurtured and not left to nature, if not the weeds will creep in to kill it. So always water your dreams with love, hope, and positive expectancy and watch them grow and flourish. ~

130

~ Run your own race not someone's. It's your dream; it's your baby so make it happen! Run to win your race and wear that crown of fulfillment of your dreams, for many have failed running the race of others. EnjoyLife! ~

131

~ Smile and be assured, Dreams do come true! Go through it! ~

132

~ “Education is that which remains when one has forgotten everything learned in school.”

~Albert Einstein ~

133

Wait for it!

~ Many beautiful dreams die prematurely because the dreamers don't have enough fuel to drive through the rocky roads and the patience to wait. And the fuel to drive your dreams is passion! While some seek overnight success, others work all-night *to make their dreams a reality.* ~

134

~ Today's thought: What do you do, when those things you fought for, things that brought you joy in times past no longer seem to have meaning in your life? You lose the excitement and the joy associated with it. You turn to look for new things and ways to be happy, and that cycle goes on and on and on...~

135

~ "Growing OLD is mandatory, Growing UP is optional" ~

136

In pursuit of happiness

~ Many are seeking for happiness at unexpected places and things. However you can be happy right where you are now with what you have. Happiness is created. You know happiness is not found in things, we create it, it's the focusing on the good, seeing the beauty in everyday life, and it's a hard choice that requires constant maintenance, daily! So don't be in pursuit of happiness; be happiness in pursuit, ready to happen (explode joy) wherever you go! ~

137

~ Just Dance! Get your dancing shoes ready or you may decide to dance bare foot, either way just dance! Even if

we see life as a stage, set for performance, we are all not supposed to dance in unison, because we are not performing choreography. It's Freestyle. Do your own dance! ~

138

~ You don't need to fit in, just flow with your unique gifts and talents and maximize it. ~

139

~ When you fall, don't stay there. No matter how positive, inspired, motivated we might be, sometimes the bugs still comes, the dark clouds show up the unexpected still happens. That's why we must never give up! Keep rising!!! ~

140

~ *“A candle loses nothing by lighting another candle”*. Today give someone a smile, a hug, something to ease the load and brighten the path. Enjoy your day.

141

Love!

~ *“When two people are meant for each other, no time is too long, no distance is too far, and no one can ever tear them ~ apart.”* ~

142

~ A true friend will celebrate you. ~

143

~ Always be a first-rate version of yourself, instead of a second-rate version of somebody else. - Judy Garland ~

144

~ Permit yourself to dream again. Dream another dream and make it a reality. Be consumed by your dreams, fuel it with passion and commit to working at it daily. The possibilities are endless. Remember it's your dream, make it happen! ~

145

~ “Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements.” – Napoleon ~

146

As the legend, Bob Marley once statedâ€•
“The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively”

147

~ I laugh when I hear... 'You cant teach old dogs new tricks' – I say we are not dogs... are we? Man is the only creature on earth with the ability to think and make choices not only by instincts but by purpose, desires, dreams. The human mind has an infinite capacity to do whatever a man imagines and believes in, especially when he works diligently towards its realization Everything is based on a belief system. Think about what beliefs you have had till now and examine its effects – positive or negative? Today let's make an effort to change just one of those self -limiting beliefs. *"You can teach old dogs new tricks?"* ~

148

~ A beautiful day! Today's positive affirmation: *"The keys to unlock my potential is within me. It is the power of my thoughts, my vision, and my commitment to act."* 'I will win at all cost'. Don't let go. Give it one more try. ~

149

~ Hey! Bounce back!!! Success is not security and failure is not fatal, it is the courage to bounce back anytime you fall and the willingness to live fully each day with love that counts. ~

150

~ It's hard to say good bye, especially letting go someone who has played an instrumental role in your life or a childhood friend you love nevertheless it is necessary to learn when to part when the time comes. *Not all those in your present do belong to your future. If you force them to stay when their time is over, you curse your future.* People come into our lives for purpose sometimes unknown to us all. Some are angels in disguise to teach as a lesson. The time comes when you just have to share some tears, leave the past behind and move on. Let go let God. Just say Goodbye, move on, life goes on! ~

JUNE

YOUR PERCEPTION DETERMINES YOUR RECEPTION

Read the story below and you will discover how perception affects our lives, and how we miss so many important things in life just because we are not really observing.

In a Washington, D.C. Metro station on a cold January morning in 2007, a man with a violin played six Bach pieces. During his performance approximately two thousand people went through the station, most of them on their way to work.

Three minutes after the young man began playing a middle aged man slowed his pace and turned to look at the musician, but kept on walking.

Half a minutes later the violinist received his first dollar; a woman threw the money in the hat without stopping.

Not until six minutes into the performance did someone actually stand against a wall and listen.

A three-year old boy tried to stop and listen but his mother tugged him along hurriedly. The kid stopped and looked at the violinist again, but the mother pushed harder and the child continued to walk, turning his head to look at the musician as he walked away. This action was repeated by several other children; parents, without exception, forced their children to move on quickly.

In the forty-three minutes that the violinist played, seven people stopped what they were doing to take in the performance. Twenty-seven gave money – most of them on the run – for a total of \$32 and change. The remaining 1,070 people hurried by, oblivious to the music, few even

turning to look. As he finished playing, silence took over. No one noticed. No one applauded. He received no recognition.

The violinist was Joshua Bell, one of the greatest musicians in the world. He played some of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days prior, Bell sold out a theater in Boston where the seats averaged \$100.

This is a true story. Joshua Bell playing incognito in the Metro station was organized by the Washington Post as part of a social experiment about perception, taste, and people's priorities.

In a common place environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made, how many other things are we missing in life?

Source: Weingarten, Gene "Pearls Before Breakfast" *The Washington Post*. 8 April 2007 (p. W10)

Slow down and enjoy life.

151

~ Far too long many have settled for less than they can be, do, and have, because of the lies they have been told about themselves, and unfortunately believed those lies... *I say you can do have the infinite capacity to be, do and have all you have ever wanted, for the seed of greatness is in you.* Believe in God and believe in yourself. You shall excel. ~

152

~ “Chasing success is like trying to squeeze a handful of water. The tighter you squeeze, the less water you get. When you chase it, your life becomes the chase, and you become a victim of always wanting more.” – Wayne Dyer ~

153

~ Daring to live your dreams can be scary, but hey! *First take small tinny steps towards the achievement of your dreams*, one step at a time, channeling your energy and focus on what you want to achieve. Nobody said it will be easy, but it will be worth it when it's finally done. ~

154

~ Know that Achievers are problem solvers... they ask... how can we solve a problem? *They are common people doing uncommon things.* What problem are you solving today? Go hard on yourself and get it done ~

155

A Prayer for you!

~ Lord, I say this special prayer for people who are at the verge of giving up on life and their dreams, those who have their hopes fading out and their dreams drowning. God ignite new passion in them, revive their dreams give them strength to carry on and joy in their hearts. Amen!

~

156

~ Dreams are like seeds sown in a garden that needs to be nurtured and not left to nature, if not the weeds will creep in to kill it. So always water your dreams with love, hope, and positive expectancy and watch them grow and flourish. ~

157

~ "When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, I used everything you gave me". ~
Erma Bombeck ~

158

~ It's time to *“Stop thinking in terms of limitations and start thinking in terms of possibilities”*, it's possible!

Mental Shift!

