

UNLEASHING YOUR INNER POTENTIAL

Embrace Greatness and Soar

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Message from the author and dedication

In this book, I hope to convey a powerful message that resonates with readers and leaves a lasting impact. Through the characters and their experiences, I aim to explore themes of relationships, success, and leadership. In this book, I aim to provide practical advice and insights on personal growth and professional success, drawing from my own experiences and research. Additionally, I dedicate this book to my friends and family, whose unwavering support and encouragement throughout the writing process have been a constant source of inspiration. I am forever grateful for their love and kindness.

This book is intended for individuals who are seeking personal growth and professional success. It is suitable for readers of all backgrounds and professions, as the principles and strategies discussed can be applied universally. Whether you are a recent graduate, a mid-career professional, or someone looking to make a career change, this book will provide valuable insights and guidance.

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EPIGRAPH

Life is a journey of self-discovery, where the lessons we learn shape who we become.

About the author

Caroline Mochoge has a diverse background in communication and branding. She holds a diploma in communication and a bachelor's degree in communications studies. With over five years of experience writing articles in discrete spaces and reading self-help books, Caroline has developed a deep understanding of human behavior and personal development. Her expertise in strategic corporate communication, in which she is currently pursuing her MA, further enhances her ability to provide valuable insights and guidance in her upcoming book, "Unleashing Your Inner Potential: Embrace Greatness and Soar."

Caroline Mochoge's writing style is captivating and relatable. She shares her own journey and the lessons learned, creating a unique reading experience that resonates with readers. She has a talent for making complex concepts accessible and relatable, allowing readers to easily connect with her ideas. Her writing is infused with a mix of personal anecdotes, research-based insights, and practical advice, making it both informative and enjoyable to read. Caroline's unique voice shines through in her ability to blend her own experiences with universal truths, creating a sense of authenticity and relatability that resonates with readers.

What to expect in the book?

In this book, Caroline Mochoge provides practical strategies and techniques for setting and achieving goals, developing a growth mindset, overcoming obstacles, and advancing in your

career. With a combination of relatable stories and practical advice, readers will gain valuable insights and guidance to help them unlock their full potential and achieve both personal and professional success.

Who is this book for?

This book is designed for recent graduates entering the workforce, mid-career professionals looking to advance, and individuals who want to maximize their potential in their personal and professional lives. Whether you are a recent graduate entering the workforce, a mid-career professional looking to advance, or someone who simply wants to maximize their potential, this book offers valuable insights and practical strategies that can be applied to various stages of life and career.

Why I have written this book

Caroline Mochoge's passion for personal development and belief in the power of human potential are what drove her to write *Go Forth and Be Great*. Having experienced her own journey of self-discovery and professional growth, she is dedicated to sharing her knowledge and insights to help others overcome challenges, achieve their goals, and lead fulfilling lives. Through this book, Caroline aims to empower individuals to take control of their own personal and professional development.

Format of the book

This book is divided into ten chapters, each focusing on a different aspect of personal and professional growth. Each chapter includes practical and real-life examples to help readers apply the concepts discussed. Caroline Mochoge draws from her own experiences to provide readers with relatable and actionable advice.

ACKNOWLEDGEMENTS

I would like to express my deepest gratitude to God, who has guided me throughout this entire writing process. Without His divine inspiration and guidance, this book would not have been possible. I am also incredibly grateful to my family and friends, who have supported me every step of the way, encouraging me to believe in myself and my abilities. Their unwavering faith in me has been a constant source of motivation and strength. Lastly, I would like to thank all the readers who have embarked on this transformative journey with me. Your trust and support mean the world to me, and I hope that this book has helped you unlock your true potential and soar to new heights in your own lives.

Unleashing Your Inner Potential: Embrace Greatness and Soar

One ordinary day, as I sipped my demitasse in the luxurious comfort of my magnificent bed, I thought about this book and the remarkable ideas it contains. This book is a wonderful source of inspiration as well as a poignant reminder that you don't have to fit in to be great. You can do it with impunity if you have the right support system in place. It serves as a gentle reminder that filling your bucket with the right things right away propels you to potential greatness.