159

~ We all have days that we feel like giving up all together, yes! Those tough times. But my word for you today is this: *As long as there's breath in You – PERSIST!* ~

160

~ *“The storms of life! When the storms do come; you can only allow them to slow you down, but don't let them*

stop you, there will be delays, detours, and disappointments but you have to keep pushing through it. Pursue your.” ~

161

~ The journey of success can be a lonely long walk, blurry and stormy on every side but learn to enjoy the journey anyway ~

162

~ It's a new day! *Rise up to the Challenge*. You have extraordinary gifts so don't settle for an ordinary life. Be Remarkable! ~

163

~ *Time flies! So don't let your dreams rust, let your youthful bells still ring loud the sound of victories.*
Awaken your passion to live again. Now is the time to
live your dreams! ~

164

~ Talking about friends. *A Friend who attends to you only at his spare-time is not worth your prime-time.* So Make
a Friend before you need a Friend. ~

165

~ The speed at which a man runs is determined either by what he is chasing or what is chasing him. Either way... Just Do it! Stay on track and run to win! ~

166

~ Today's question. What will be your dream day? Your ideal day? Describe it. ~

167

~ Today's motivational word is the term 'SWAG'. I have acronym-ed *SWAG as SURRENDER WHOLE ASSET*

TO GOD. I believe this is the true swag. Get your swag on. ~

168

~ This is for you! Give yourself a treat today, look into the mirror and tell the image you see '*I love you*', hug yourself, pamper yourself, do something special just for you – EnjoyLife! ~

169

~ It's OK to be different, you don't need to always fit in the crowd, *be yourself daring to stand out*, live the life you've always imagined. You don't have to be indifferent, allow others also to be who and what they want to be, permit the opinions of others, show love and

care to others, especially the needy around. A little love makes a big difference. ~

170

~ Dreams are like mirrors that reveal our present realities and also foretell our future possibilities. So look into the mirror of your life and *see the unlimited possibilities available* for you and pursue them. ~

171

~ Every dream has a premium price to pay for and an equal amount of risk associated with acting upon it, however the future price for not risking and acting upon it now will be far more devastating. *So, decide to act Today! Now is the time.* ~

172

~ You have come this far on the journey, Ride on! *Keep the dream alive*, don't let it die, don't park, keep riding, you are almost there. Remember: it's your dream, so make it happen! ~

173

~ Pause & Play! Have some fun, play a game, maybe your favorite game or anew game, forget about winning or losing, just play for fun. We grow old not by the number of our years, but by not numbering our years – not living our dreams, not enjoying the everyday life. ~

174

A Colourful World

~ Every new day, we are all presented with the same primary colors of life – Red, Yellow and Blue, to paint our day, some look at the colors and complain that they don't have enough colors, whereas others pick these primary colors and mix them into secondary and tertiary colors, and even more, to paint their day beautifully. So today you have the choice to either complain about the colors or mix them into more colors and paint the portrait of your life. It's a colorful world. Enjoy it! ~

175

~ "Life is like riding a bicycle. To keep your balance, you must keep moving." • Albert Einstein ~

176

Today's question: Are you living in a SLUM? ***Seriously Living Un-Motivated.*** Find that which inspires you and enjoy your life. ~

177

~ The storms of life. When the storms do come; you can only allow them to slow you down, but don't let them stop you, there will be delays, detours, and disappointments but you have to keep pushing through it. ~

178

~ Keep your eyes on the prize and know that the trials are only for a while, so smile. This too shall pass. ~

179

~ NOTE: *“A bad attitude is like a flat tire...you can't go anywhere until you change it”.*

180

~ In pursuing your dreams... Yes! There will be injuries, you maybe *knockdown but not knocked out*, so you must learn to use your setbacks as lessons for growth. Enjoy your journey to greatness. ~

JULY

DON'T GIVE UP

The story about ***The Fern and the Bamboo***, clearly illustrates this: Read below.

One day I decided to quit...I quit my job, my relationship, my spirituality.... I wanted to quit my life. I went to the woods to have one last talk with God.

“God”, I said. “Can you give me one good reason not to quit?”

His answer surprised me.

“Look around”, He said. “Do you see the fern and the bamboo?”

“Yes”, I replied.

“When I planted the fern and the bamboo seeds, I took very good care of them. I gave them light. I gave them water. The fern quickly grew from the earth. Its brilliant green covered the floor. Yet nothing came from the bamboo seed. But I did not quit on the bamboo.

“In the second year the fern grew more vibrant and plentiful. And again, nothing came from the bamboo seed. But I did not quit on the bamboo.

“In year three there was still nothing from the bamboo seed. But I would not quit. The same in year four.

“Then in the fifth year, a tiny sprout emerged from the earth. Compared to the fern, it was seemingly small and

insignificant. But just six months later, the bamboo rose to over 100 feet tall.

It had spent the five years growing roots. Those roots made it strong and gave it what it needed to survive. I would not give any of my creations a challenge it could not handle.

“Did you know, my child, that all this time you have been struggling, you have actually been growing roots? I would not quit on the bamboo. I will never quit on you.

“Don’t compare yourself to others.” He said. “The bamboo had a different purpose than the fern. Yet they both make the forest beautiful.

“Your time will come”, God said to me. “You will rise high.”

“How high should I rise?” I asked.

“How high will the bamboo rise?” He asked in return.

“As high as it can?” I questioned.

“Yes.” He said, “Give me glory by rising as high as you can.”

I left the forest, realizing that God will never give up on me. And He will never give up on you.

Never regret a day in your life.

Good days give you happiness; bad days give you experiences; both are essential to life.

~ Anonymous

181

~It might be that your dreams have gone into hibernation because you tried one or so times and the negative voices kept saying... *‘You are not worth it’ ...it’s not possible*, or you failed. However deep down within

you, you can sense it, you know it, you want it but you are replaying the old defeating videos anytime you think about your pursuing those dreams. The time has come to jump-start your dreams. Just never ever forget what you really want. Even if you have or are doing something you don't want, what matters is recognizing what you want at the moment and pursue it. Recognize that life is either a fight for what you want or a flight away from it. Don't forget to fight daily – wining starts with beginning.

Go for it! ~

182

~ I pray for you! That, whatever God has said concerning your life will come to pass. He will not fail you! ~

183

~ ...In conversation with Martin Luther King, Jr. He told me '*Young man be strong*, for "The ultimate test of a man is not where he stands in moments of comfort and moments of convenience, but where he stands in moments of challenge..." ~

184

~ There is no greater agony than bearing an untold story inside you. – Maya Angelou. *Do Not Die with Your Music Unsung.* ~

185

~ Today, I say a special prayer that God help all of us, especially parents who have become too busy with work to let their children know they are loved, for those who have become too busy even to call, to visit, to reply that text message, to hug, to say '*I love You*' and really mean it, to even log out of Facebook and have a real face-to-face chat, etc. God be our helper!!! iCare! ~

186

~ Declare this today! *I will bounce BACK and I'm going to have the last laugh!* ~

187

~ It matters not how much you have, what really counts is how much you are willing to give genuinely ~

188

~ Today, just take time to smell the roses, *enjoy those little things about your life*, your family, spouse, friends, job. Forget about the thorns- the pains and problems they cause you – and enjoy life. ~

189

~ Don't be so much concerned about the light at the end of the tunnel, rather *the light inside you* (the hope &

courage) leading you on, that it will not be dimmed.
Keep hope alive. ~

190

~ *Believe in your children!* One of the greatest things parents can do for their children is to believe in them(their uniqueness) and help them realize their own God-given dreams. ~

191

~ Believe in yourself and your dreams. *Don't doubt your beliefs and don't believe your doubts.* You've got what it takes. ~

192

~ You may have to start small, *but don't stay small*. Go and seize the opportunities. ~

193

~ It's time to walk on waters! "*It's impossible*", says Doubt. "*It's risky*", says Fear. "*It's meaningless*", says Reason. "*Give it a try*", says Faith. It's your dream, it's your baby, *Make it happen!* EnjoyLife! ~

194

~ *Don't take care, take charge*, it's your dream, so don't sit there and stare, thinking you care. Step out and dare, make it happen! ~

195

GO THROUGH THE EMOTIONS

~ It's OK to share some tears, let it out. When adults are faced if challenging situation, broken heart, disaster, etc., most people do hem the emotions in and pretend it is all OK most especially if you live in Africa (Ghana) with the proverb "*mmerema nsu*"- meaning *men don't cry*. However there are times when you just have to let that tear drop, to start a rather great healing process. Life, like a roller coaster has its ups and downs, those are the

things that make the ride beautiful. Even strong men cry.
It's OK to cry. ~

196

“Be yourself; everyone else is already taken.” • Oscar
Wilde

197

~ In every opportunity you get tell those you love; you
love them (In words & deeds) and learn to love the
unlovable. Life is too short, so Live, Love and enjoy every
moment. ~

198

~ I don't know what limited you in the past, your old believes about yourself and what you expected, but today take those limits off, for what is in your future is far bigger and brighter than what is in your past. It's possible to live your dreams! ~

199

~ Having good intentions is praiseworthy, however until those good intentions are translated into a form to benefits others it does no good. Think positive thought and take positive action to cause it into being. For it is in only in acting that we see the real value of an idea, a thought. *"A thousand good thoughts will never equal to one good deed."* ~

200

~ “Now is the time for us to shine. The time when our dreams are within reach and possibilities vast. Now is the time for all of us to become the people we have always dreamed of being. This is your world. You’re here. You matter. The world is waiting.” -Haley James Scott ~

201

~ Today’s question... How bad do you want it? Do you really, really really want it? Go for it!!! ~

202

Who is a FRIEND? Let’s take this simple acronym.

A person who is...

| • Faithful

| • Realistic

| • Interested- in

| • Everything -*you do and*

| • Never

| • Denies- *you*

We all need friends. A true friend knows all about you and still loves you the same. *The most important thing about friendship is to 'Make a friend before you need a friend. "You meet people who forget you. You forget people you meet. But sometimes you meet those people you can't forget. Those are your 'friends.'" . EnjoyLife!*

203

~ *There is royalty in your DNA* ~

204

~ When it comes to what you really want in life, don't take no for an answer, take no for a question and go for it. ~

205

Arguing about your dreams. This is not the time to argue if those dreams of yours are possible or not. The only way to prove it is by giving it a try, working on it. Save your debate time for work time. Don't let analysis

paralyze your dreams. If you can see it in your mind's eye, it becomes more credible. Go for it. ~

206

~ The world may not be fair, but God is fair. Cheers! ~

207

~ It's either you hunt for your dreams now; or it haunts you at the end of your life ~

208

~ Life is full of countless choices daily, from the very easy ones to the more complex and critical ones to make. Choose this very day to go and hunt for your dreams, pursue it with all you have, don't postpone your actions. So that at the tail end of your life when you look back at the life you've lived, you can smile and be proud of yourself that you did you wanted to do – lived your dreams. ~

209

~ This is your life! Every passing day and year many talents go untapped, underutilized and ignored because many of these souls are stricken by so many factors such as: fear of the unknown and procrastination. Today, I

urge you to step out and do something towards the realization of your dreams. ~

210

~ Just to remind you! You are talented! ~

AUGUST

HOW FAR CAN YOU SEE?

Keep your eyes on your prize

When she looked ahead, Florence Chadwick saw nothing but a solid wall of fog. Her body was numb. She had been swimming for nearly sixteen hours.

Already she was the first woman to swim the English Channel in both directions. Now, at age 34, her goal was to become the first woman to swim from Catalina Island to the California coast.

On that Fourth of July morning in 1952, the sea was like an ice bath and the fog was so dense she could hardly see her support boats. Sharks cruised toward her lone figure, only to be driven away by rifle shots. Against the

frigid grip of the sea, she struggled on - hour after hour - while millions watched on national television.

Alongside Florence in one of the boats, her mother and her trainer offered encouragement. They told her it wasn't much farther. But all she could see was fog. They urged her not to quit. She never had . . . until then. With only a half mile to go, she asked to be pulled out.

Still thawing her chilled body several hours later, she told a reporter, "Look, I'm not excusing myself, but if I could have seen land I might have made it." It was not fatigue or even the cold water that defeated her. It was the fog. She was unable to see her goal.

Two months later, she tried again. This time, despite the same dense fog, she swam with her faith intact and her goal clearly pictured in her mind. She knew that somewhere behind that fog were land and this time she made it! Florence Chadwick became the first woman to

swim the Catalina Channel, eclipsing the men's record by two hours!

~ *Anonymous*

Don't quit on your goals, conquer them.

211

~ Appreciate your **MUM!**

– Mothers Unmatched Mentors.

Abraham Lincoln said “*All that I am or ever hope to be, I owe to my angel Mother*”. I can say same.

212

~ *"I don't need to hear 'sorry', so I don't tell men my problems; I need solutions so I talk to God"* If you want men to sympathize with you, keep telling them your problems but if you want solutions talk to God first in everything and He will guide you through. He will choose whom to provide through or how to get through. *Who is your source? Get to source.* ~

213

~ Don't Complain. Don't Explain. Just Do it! Enjoy Life! ~

214

~ Do this exercise: Forgive yourself, don't be too hard on yourself, and forgive yourself for failing to accomplish some goals, the mistakes made. Let go. Forgive! ~

215

~ My sincere silent prayer for you my friend is that, the Grand Of-all Designers, GOD – the creator of the universe and all that is in it quickens your steps and lead you right back on track if you have missed it. To fulfill every dream that is yet to come true, putting joy and peace back in every heart. ~ *'You were born unique, so don't die as a duplicate!'* ~

216

~ *Whether Life is short or Not who cares? Leave it or Live it!* You decide! Nobody really cares so much about your life, goals and dreams than you. The objective is not to live to impress people but live your life in such a way that it will impress upon others with your gifts and talents affecting them positively. It's about time you wholeheartedly pursue your dreams. ~

217

~ Never Stop Learning, Unlearning and Re-learning. Successful education is a lifelong process ~

218

~ Don't eat your seeds as harvest. ~

219

~ Know this: *He who observes the wind will not sow*, for if you keep waiting for the ideal time chances are that there will never be. For every new day presents as with another opportunity to step up to the challenge and live life fully. So today, get on your rail and don't trail, don't fail, don't stop, and if there are no proven tracks to get what you want, beat your own path to your dreams. ~

220

~ Your reputation matters. It is good to know that – *Reputation*’ is not bought it is created by our daily acts and deeds, it is an end results of seeds we sow. the question is what reputation are you building now and what reputation do you want to earn? The seeds sown today will determine the harvest tomorrow. ~

221

~ Think abundance. There is more than enough for everyone to have more than enough. *Create abundance with what you have*, be generous. Note that true prosperity doesn’t mean how much you have but how much you share ~

222

~ Don't let your dreams die! "Like seeds sown, everyone's dream sometimes dies; and if it survives it grows and blossoms beautifully". *The test of a dream is its ability to stand death – the trying moments, the silent days where there is no support from anywhere, and nothing seems to work. This could be weeks to even years but when you survive, you come out better. Keep the dream alive!* ~