1

11 GOLDEN PRINCIPLES OF LIFE

Dear self, you are brilliant, gorgeous, handsome, and incredible. I know you've been through a lot. You are priceless, and you cannot be compared to anything or anyone else. So, they say it is beautifully broken and still worthy. Some people have never understood this statement, not because they don't want to, but because their deep emotions control their thinking. Love yourself, flaws and all, and be brave enough to constantly assess yourself to keep yourself sane. Take a break for your sanity

and reflect on what's important. Your good deeds should always outweigh your bad personality. Remember that what you keep entertaining is what will continue to happen.

You are cut from a different plaid

You are one-of-a-kind, brilliant, talented, and have a beautiful heart. What distinguishes you is your ability to believe in yourself and take action on things that make you nervous. Take me back to high school, when, at the age of 16, I felt the need to belong to a certain clique of friends or team with a bunch of teens. You want to be heard and seen.

It was one of the most difficult years of my life, but as time passed, I realized how unique I was, and how I only needed to make my own decisions to instantly become a better version of myself. You are creative enough to come up with a solution that no one else has thought of, which is

why I encourage you to look up to certain role models while also developing your own style.

I am a firm believer in operating at a different frequency in order to make the world a better place. God placed you on this earth for a reason. You can see how it goes, and anyone can become whoever they want if they put their mind to it. You are a strong person who can overcome adversity. I was reading one of Brian Tracy's books when I realized that self-love is a component of self-discipline. Remember to be selfish enough to prioritize yourself. When you love yourself first, whoever comes across your path will naturally love you unconditionally because you set the tone for them. Be a needle-mover in your own community.

To reach your intended potential, these are 11 principles to live by as outlines below.

Number 1: Raise your standards

It is significant to have standards and principles that properly govern your unique way of life. I have my own standards that have set the pace for who I have become. Although sometimes we tend to bend them to accommodate other people, that can cost you a whole lot. People who genuinely respect and care about you will accept you for who you are and what you stand for. Never compromise your guiding principles in order to appease everyone.

Number 2: Stay true to yourself

I've realized that we frequently tell ourselves we're perfect, one key perception which blinds us to our flaws. It is critical to work on ourselves in order to avoid harming other people, but it is also essential for self-improvement. Look in the mirror and reflect on the ugly side you don't like. Pay attention to some of those repetitive, negative voices you hear from your colleagues,

friends, spouse or partner, and family, and make changes to become better.

I am confident that you will be able to identify some of the negative behaviors that you can modify. Face your music with determination; what you see in the mirror when you look closely is your beats to the drum. Only you can fully comprehend your difficulties. Never make excuses for your bad habits; instead, work on them. Write them down and figure out how to unlearn them so that you can become better for yourself, not for anyone else.

Number 3: Do what makes you happy

Replace your negative thoughts, regrets, and anger with positive thoughts. Follow your heart and do what makes you happy. That is one of the most effective ways to keep going, no matter how difficult life becomes. Swim, eat your favorite ice cream, take that warm shower, call that person who purposefully keeps you smiling, listen to

that podcast that will motivate your thoughts, work out, go for a bike ride, or swim your bad thoughts away. Everyone is unique, and you are aware of what makes you happy. Make a list of everything you're thankful for and recite it every day.

Number 4: Forgive unconditionally

In life, we've all been hurt and disappointed at various stages of our lives. Sometimes, it can be eerie. People who have sufficiently mastered the paramount importance of inner strength have propelled themselves despite being hurt. It is significant to powerfully build stronger walls that guard our noble hearts and conscious minds. They find it easy to forgive and, as a result, gain lasting peace of mind. I sincerely believe that God's divine grace is sufficient during difficult times when we find it difficult to forgive. In my experience, I have witnessed the power of forgiveness in life. Once you learn to let go of

your hurting, there is no bitterness or anger; pure peace and freedom can be found. Forgiveness allows for personal growth and healing, as it opens up space for new positive experiences and relationships to flourish.

Number 5: Keep the right tribe

Bad company taints good morals. Trent Shelton's inspirational quote, "The smaller my social circle got, the clearer my vision became," truly resonates with me. This is a phrase that truly applies to all of us. Friends who are happy and focused steer your life in the right direction. There are people whose energy pushes your butt to the limit and derails your progress. Keeping a social distance from such people is critical; remember, they aren't worth your time.

Number 6: Stay focused on your goals

Your ultimate goals are important, and they span multiple levels, including both short-term and

long-term objectives. To succeed admirably, you must first put in the effort, and everything else will fall into place. Write down your SMART goals and have an accountability partner check in on what you've accomplished and what you need to do to complete your desired goal. Denzel Washington said a dream remains a dream without a goal, and that hit me differently.

Number 7: Never be afraid of failure

Make grave mistakes and learn from them thoroughly. I recall my second position as a communications intern. I was terrified of simply failing because I was overly concerned about what people would wrongfully think of me. My line manager used the appropriate analogy of how precious babies usually begin with small steps before learning to walk. To make something meaningful out of your life, you must take baby steps and make as many errors as possible. By the time you become a force to be

reckoned with, your conscience will have learned a lot and assisted others in becoming better. In a good reflection I had during one of my Masters classes, the lecturer said that sometimes where your weakness lies is where you find your gold, and that hit differently.

Number 8: Stay away from distractions

From Netflix binge-watching to the internet of things, your phone, and YouTube, to name a few examples, these are some of the factors you are aware have an impact on your train of thought. It is critical to be cautious because poor performance or listening habits can lead to two parties hitting a brick wall. You can eliminate all distractions for a few hours and focus on developing your skills, working on that proposal, creating that business plan, and completing your assignments. I used to be a victim of phone addiction, where I would spend half of my day on social media, causing delays in my planned

objectives and ultimately leading to procrastination. I discovered the pomodoro technique, which James Clear recommended in his book Atomic Habits, and this hack is a useful productivity hack that allows me to work according to time constraints and deadlines. It has significantly improved my ability to meet my objectives.

Number 9: Time wasted is never recovered

When I was a young girl, my father liked to use this phrase a lot because he was very strict about time. During the school year, he would drive me to school, especially on days when I could not catch the school bus; however, he was very punctual, so I had to keep up with his pace.

I am very concerned with time management. How well do you spend your time on important things that aren't part of your regular office routine? So, how about the weekend? Do you usually keep a schedule for when you work on

certain projects? You must also identify your working pattern, such as when you work best. Are you a night owl or an early bird? Make the most of the time you have to make a difference in your life.

Number 10: Practice self-awareness

Pay attention to how you feel and make rational decisions; don't say terrible things out of pent-up rage that you later bitterly regret. Write down your feelings about specific situations, thoughts, and decisions in a journal and reflect on them before making any final decisions. Discover your blind spots through constant self-evaluation or through people close to you. Additionally, practice mindfulness in the sense that you can choose what to react to and what gives you a sense of fulfillment.

Number 11: Fill your bucket with the right things

Stop picking fluff out of your belly button; it is

not going to change anything. Retrace your steps and consider carefully what you should leave out of your bucket. The wrong social circle, toxic relationships, and the internet of things? A toxic childhood? Is your workplace toxic? Which one is it? Keep them away from your bucket. This can be done through counseling and talking to someone you trust about it in order to heal.

Be conscious of what you put in your bucket because it accurately determines your life path. I came across a book called Unfu*k Yourself by John Gary, which was an eye-opener, and I sincerely thank this writer for this creative masterpiece. He attempts to describe the art of learning how to make appropriate changes in one's life.

Conclusion

Embracing your inner potential and striving for greatness is a journey that requires self-love, self-

improvement, and surrounding yourself with the right people. By raising your standards, staying true to yourself, doing what makes you happy, forgiving unconditionally, keeping the right tribe, staying focused on your goals, embracing failure, and avoiding distractions, you can unlock your full potential and soar to new heights. Remember, time is precious, so make the most of it and embrace the greatness within you.

2

STAND STRONG

You can never break a person who understands his or her worth. So many times, we undervalue ourselves because we believe we are not deserving of the best. People will be cruel to you and call you derogatory names, but keep in mind that you are God's acknowledged masterpiece. You are gold, and remember that you owe no one anything for being you.