223

~ Talking about friends. *A Friend who attends to you only at his spare-time is not worth your prime-time.* ~

224

~ The speed at which a man runs is determined either by what he is chasing or what is chasing him. Either way...
Just Do it! Stay on track and run to win! ~

225

~ *A cheerful heart does good like a medicine* – Proverbs: XVII:XXII. I believe life is supposed to be fun. So don't take life too serious, know that Laughter: is natural medicine money can't buy, for Life is fun, if you know how to PLAY! P- Pause to L- Laugh A- At Y-Yourself. ~

226

~ The secret code of success is patience, a virtue that cannot be replaced. It takes time to build great dreams. Be patient and enjoy the ride. ~

227

~ The world is waiting to hear your music.... *A rusted key is still a well of wealth if it can still open doors* — being old doesn't make your dreams outmoded. Don't die with your music inside. ~

228

~ I believe – that everyone has the infinite capacity to be great at something, to be king in an area of choice however big or small. You are a genius. ~

229

~ Today's exercise: Just close your eyes for five to ten minutes and walk around. Try to see with your eyes close. Enjoy the blind test. When you open your eyes finally appreciate the beauty of seeing. You will also notice that you were trying to see things not with your eyes but with your mind and if the environment was familiar you were relying on your memory to see or walk around. This also implies you closing your mind on things around you. Just be still, pretend that nothing is

happening around. If you can see, it's a great pleasure of life. ~

230

~ Not that you can help everyone, your mission is to a specific people, be kind anyway. ~

231

~ Be grateful, I have learnt that the more grateful you are for what you have the more you get to be grateful ~

232

“Unless you try to do something beyond what you have already mastered, you will never grow.” – Ronald E. Osborn

233

~ You have goals and dreams you want to achieve, but don't keep pushing it forward to 'someday I'll', waiting for a perfect time: to start someday or somewhere. My word for you this day is this – *Start from where you are now with whatever you have* and know that winning only starts with beginning, every big dream starts small. Begin today! ~

234

~ Remember this: *The human imagination is priceless:*
use it, its tax free. For that which is seen is always
created from the unseen, the known from the unknown.

~

235

~ Today let's not complicate issues, let's show some love.
"LOVE — *Don't define it, Express it. Keep It Simple and
Sweet — K.I.S.S."*

236

~ You know, many were told they don't have what it takes to be(presenters, musicians, whatever), so some packed but others set out to work on themselves making lemonades out of their lemons(rejections). *Today do not permit the highlights of others to dim your own light within.* Light your candle, shine on and brighten your corner. EnjoyLife! ~

237

~ You only have one life to live so do it right and do it now. Don't spend your lifetime imitating someone, desiring to be someone. As rightly put – life is not a dressed rehearsal for a stage performance someday. It is the real deal – the reality show. No pause, rewind, replay. So decide to let out your true self and live

your [true dreams](#). Love yourself and live your best life now! EnjoyLife! ~

238

~ Sooner or later we are all going to die, but make up your mind that you are not going to retire on your dreams. Pursue it. Live fully and die empty! ~

239

~ There is strength in numbers, that's great, but there is also strength in focus. Focus your energy not only on what you are good at but also what you can be great at and work towards it. Remember this *"He who chases two rabbits, catches none"* ~

240

~ You don't need anyone's approval to succeed in life,
set yourself free from the opinions of men and live your
dreams ~

SEPTEMBER

FINDING HAPPINESS

This is a story I hear Dr. Wayne Dyer share of finding happiness; a cat chasing its tail.

There was an old wise cat and a small kitten in an alleyway. The old cat saw the kitten chasing its tail and asked, "Why are you chasing your tail?"

To it the kitten replied, "I've been attending cat philosophy school and I have learned that the most important thing for a cat is happiness, and that

happiness is located in my tail. Therefore, I am chasing it: and when I catch it, I shall have happiness forever.”

Laughing, the wise old cat replied, “My son, I wasn’t lucky enough to go to cat philosophy school, but as I’ve gone through life, I too have realized that the most important thing for a cat is happiness, and indeed that it is located in my tail. The difference I’ve found though is that whenever I chase after it, it keeps running away from me, but when I go about my business and live my life, it just seems to follow after me wherever I go.”

241

~ Death is unjustly just. Life seems short and passing every moment. Death is inevitable, and the truth is that we can’t get out of the life alive, we will all go through that gate – death. Nevertheless, I believe a life well lived whether short or long, makes more meaning than

the length of days. As I rightly agree with Norman Cousins – *“Death is not the greatest loss in life. The greatest loss is what dies within us while we live”*. My call to you today is , rise up and live your dreams, do not let your dreams die. For we are just passing through this life but once, let’s engage our talents and our gifts to serve humanity and make the world a better place, [Live fully and die empty](#). ~

242

~ Remember you are not stuck where you are; you are only stuck if you decide to. Set yourself FREE if you want to ~

243

~ This is no secret; having the right people around you will always energize you but the wrong ones will drain you. So at every stage of your life re-examine yourself and your close associates, if they are not helping you to go up then certainly you are on your way down. ~

244

~ Are you MAN enough? I may not know what is going on in you your mind with this question. Here is the point, in living your dreams, you have to stand up for what you believe in, being MAN enough implies that you get *Motivated to Act Now!* Ready for anything, to soldier on, fight for your dreams, sacrificing to pay for your dreams.~

245

~ Do you ever feel that you are not enough? If yes, you are not alone. So many have felt that way and others will still feel so at a point in life. This often happens when one is faced with the challenges of life, a task to handle.

It also happens when you are forced to compare yourself, your achievements (the-haves and have-nots) with others. What you need to realize is that whatever you have been through till now is just what you need to handle the current situation, you can handle it, and all that you have is enough for the task ahead. Believe in what you have right now and act upon it, it's enough to get you where you want to go from here and what you want in life. ~

246

~ Concerning networking and connecting with people, it's not really about whom you know but who knows you. There is a higher authority than can refer you. ~

247

~ Let this sink deep in, that nobody truly cares so much about you than YOU, so enjoy your life and live your dreams ~

248

~ *The grass is always greener where you water it. Water your Dreams and watch them Flourish. Nothing works*

unless you work it. You've got work hard on your dreams. ~

249

~ "Your will never discover without Doing: So Launch out!" Today, commit to doing something, trying out new ventures. Don't be afraid to fail. You may not like it at first but try it out, pick new subject area to study, read a different column or category in the magazine, take up the challenge and see the genius in you. Discover and deploy! ~

250

~ "Don't expect everyone to understand your journey, especially if they've never had to walk your path." ~

251

~ Let's face it, quitting on something doesn't mean you are a loser or unfocused. *Winners do quit and quitters do win.* There are times you simply have to quit on a goal because of reasons best known to you, do it if it's in your own interest. Your interest and passions may flicker that's fine, move with it and decide when you want to stick to something. Some of the time, they are all learning process, leading to a better discovery of yourself and what you can do best. Keep moving! Live your dreams in your own terms. ~

252

~ Sometime all that you will need is one good idea, a brilliant idea, an innovative idea. However a good idea and a good plan are not enough, but a good step taken

today is better than good ideas and plans lying idle. So today step out and be willing to fail, work on the realization of your dreams, stretch yourself, and challenge yourself. Brian Tracy will say '*develop a bias towards action*' act now on your plans. Your action today will give you results to work with tomorrow. No action no results. *One good idea may suffice, if acted upon.* ~