Freedom to be you

You have the freedom to do whatever you want and express yourself fully. No one should belittle you or dismiss you because you have been through enough. It is never a problem to be alone. Isn't it true that we're practicing the act of self-love? So why not take these steps on your own and improve yourself?

I listened to Dwayne Johnson in one of his motivational talks, and he said that being you is the best thing you can ever be. Sometimes we try so hard to emulate certain characters and personalities in the name of inspiration. There is nothing wrong with admiring role models, but never lose your identity trying to be them.

Ways to stick to your guns

Number 1: Don't be afraid to slow down

In life, you will endure troublesome times that will slow down your progress. It's good to work hard, but burnout would affect your productivity. Take time to instantly relax and have accurate self-reflection to keep up with your progress.

Number 2: Never back down from challenges

Fred Devito says, *“If it doesn't challenge you, it doesn't change you.”* Surely you need to face certain challenges to make yourself better and wiser. Challenges open opportunities for growth to happen and make us sufficiently realize our hidden capabilities.

Number 3: Never give up

In life, you will overhear negative voices that say you can't do it. You are not even close to your next success. Never fear trying once more until

you make it. I have been put down in my career and personal life by some people, discouraging my progress, mocking my steps to write this particular book, and reminding me that I am unwise enough. Instantly, guess what? This has been one of my prime motivations to keep writing, hoping and praying it will inspire everyone who grabs a copy of this book.

Number 4: Leave the past behind

Most of us are normally prisoners of our own past. We naturally tend to dwell fondly on things that no longer matter instead of what is ahead. Our consistent wounds are reopened when we are crucified for our pasts; therefore, you genuinely need to stand firm, move, and make bigger strides.

Never accept being a victim of your circumstances, no matter what you encounter. Don't allow the past to change your current and future; sometimes, in the end, what is worth is

how, what you ended up doing, and who you end up becoming.

Number 5: Believe in yourself

Have you ever noticed that during your toughest seasons, you are all you have? People will keep off and think you are too much for them; they will also feel you are being extremely emotional or problematic. Guess what? This is the time that your self-worth is tested, and your resilience and strength to move above and beyond will become greater. You cannot afford to give up on yourself; after what you have gone through, you have to keep going.

Number 6: Learn to say no

Certain situations push you to feel bad for saying no. Never feel sorry for doing the right thing. We come across different moments, and NO plays a huge role. No will make people hate you; no will initiate boundaries from the onset of different relationships; people will insult you; and in the

process, you will even lose that job for not playing to the tune of that particular “song” because your standards are higher. Always remember that in the journey of greatness, you will say no to certain things or situations, but in the end, it will be worth it.

Number 7: Never do something you don't feel like doing

Do what makes you feel comfortable. Get rid of situations and things that make you feel horrible; no one wants to deal with them; they become nerve-wracking, frustrating, and difficult to deal with. You deserve to be at peace, no matter what.

Number 8: Take responsibility for your life

Hold yourself accountable because your choices are made individually, and no one can change your decision. You cannot always blame people for your mistakes. That is one thing I have learned. You can boldly decide to go through the journey of life on your own, and before you know

it, people will be judging your decision, but deep down, you know what matters. Nothing should stop you from achieving your ambitions; take on challenges head-on and succeed. Always strive to complain less, and providing a solution to the problem makes it easier.

3

HOW TO LIVE YOUR OWN LIFE

Living your own life means being the best you can be with everyone you relate to, which includes friends, family, colleagues, and acquaintances. Living your own life means embracing your true self and staying true to your values, goals, and aspirations. It involves being authentic and genuine in all your interactions and not compromising your identity for the sake of others. It is about finding the right balance between self-improvement and maintaining healthy relationships.

The right people will love you for who you are

Whoever you are, the people you surround yourself with must have loved something about you. Be you, and keep leveling up with the right people who will still love you. I have always been thankful for being raised to be focused on my vision, which pushes me to work twice as hard. With these kinds of qualities, some people find it hard to be around me because I can be tough and focused, but I still try to sacrifice and be that friend, sister, and daughter that someone needs.

For instance, I remember a time when I was going through a difficult period in my life. Despite my flaws and struggles, my closest friends stood by me, offering their unwavering support and love. They never asked me to change or be someone I'm not, but rather embraced me for who I am, imperfections and all. This experience taught me the true value of having the right people in my life.

I was reading Brian Tracy's book *Eat That Frog*, and he loves using the Knowing What I Know Now (KWINK) analysis, and it helped me realize that, knowing what I know now, I wouldn't repeat certain things that I have undergone in the past.

Always remember that the tough choices you make now will cost you friends and family, but the best thing about them is that you have grown. Some ugly past behaviors can destroy the best relationships you've taken years to build. Embrace the ugly moments and use them as a cobblestone to greatness. Remember to feed your mind with good thoughts; good vibes breed better results. I admire people who rise above and beyond to become better, despite their shortcomings.

You can't keep blaming yourself for all the mistakes. Some people are selfish and draining;

they can't admit it even when they are wrong, but that's fine. Always accept your shortcomings and start again. Besides, no one is perfect. Your past can affect the future; for instance, some adults who grew up in toxic environments have the choice of either being worse or better parents to their children. Remember: Your parents' mistake mustn't define your future.

Avoid toxic relationships

Toxic relationships can drain your mind, and you may feel like survival is not an option. I have been there, and that is the worst feeling ever. Toxic relationships can present themselves in the several different forms:

1. Friends and toxicity

Someone tell me how I have been both disappointed and encouraged through this journey called friendship. Throwback to primary

school, where friendship was based on your loyalty according to the secrets kept and the number of friends, then transition to high school, where friendship was classified based on certain levels and the bones you were willing to break to be popular. At the age of 16 years, when hormones were raging, what could people not do? Talk about disappointments from the few friends I held dear. Campus is the place to be; don't be lied to; you must put in work and focus. I met a couple here and there and only left with a handful who, up to date, are still my favorites.

Evaluating your friendships is very important because you can understand who is driven and focused enough to go through life with you. From my dad's nuggets of wisdom, he always said, "Friends will build or break you." With time, you now understand the depth of this meaning. You need to ask yourself why you value friendship. Your friends should be your safe haven when no

one understands. The friends I have now are more like family and I know I can always call on them because I can't do life on my own. There are certain times when friendships fall off the bandwagon but I believe genuine ones never die off; they only become stronger.

Some friends are just seasonal; others come for their benefits and leave when it's convenient and that's fine. Don't fret about it; let it flow. They have saved you a lot of hustle in figuring things out, so let them go in good peace. Value friends who build you become better. In the real sense, you will be lucky enough to make a countable and quality circle. Sometime back, I received backlash for being brutally honest about the reality of keeping friends that make a real mark in your life. I have mastered the art of living life and keeping only what I need.

Here are some of the questions you can use to evaluate who you call a friend.

- i. Who are your friends?
- ii. What values do they add to your life?
- iii. Do they push you to grow?
- iv. Do they look out for you?
- v. Do their vision and qualities emulate your life?

Write down a list of values that you admire. Use that list to help you evaluate the friends that you have.

Jot the answers down and clear off the friends you don't need.

Here are the kinds of friends you need to keep in your corner.

a. The non-judgmental one

Everyone needs that friend they can call when in distress or when they know they have messed up. These are the types of friends who will listen with no judgment and offer sober advice.

Constructively gives an honest opinion. They will still love and respect you despite your choices and they will still be loyal to you. Make sure you have one in your circle of friends.

b. The blunt one

This is the kind of friend who constructively gives an honest opinion, whether it will hurt you or make you happy. He or she wants the best for you. She will not fear speaking her mind at the drop of a hat. Keep this kind of friend. He or she will be ready to take off your foggy glasses for you to see clearly.

c. The mentor

I am sure in your corner you have this smart, wise, and inspiring friend who makes you feel better and pushes your limits to grow and count your blessings twice. The opinions of such friends are hard to find and you will need them to

patiently guide you through the journey of life and help you separate the wheat from the chaff.