253

~ Today whatever your dreams are, be confident in it and in your abilities, put it to test, you may fail or succeed, but don't give up on it in anyway. Dream another dream anytime anyway and pursue your dreams. Time and chance will be there to support you. Live your dreams and don't die with your music unsung. Now is the time, the season. Birth your ideas, the world is waiting. ~

254

~ Observe the wind. The wind is unpredictable...why observe it? ~

255

“Most of the shadows of this life are caused by our standing in our own sunshine” ~Ralph Waldo Emerson

256

~ Note this, Success is not security, failure not fatal, it's not the final verdict, it's only the courage to continue anytime you fall that counts. So don't settle as a tomb,

be a womb, keep evolving, don't be idle... Be a work in progress. EnjoyLife! ~

257

~ From the word Encourage comes Courage. Do yourself a favor; take the courage to encourage someone today. If you feel you don't get enough of encouragement in life for what you do, pause and think and consider...it may be that you are not sowing enough encouragement in the lives of others. Go and encourage someone today, support a worthy cause. ~

258

~ Don't be a spectator be a partaker. Are you just watching life's exciting moments passing by without you

catching a glimpse of it, and savoring it. . Step out and enjoy the moments. Life is now! Live in the moment. ~

259

~ “Learn to enjoy every minute of your life. Be happy now. Think how really precious is the time you have to spend, Every minute should be enjoyed and savored. Each day is a new opportunity to live your life to the fullest. In each day, you will find scores of blessings and opportunities for positive change. Every moment you have a choice. Choose right now to move forward, positively, and confidently into your incredible future” ~
Unknown

260

~ Don't burst my bubbles. If you don't believe in someone's dreams and can't support it, don't do anything to discourage them and their dreams. It's always better that if you have nothing good to say, then say nothing. Allow people to follow their own dreams, leave them to their own destiny. *"People who say it cannot be done should not interrupt those who are doing it."* ~ Chinese Proverb ~

261

Action is fear killer. You have to do something by all means at all cost. In the words of Martin Luther King Jr ~ *"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have*

to keep moving forward.” Start moving towards your goal. Keep moving forward, go farther. ~

262

~ It's a new day. A new you. Step out and dare to challenge yourself, dirty yourself, be willing to fail and accept the NO's only implying Next Option. For only those who try and dare to fail greatly ever succeed. You will win if you don't quit. ~

263

~ Don't start out to be perfect, looking for perfection? You will be disappointed soon if your effort doesn't produce it. Instead, seek to improve daily, working harder on yourself, bettering your best daily. With this attitude you will enjoy your daily bits of

progress. Develop your skills daily and forget about mastery and perfection. They will come when you least expect it. Keep working. Be your best. ~

264

~ People will tell you, they will be there for you when you need them but to only realize that they only show up when they need you. It's so easy to feel like you are being used(if not abused) in this regard rather than being loved by others , especially when people only approach you when they are in need, when they want something from you. This is what you can do, consider yourself as a gift to the world, use all that you have, give generously to serve and try and separate true friends from the fake ones, either way give your best and don't allow your emotions in too much.~

265

~ *“Don't feel bad if people remember you only when they need you. Feel privileged that you are like a candle that comes to their mind when there is darkness!” ~ Unknown*

267

~ Often time we give up too soon, too often. Sometimes almost at the verge of breaking through or winning. Choose this day not to give up, give it one more try, one more time, and hang in there a little while. You will win! ~

268

~ *Life is a wall, you have to climb it by pushing others to climb over and you will be pushed as well. Give a helping hand today. Support that dream of your friend. Your little acts: kind words, your recommendations will go a long way to boost someone's dream and life. Help make the world a better place. 'Likes', Thumps ups and Hi-fives helps too.* ~

269

~ Be your best! Be so good at what you do that they cannot ignore you, master your craft! ~

270

~ Tonight as you step out, I say a prayer for you that God grant you the courage to persevere and patience to wait and Never to Quit before the Miracle. ~

OCTOBER

YOU ARE VALUABLE

Don't lose your worth:

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up.

He said, "I am going to give this \$20 to one of you but first, let me do this."

He proceeded to crumple the dollar bill up. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty.

"Now who still wants it?" Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. You are special - Don't ever forget it.

~Anonumous

271

~ *Don't give up on that which you really, really want to do. The person with big dreams is more powerful than one with all the facts.* ~

272

~ *'A rubber band has no value until it is stretched'... step-out this day and go a little further do the little extra thing and watch the great returns that will come your way.* ~

273

~ Today's exercise: *Do the Opposite*: This is not to rebel or go against the course of nature. This is to help

challenge yourself and learn something new; igniting the creative genius in you. Try this: if you are a left-handed person (*vice-versa for the right-handed*), try doing things with your right hand, like writing, drawing, eating, brushing your teeth, etc. have fun and observe how your mind and body adjust to this. You can try holding your toothbrush with your other hand when brushing your teeth the next time, have fun. Do the opposite; go against your usual way of doing things.

274

~ What do you choose to be, do and have? Do you settle for less than you can or have. This is it, for only those who dare to be different, ever succeed. Permit no man to talk you out of your dreams. *“Choose to be the Uncommon Child, dare to be different and make a difference.”* ~

275

~ The untold story: I know there are many dreams lying dormant in you, some are crying out to be free. If you find yourself in that state, now is the time to set free those dreams, the untold stories, the unsung songs within. Give it a try, don't let fear or the naysayers stop you; just permit your dreams to see the day light. Today, dip you toes in that water and begin to move. ~

276

~ "I do not choose to be a common man. It is my right to be uncommon — if I can. I seek opportunity — not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to [dream](#) and to build, to fail and to succeed. I refuse to barter incentive for a dole. I prefer

the challenges of life to the guaranteed existence; the thrill of fulfillment to the stale calm of utopia. I will not trade freedom for beneficence nor my dignity for a handout. I will never cower before any master nor bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act for myself, enjoy the benefit of my creations, and to face the world boldly and say, this I have done.” ~ Professor Dean Alfange ~

277

~ A first impression does a lot of magic. It can earn you a life time of wealth or rip you of it. It can either make you or unmake you, it will swing doors wide open or slum doors in your face. It is worthy to note that the images we create in the minds of others are very important. Be impressive. *“I believe in first impression but most importantly I believe in God’s impression”.* ~

278

~ We are at different stages in our growth and development process in life. What you have mastered someone is only beginning, what may be a mountain to climb someone sees it as plain field to walk on. Do not use the same yardstick to measure everyone. Learn to give people enough room to mature by the things they go through, and you can best offer your advice and encouragements. As much as you must be patient with others be also patient with yourself. I say *“Be patient with me, I’m still discovering myself...loading ...52% ...please wait”*. ~

279

~ Don’t let your mouth overload your back. The problem most people have is the inability to say ‘NO’, why

because of such reasons as: wanting to be liked by all, to be known as caring and helpful – be the ‘nice guy’, not to lose an opportunity, not to be branded rude. Saying no is not bad in anyway, what one must ensure is how to say it, and give genuine reasons. Note that you are not obliged in any way to say yes to every call. You can’t be all things to all men. Be nice, be kind but know how far you can go. Learn to say no when necessary and enjoy life. ~

280

~ Don't live a revenge dream, live your real dreams!
Don't be caught up pursuing a goal; a career to prove someone wrong, that you too can do it or to defend your family, friends or any such thing to show off. It doesn't amount to anything; you will end up wasting your own time. Instead pursue your real dreams at all cost for your own good and the many good it will be to others. ~

281

~ Take charge of your life and don't permit the things that don't really matter defer you from living your dream; the problems along the way, your own fear of the unknown, regrets, and past mistakes. They are all just the shadows, not the real thing; you must be in charge and control them. Don't let your shadows dictate to you where you should stand. ~

282

~ Your dream is not a democracy, listen to your heart not the masses. It's easy to go with the flow but when it comes to living your dreams, let the flow comes from within. What moves you to act? ~

283

Success secrets. I don't know if there are any secrets to success but if there are, I will say it's **PASSION**.

Purpose – knowing exactly what you want. Definiteness of purpose

Action – having a working plan. Going for it.

Self-Starter – being an initiator, self-motivated person

Self-Confident – believe in yourself and your dreams

Inspired – find source of inspiration. Mostly self-motivated

Organized – Putting your ideas into meaningful form

Natural – whatever you do, just be yourself.

284

~ Trust God and do your best at all times for Men will promise you gold, only to offer glitters; but only God will grant you that which is glorious. Many will over promise and under deliver or not deliver at all. ~

285

~ Silence has been known as a great virtue for ages; however the value of speaking cannot be overrated. There are times that you need to voice out your opinions and say it – like it is. *Speech may be Silver, Silence Golden; but Wisdom is knowing when to use it.* Today, If you have nothing good to say, it's always better to remain silent. ~

286

~ It's not always about the rules, it's about results. Results don't lie. Set yourself free this day, break your own barriers and make it happen at all cost. Don't let your dreams die! This is what Steve Jobs had to say *"Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently – they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do".* ~

287

~ You have done enough of planning and talking about all that you intend doing, you can even see it clearly in your minds eyes and can feel it, creating excitement. But days and weeks and months have passed and all you have done is to talk about those dreams over and over again. Your dreams are hanging, like ‘castles built in the air’, what you need now is to lay the foundation to prop your castle – your dreams. Thinking about it and talking about it will not lay a single block to building your castle. Take action now!! The proof of a desire is in it pursuit. Go for it, a step at a time. ~

288

~ TGIF. I love TGIF’s however I paused to think through and realized that if I live my life for Friday’s with “Thank

God Is Friday attitude, I will have less number of days to enjoy the entire life I have to spend on earth. So I figured out how I can make everyday a Friday, to enjoy the everyday life in spite of conditions. Days are too valuable to lose them for something not worth it ~

289

~ Today, I want to let you know that you are not too young to dream or too old to live it. Live your dreams. ~

290

~ Are you finding excuses for keeping up with family and friends, postponing getting in-touch with people and simply getting busy with your daily life? Make a conscious effort today to excuse the excuses and pick that phone and dial the number, arrange that

date tonight and go for it. It's within your reach, you can. *Let them know you care and love them.* ~

*You have no excuse now.
If you truly care, you will call,
if you cant call, text,
if you can text, flash,
if you can't flash,
then trash your phone. [laugh]*

291

~ Learning to live a meaningful life requires purpose. Knowing your purpose in life will help direct your affairs. The truth is that everyone has a purpose to fulfill and no man is an accident. And concerning work, you may want to ask yourself this question: *What is my motivation for doing what I'm doing?* The answer to this question will

direct to your true motive, either good or bad. Decide to create a meaningful life today. Live on purpose and make the world a better place. ~

292

~ Today's exercise: Prepare a meal. Cook: You may or may not be a good cook or even not try cooking before however choose a day, if not today to get into the kitchen and prepare something for you. You may even create your own recipe. The goal is whatever you prepare make sure you eat it. Take note of all that you will learn and discover and have fun with it as well. You can then appreciate every meal you eat and the great cooks.

~

293

~ Kick start your dream job, career, your dream life, it's time to take the bull by the horn, take the courage of the moment and move towards the realization of your dreams, your spirit has been yearning for this – take off!

~

294

~ In our happy moments we want everything to stay the same but feelings fade and people change. It's the difference that makes all the difference. EnjoyLife! ~

295

~ A prayer. May God help us each day to stop worrying about what could happen and instead appreciate what is happening now. To live in the moment. ~

296

~ Note this: People do things for their own reasons, not yours. ~

297

~ Time is an illusion... it's said that '*Time heals*'... well I think is what we do with the passing of time that counts.

God uses time, and *He makes all things beautiful in His time.* ~

298

~ Today, I have a little exercise for you to do, go and pick up any childhood picture of yours and study it carefully.

Let it bring to you those sweet memories of your childhood, your wildest dreams then, try and remember all those things you wanted to be, do and have. Enjoy those memories, now pause and ask yourself, what have you become? Did you do like the many that only grow up and give up? There is still hope for you whiles there is live. It's never too late; just begin the journey to your dream life. ~

299

~ One way to enjoy the daily life is to make it a life of discovery: learning something new everyday. ~

300

~ Everyone gets knocked down in the journey of life, the struggles and challenges of life. Sometimes in the peak of your success when you least expect it, you realize you are already lying low. The most difficult part is the inability to find helpers to lift you up, this is when you have to pick yourself up and carry on. You do like David did in the Bible “...he encouraged himself...”~

NOVEMBER

A 'POSITIVE ATTITUDE' TOWARDS LIFE

Having a positive attitude towards life will not necessarily solve all your problems but it sure does well than a negative one. What do you see? Enjoy the story below:

Once upon a time, there was a farmer in the central region of China. He didn't have a lot of money and, instead of a tractor he used an old horse to plough his field.

One afternoon, while working in the field, the horse dropped dead. Everyone in the village said, "Oh, what a

horrible thing to happen." The farmer said simply, "We'll see." He was so at peace and so calm, that everyone in the village got together and, admiring his attitude, gave him a new horse as a gift.

Everyone's reaction now was, "What a lucky man." And the farmer said, "We'll see."

A couple days later, the new horse jumped a fence and ran away. Everyone in the village shook their heads and said, "What a poor fellow!"

The farmer smiled and said, "We'll see."

Eventually, the horse found his way home, and everyone again said, "What a fortunate man."

The farmer said, "We'll see."

Later in the year, the farmer's young boy went out riding on the horse and fell and broke his leg. Everyone in the village said, "What a shame for the poor boy."

The farmer said, "We'll see."

Two days later, the army came into the village to draft new recruits. When they saw that the farmer's son had a broken leg, they decided not to recruit him.

Everyone said, "What a fortunate young man."

The farmer smiled again - and said, "We'll see."

Moral of the story: There's no use in overreacting to the events and circumstances of our everyday lives. Many times what looks like a setback, may actually be a gift in disguise. And when our hearts are in the right place, all events and circumstances are gifts that we can learn valuable lessons from.

As Fra Giovanni once said: "Everything we call a trial, a sorrow, or a duty, believe me... the gift there and the wonder of an overshadowing presence."

~Anonymous

301

~ Sometimes when we put our dreams and goals away for a long period of time we tend to lose our audacity to do it. We all have agonized about pursuing some dream sometime past, because of fear or some other factors. The strength and zeal evaporates over time if not put in use. So today, begin to move towards those goals and dreams and see them moving towards you. Use the zeal you have today. It just works like developing the muscles, the more you put it to use by exercising the stronger it becomes. ~

302

~ You deserve a break, for *“it is the silence between the notes that makes the music”*. Every now and then you

need to pause in this fast paced world to enjoy the moment, the moment of peace.~

303

~ You need some peace of mind in the midst of life's busy schedules, take time to rest. These are times that you can sit back and reflect on life and also make more meaningful decisions. *Turn down the volume today and enjoy some solitude.* ~

304

~ You have multiple talents: so get to know yourself and don't let society frame you into focusing on one thing and majoring. *Whoever is defined is confined, set yourself free, be refined!* Refuse to be that one thing, you are multi-talented person.