d. The out-of-the box thinker

This is the type of friend who is open-minded. They encourage you to think beyond the normal. They challenge your thoughts and help you keep up with positive vibes. Additionally, it helps you look at new opportunities as well as ideas that would shape your life.

e. The workmate

Did you know you spend more than 7 hours at your workplace and less at home? Work can be frustrating and depressing at times. You need that one friend you can laugh with and hang out with. I have made amazing friends from my different workplaces; they have offered advice from their own experience and helped me become better.

f. The associate

This is the type of friend with whom you share similar interests and think alike. Your ideas are in sync and you easily get along with each other. Your ambitions in life are similar and you mostly work together on projects. Make sure to invest time with such friends; you will never regret it. For example, you can be business partners.

2. Family and toxicity

If there's something I have learned about families, it is that you must protect yourself from anyone who tries to hurt you; otherwise, you will crash. Based on the stories I've heard, toxic families are the worst, dealing with lies, deception, betrayal, and narcissistic parents and siblings. All those are hard to handle but what do you do? Respect is earned but mean parents unknowingly expose their children to an environment that later in life affects their relationships, hence falling for toxic individuals.

Family is not always blood; sometimes family is people who came and never left.

You come across all kinds of people and personalities but what makes it beautiful is the spirit of togetherness and support. You only become better when you have a strong support system around you. Family is a beautiful thing; unfortunately, it is said that how a person grows up and whatever they pick up is from how they were raised and what they picked from their parents. When you look at the root of people's behavior, what they believe in and how they operate, it is a different ball game.

Here is my simple understanding of what family should do for you.

Family will;

- Give you peace and space to explore who you are.

- Support your goals and help you accomplish them.
- Protect yourself from anyone who tries to harm you.
- Be the most constant person in your entire life.
- I love you unconditionally and care for you in good and bad times.
- Sacrifice a lot to support your growth.
- Be happy about your milestones in life.

What society thinks doesn't matter

Sometimes I sit down and I feel like some people full of egotism need to be schooled. I can't imagine walking down a road where people behave like they've been hired to judge others. It's important to remember that people will still discuss you, whether you are good or bad so you should never mind what people think. In the long

run, I've realized people project their insecurities through others.

4

LIVING LIFE WITH A POSITIVE ATTITUDE

So many times, you wake up feeling feeble and icky. You deserve happiness in this world. Always remember why you exist. You live life as a cycle and there are some choices you make that only you can face. When you look at people's lives, the way they behave, what they say, and how they behave say a lot. It's funny how life is on two different sides of the world; rich and poor face the same problems, from infidelity to sickness and adjourn with six feet on the ground.

Playing the devil's advocate here, a poor person will have negative thinking about upbringing but the same mindset can be flipped around and turned out to be beautiful in that you work so hard that your dreams become a reality.

It's funny how going through certain situations in life either affects your relationship with others or not. But be careful when unlearning certain behaviors; they don't affect your relationships with others in the process. Your decisions will make others uncomfortable. I leave you with these words: I didn't fight and leave physical wounds and bruises. No, far worse—I fought with the weapons of the mind, where I thought I had a distinct advantage and knew I could "win." You can indeed become strong in broken places. In short, self-love means learning to live your own life. Whatever the world throws at you, turn it around, make it a better place and create an

impact where people will remember you for helping others. It is always worth it.

In conclusion, a loving and supportive family can have a profound impact on an individual's life. It provides a foundation of love, acceptance, and support that allows individuals to thrive and become the best versions of themselves. However, it is important to recognize that not all families are able to provide this level of support, and individuals may need to seek alternative sources of love and support. Ultimately, the concept of family extends beyond blood relations, and it is up to each individual to create a network of people who truly care for and support their growth.

5

GAINING COURAGE AND SELF LOVE

We are all meant to be courageous in life. Sometimes you feel so down and disappointed but that should not kill your vibe; you can still do better by keeping your chin up. For you to gain courage, you must remember that fear is your enemy. You have to pass through it and make courage your best friend. Courage makes you see and do things that seem impossible.