305

~ Today's exercise: This simple exercise is to learn commonly used phrases in any language, be it a local dialect or a foreign language: learn the basics of greetings, saying hello, hi, thank you, welcome, I'm sorry, etc. this will also boost your confidence. Have fun with it. It may end up leading to a whole new career or a discovery of other potentials in you. ~

306

~ Today I want to re-echo this to you, to dream the impossible dream and go for it. We all have dreams to achieve, targets to hit. In the midst of all this, there is always an inner battle within, either to go for it or not, to give up or persist. But today I encourage you to *dream*

*the im-possible dream, forget about the scars and reach
for the stars. ~*

307

~ My desire and prayer for you this day is that you
experience the super natural. The Midas Touch! ~

308

~ Dreams are really *the seedlings of realities*.
So nurture your dreams daily. Work towards it. ~

309

~ *The Hero's Voice* The power to change is within you.

You can activate it if you believe and act upon it. How is your inner-dialogue like? What do you tell 'you' about yourself? Do you think about what you think about?

What are you declaring and decreeing into your life daily? Are your words in sync with your heart [Mind]?

Declare that which is to be! ~

310

~ Today's exercise: Just dance with or without music.

Learn the latest dance in town. If you have kids let them teach you, enjoy the learning process as they may laugh at your movements, laugh with them. Take a lesson in

salsa online or walk into a club and try some few steps –
just dance. ~

311

~ *Don't worry Be Happy!* To all those who are down and
disappointed, who want to give up on life. Hold on
minute, a second, third, fourth... time. Better days are
here! ~

312

~ Close the door, Today! It's time to go
unaccompanied, *spend some quality with you and
yourself*, relax ask yourself some questions, access
yourself, think about your life, why you do what you do.
Get to know yourself better. Be true to yourself. ~

313

~ Be anonymous: Do something good for someone without showing your identity. Buy a gift, send a card, buy a gift coupon, etc. any little way you can surprise someone without showing your identity. *Be the miracle someone is praying for.* ~

314

~ Learn to take opportunities and create favorable conditions for yourself, take note that "*Small opportunities are often the beginning of great enterprises*". ~Demosthene ~

315

~ It's time to ignore those barking dogs – the naysayers, those distractions, let the dogs bark and keep running.

Focus on your dream and goals and work relentlessly towards attaining them. As you journey through the road of life, many things will call for your attention, to distract you but keep your eyes on your prize and follow your heart. Live your dreams. ~

316

~ Today's exercise: Visit a hospital. Take time off and walk into any hospital, you may decide to visit a sick person you know or any one. Remember the person could have been you lying there sick. Let's appreciate the gift of life and health. Life is a gift let's savor every bit of it. Breath in, breath out and enjoy life. ~

317

~ You are gifted! Use your gifts. *“A man's gift makes room for him and brings him before the great”*. – Proverbs 18:16 May your gift pave way for you. ~

318

~ Monitor your mind and listen to your heart. ~

319

~ Who is responsible? Everyone at a point in time has complained about something before...right? Yea I guess. Don't play the victim game. *Anytime we complain we give off our power or responsibility*. It indicates that our

lives are not really ours but someone's and that someone is responsible for our lives and what happen to us. Note that whatever you complain of you get more of that. EnjoyLife! ~

320

~ *Let it go!* Huh! Be willing to give up something you have been doing over the years that is not contributing to your well-being physical, mental, emotional, etc. we all have some bad habits that aren't helping. There comes a time that we need to let go and give up the ghost, replacing them with health habits. Let go and let God. ~

321

~ “A follower who stays too long in the comfort shadows of the leader will never grow.” ~

322

~ Your best days are not behind you, they are here and now, this very moment, activate it. Your future is awesome! “The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.” ~ Albert Ellis”

323

~ Fight for your dreams! *"It's better to lose some of the battles in the fight for your dreams than to be defeated not knowing what you are fighting for – following the masses"*. Be distinct, focus and live your dreams! ~

324

"In the book of life, the answers aren't in the back" —
Charlie Brown

325

~ There is nothing impossible for a willing heart. If you really really really want it , you will find a way to get it.

Go for it! ~

326

~ A prayer for you! May a window of opportunity be open unto you, may the day bring you good news and your labour be rewarded fruitfully. ~

327

~ Create a gratitude list. Make a list of all the things you are thankful for and for what in particular. *Appreciate all*

the people in your life, even those little things seems insignificant. You will be surprise the long list of things and people you are thankful for. This exercise will leave you a happier person.~

329

~ Slow down! You are moving too fast. ~

330

~ A servant must learn how to submit to his leader and patiently learn the skills of the trade needed. However, if one stays too long at the feet of his master without launching out to test the waters on his/her own he will never develop and mature. The real test comes when

you are on your own. You put to practice all that you have learned. So today examine yourself, your state and dare to act! You are a great leader. ~

DECEMBER

NOW IS THE TIME!

Go for your Dreams

Be inspired by this story

A man lay on his bed at the end of his life waiting to die...

His dream came to pay his last respects and bid farewell to the man who had never used it.

As it entered the room the man looked down in shame.

“Why did you not realize me?” the dream asked.

“Because I was afraid,” the man said.

“Afraid of what,” said the dream.

“I was afraid I would fail.”

“But haven’t you failed by not attempting to use me?”.

“Yes I did, but I always thought there would be tomorrow.”

“You Fool!” said the dream “Did it never occur to you that, there was only ever today? The moment that you are in right now? Do you think that now that death is here that you can put it off until tomorrow?”.

“No”. said the man, a tear gently rolling down his cheek.

The dream was softer now, because it knew that there were two types of pain, the pain of discipline and the pain of regret, and while discipline weighs ounces, regret weighs pounds. Then the dream leant forward to gently

wipe away the tear and said, “You need only have taken the first step and I would have taken one to meet you, for the only thing that ever separated us was the belief in your mind that you couldn’t have me”.

Then they said goodbye and they both died...

331

~ Keep your eyes on the prize and know that the trials are only for a while, so smile. This too shall pass. ~

332

~ Stretch *your imagination!* If you haven’t done this already try doing so. Write down 101 things you want to

achieve in your life time, including places you want to visit and people you would want to meet. Have fun with the list and knowing that it's possible. You may want to for 1001. Just stretch. EnjoyLife! ~

333

~ Too often many think they can make it all on their own, only to rush and crush. The point is that everyone needs someone, we all need support. *A great dream requires a great team.* Get the right team and make the dream a reality knowing that – “A Load is lighter if two carry it”. ~

334

~ “Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts. And we are never, ever the same.” -Flavia Weedn ~

335

~ Never apologize for who you are and what you do and more especially never apologize for dreaming big even if they don't come true. ~

336

~ Take charge of your of your dreams. Don't expect the world to dish you your wishes, go out and serve yourself. Push through against all odds and make it happen. ~

337

~ The beauty of life is not what we see, but how we see it. Today, wherever you turn may the beauty of life

engulf you and put a smile on your face, to walk with a spring in your steps, knowing that nature adds its own beauty to everything. The beauty of life, are the lessons nature teaches that are not in books, only have to look and appreciate its priceless gifts. . EnjoyLife! You are beautiful. ~

338

~ We can never obtain peace in the outer world until we make peace with ourselves. - Dalai Lama ~