In some instances, people run away from reality simply out of fear of the unknown. The world can throw a lot at you but you must get back up and move. This is not the end of the world. Certain moments in this life remind me who I'm meant to be. Some spirits will crush your desire to survive but remember, you have come too far to give up.

Learn to name your fears; you can opt to write them down or tell them to someone close to you. It makes you stronger and you beat the odds of it all. Embrace the fears that you have; you can never run away from them but once you do, let them go. Step out of your comfort zone and make moves to become a great person in life. If you are shy in public, attempt to speak to a few people, and just like that, you will beat that doubt you had. Practice makes perfect.

You cannot pour from an empty cup

I love this phrase because it's all about self-love. You will realize that you can't give what you don't have. Understand the importance of self-love before you can love others.

“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.” — Shannon L. Alder

For you to gain the self-love that you need, there are certain golden rules that you need to follow so that it can easily be felt by others.

Here are some of the ways to practice self-love

- Change your negative thoughts-transform your mind to positive thoughts no matter the case.
- Feed your body with healthy foods and exercise daily.
- Surround yourself with positive people.

- Stay away from toxic people. People who make you feel like you don't deserve, don't need to be part of your life.
- Learn to celebrate your wins no matter how small they can be. Clap for yourself, because it all starts with you.
- Don't compare yourself with others. We all are unique and gifted differently.
- Challenge yourself more often, stop doing the usual and step out of your comfort zone. Learn something new.
- You are amazing, beautiful/handsome no one should make you feel less of a person.
- Have daily breather moments after a whole day of frustrations. Every day, take as many deep breaths as possible and clear your thoughts.
- Practice gratitude every day; this enables you to shift your mind to better things.
- Never apologize for saying no. Saying no doesn't mean that you are a bad person; it

simply means you are smart enough to make bold decisions.

- Forgive yourself and remember that you will never be perfect. Accept your mistakes and make changes to them to become a better person.
- Jotting down your thoughts, both good and bad, relieves you of the pain and after you are done. You are allowed to burn the paper/tear it down.
- Think of the vision and dreams that you have and write them down as a plan. Good thoughts thrive and make you better.
- Stop seeking approval from others. Be yourself and the world will love you for who you are.
- Do what makes you happy and explore your creativity. I love writing, swimming, and listening to music when I am stressed. This is the reason I have such

beautiful thoughts transforming into a book, simply because in such distressing moments, I gain my inspiration.

- Let go of all the pain and wounds-I know this is the hardest part to deal with but I believe that once you release them, the peace that engulfs you as an individual is unfathomable.
- Give yourself some pep talk. - look at yourself in the mirror and give yourself some nuggets of wisdom. Before you know it, you are good to go.
- Have that one companion you can reach out to when the fan hits the roof.
- Growth is a process and requires patience. It takes time to work for the life you wish for, but in the end, learning it is worthwhile.

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STRIVE TO BE A LEADER

Everyone defines leadership in a different aspect but what sets apart a leader and a boss is their intent to leave a remarkable impact in other people's lives, as opposed to a bad taste that they will leave to regret.

Based on my experience with time, for you to become a baron in your industry, leading is a key aspect that guides your path and helps you to lead

others in becoming successful in their aspect of life.

I am sure you are wondering what the linkage is between leadership and success. Leadership comes with a lot of responsibilities as well as sharpening both your skill sets and mindset to become great. I learned this when I deliberately took up different mentorship spaces to support others. Whenever you decide to mentor others, you not only improve your mentee but also yourself. You are challenged to go above and beyond to produce mentees you will be proud of, which means putting in extra time with them and walking through that journey with a lot of patience and courage.

It's important to remember that your standards guide your leadership. Hence, that's why, at the beginning of this book, I highlighted some standards/principles to guide you through success.

These are the standards that will determine how you pan out when you become successful in your career. Robin Sharma, in the 5 a.m. club book, highlights that successful people are the humblest beings you will meet. They take up certain habits that have enabled them to reach greatness in everything they do.

For you to be a needle-mover you need to step up in your position and make things happen, and I best believe you will be recognized for your impact.

You don't need bosses; you need leaders.

Based on a book by one of my favorite authors, Robin Sharma, he says, "The leader who learns the most wins."