339

~ There comes a time where the broken fits perfectly into your planned life. That's where the real meaning of your life and its purpose dawns on you. A season where a broken relationship, lost job, disappointment, delays

and disgrace turn to fit somehow somehow into your life beautifully, like a missing piece of puzzle. You begin to make sense from the nonsense, from the tears and fears come hope and joy; a sudden zest for that newness of life. The aha! Moment. That is life. God is working it out for your good behind the scenes. EnjoyLife! ~

340

~ *Hope deferred makes the heart sick, but a dream fulfilled is a tree of life.* Proverbs 13:12

341

~ If you never feel like giving up on your dreams, I perhaps, your dreams are not challenging(big enough). It's OK to feel like giving up, but not OK to give up, that's the test of a dream. You have to stick to it till the end. ~

342

~ Many people know the 'How-to's' but few actually *Do...*
that's the difference. Be a doer! ~

343

~ *Rebuke your friends in secret and reward them openly*~

344

~ Take the attitude of a student, never be too big to ask
questions, never know too much to learn something
new. - Og Mandino~

345

~ Give! Give! Give! Remember *“A rejected opportunity to give is a lost opportunity to receive”*. ~

346

~ Today's question: *Are your goals relevant to your values and purpose? Is what you are doing now leading you to the realization of my dream?*

347

~ There is greatness inside you! *“Nothing splendid has ever been achieved except by those who dared believe*

that something inside them was superior to circumstance.” • Robert H. Schuller

348

~ Try this: *Throw an idea party*, ask friends and relatives to come around to have a creative brain-storming session over a drink. This should be so formal, an informal section, whiles interacting gather all the ideas that come up on the subject of discussion. You can have this exercise more frequently for any of your friends. ~

349

~ *Ask for help!* Don't try to figure it out all by yourself. ~

350

~ *Experiment and Grow!* “Allow events to change you. You have to be willing to grow. Growth is different from something that happens to you. You produce it. You live it. The prerequisites for growth: the openness to experience events and the willingness to be changed by them”. – Bruce Mau ~

351

~ Don't use your past as an excuse, excuse your excuses and take action now! ~

352

“If I don’t know you, I want to. If I have ever offended you, I am sorry. If I rejected you, I ask forgiveness and ask for a second chance to accept you in your rare and unique place. If I ever loved you, I still do. If you were part of my life, and no longer are, I miss you. If I was wrong, please help me understand what I need to do to make it right. If you blessed me. Thank you. If you watched over me. I am grateful. If you benefited from me, pass it along and give back. I invite you to be my friend.” ~ RJ Sutton

353

~ *What is stopping you?* Some people are deprived not by anything but by their own inability to strive to thrive. Taking steps towards their desires; failing to participate

in their own well-being. Life is simply how you make it so make it happen. Don't stand in your own way of progress, permit yourself to win. ~

354

~ *It's a wonderful life so learn to savor every moment of it.* Are you really living or just making a living; earning money to pay bills without thrills? EnjoyLife! ~

355

~ This is the real deal, now is the time to *get out of the rat race and get into the horse race, your own dream and* Make your dreams happen! ~

356

~*Learn to live a stress-free life:* Most of life's stress comes from unfinished tasks. Tasks screaming at you all over the place, 'finish me', 'finish me'! Today learn to use the three (3)Ds to distress your life. **1. Do it!** – Learn to finish every task you start. It also boosts your self-confidence. **2. Delegate it!** – You can't do it all by yourself. Identify people in your area who can equally do the work or even do it better. Learn to say no to the things you can't do, don't overload yourself. **3. Dump it!** Yes, simply dump it. You may not be able to complete all that you start, identify the ones worth doing and focus on it with all your energy, delegate the ones you can and dump the rest. Enjoy a stress-free life. It's a wonderful life. ~

357

~ Today's exercise: Visit a village. Pay a surprise visit to your village or hometown. Visit an old friend, reminisce about your childhood memories, walk around your favorite playground, and observe the changes around. You will realize you have missed so many things. Have fun with it. ~

359

~ Don't Compare: Stop comparing yourself with other people, especially on Social media sites such as Facebook. There will always be people who have more than you and some who have less [some will have more friends, more likes, and more comments than you]. If you play the comparison game you will end up living life

bitter not better. So in real life don't compare, don't complain. Just enjoy life. ~

360

~ Sign out! Yes! Sign out: One of the seemingly difficult things to do online especially if you become addicted, to social media, and it becomes integral part of your business. It's same with real life, with people you have become so attached to. There comes appoint in your life that you have to sign-out your old relationship, the unfruitful negative toxic people, those who taking away your zest for life. It's about time you lose such friends and let them go. Life' is too short to hang around negative toxic friends for long. They will rub on you their foul smell. Move on. ~

CONCLUSION

THE END!

GO FOR THE MOUNTAINS

Better to climb the mountains
Than to descend a valley below
though it comes with much sweat and pain
At the top you catch the first dew and rain
Besides the mountain are the valleys low
A place to walk on the finest of soils
With lilies gracing your feet
The valleys are serene and adorable
But the mountain top are more glorious,
A place where your flag must find its feet

Beyond the mountain's cliff death lingers
On the top, the cold bitter winds
But within are hidden lessons to know
Better a dream born at the mountain top
Than a vision received in a valley deep

Valleys, plains where any man can plant a feet
Angry floods sweetly sweep through with joy
But the mountain peaks are for the eagles
There you can pluck your stars
And journey along with the passing clouds

Better go for the mountains
where the moon never leaves shadow in its gaps
A perfect place to behold the rising sun
Observe nature's beauty in a single look
And see beyond the horizon.

~ **By Adjei-Agyei-Baah,**

I believe this book has been of great benefit to you!
I wish you success in life in all you do.

A Prayer for you!

~ May heaven show you kindness, your pockets
never run dry, and good news pursue you each day
that you will sleep in peace at night. May you have
the hindsight to know where you've been, the

foresight to know where you're going and the
insight to know when you're going too far. God
bless you! ~

ABOUT THE AUTHOR

Bernard Kelvin Clive

CEO, BKC Consulting, Amazon Bestselling Author & Speaker |

He has been known to simplify complex ideas about life and living and present them to audiences in clear, actionable ways.

Clive is an author, speaker, and coach who has guided hundreds of people in self-publishing their own books, as well as inspired many more to go after their dreams one day at a time.

Bernard Kelvin Clive has delivered his simplified yet thought-provoking message to more than 120,000 people through his twelve books, podcasts, speaking engagements, live training, and a strong social brand.

As a motivational speaker he has delivered speeches across the country from junior high schools to tertiary

institutions, churches to corporate headquarters. He also delivered the commencement address at the 46th congregation of the College of Art and Social Science at the Kwame Nkrumah University of Science and Technology.

Perhaps the most quoted author and motivational speaker in Ghana, Clive is a passionate speaker on the subjects of "Living Your Dreams" and "The Power of Social Brands." He is a young man full of creative ideas with a passion for "inspiring and empowering souls" to achieve their God-given dreams.

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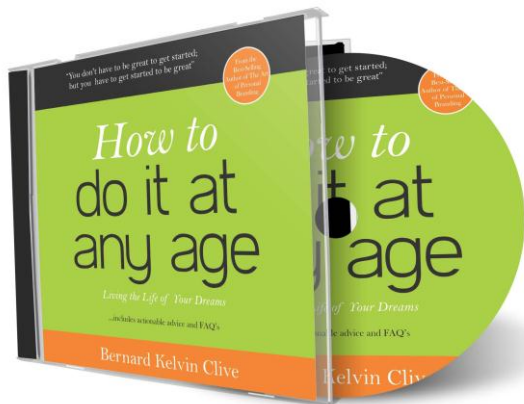
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