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LESSONS LEARNED IN MY 20S

Creed of success

- Your truth is not everyone's truth and learn to compensate for others.
- A fragile ego cannot handle the truth.
- Sometimes we only need to let go and everything else will make sense.
- You don't have to mesh with everyone; remember, you are not everyone's cup of tea.
- Create your own family. Family is not always blood.

- Write down your thoughts because emotions should not weigh you down.
- Hard work is an individual effort; sometimes you must run alone.
- What is right for you might be wrong for others.
- Respect is two-way traffic, and you deserve golden standards.
- Develop a positive attitude towards every situation.
- Never stop working towards excellence.
- Lack of commitment costs you everything; stay gold.
- Own your space because it's worth it and you deserve it.
- Keep thirsting for more knowledge; that is an investment no one can take away from you.
- Work for your money; don't rely on others.

- Don't allow anyone to make your decisions for you.
- Put God first.
- Power and money make you a fool, and pride makes you wiser in how you use them.
- Never spew hate just because you feel entitled.
- Don't be selfish and manipulative just because you can.
- Never ruin someone's reputation just to make them look good.
- Water and oil don't need to mix, nor do a toxic parent and a broken child.
- Above and beyond, we don't take chances.
- Certain decisions will make others uncomfortable.
- You can't love an emotionally baggage person because they are not stable enough to handle what is thrown at them.

- Work hard and make the work speak for you. You may not always be commended for your good work but passion is greater.
- When someone loves their addiction more than they love you, then it's time to let go.
- You cannot claim to forgive someone and use their mistakes against them; that's ugly.
- The price you pay for being too accommodating is entertaining too much nonsense.
- Protect the ones you love but never feel sorry for doing away with the ones that hurt you.
- No one should ever make your flaws feel ugly just because it's uncomfortable for them.
- Love wholeheartedly and forgive fully. Carrying emotional baggage ruins a lot of good relationships.

- You don't have to show people your act of kindness to prove you are good.
- Pride comes before a fall, and so does pretense.
- Learn to be a giver but don't overdo it.
- Greed slowly kills your path to success
- Basic financial literacy is a win for early retirement and financial freedom.
- Run your own race and build your legacy
- Never take revenge; God will always do what is necessary for you
- Your tongue is powerful; speak your goals into existence

DEAR SUCCESS

I seem so near yet so far. You are a fragile ego, a beast with a warm heart. Thank you for teaching me proper life lessons and I can tell you for sure that it's all worth it. Most people have yet to experience your bittersweet moments and the ones that have are enjoying the fruits of their labor. You remind us that we must consider everything. We take it with a pinch of salt and remember that braggarts are not welcome in your kingdom.

You have taught me patience and silence, because until anything can be put to fruition, you

show us pain; we have hurt, lost, and made mistakes, but most importantly, you have made life work for me and not for anyone else.

Being cutthroat means doing it for yourself and not anyone else. You have taught me that success comes with a lot of hate, savory feelings, cyberbullying, and jealousy, but you have reminded me to keep moving in the right direction. You have reminded me that growth is not a one-time thing; it takes a lot of persistence, patience, and self-discipline.

You have shown me that there is a lot of mourning and no one will tell us that. You will lose everything and only the right people will stand by you through it all. In the process, I have learned that the thirst to become better makes you hunger for more even when things are not as they should be. Success has taught me that people will pop in when you have tasted it and leave you to struggle when they haven't seen a result.

Prioritize your work and recognize your people

There have been so many instances where people feel unappreciated. Moreso, what's worth always remembering is that your passion should drive you where you belong. Rarely will you receive a pat on the back for all the sacrifices you have made, sleepless nights, and continuous support. Keep going; don't stop but remember where you are headed.

Elevate others

I have learned that just saying thank you is enough for someone to feel appreciated. Nothing will cost you for elevating others, since in some cases you haven't had a chance to be elevated, while others have had the lack of opportunity to be elevated either way. Help where possible.

Success is not a ticket to being a clod

I have observed a lot of people considered to be role models to others disrespecting others and sometimes it makes me question the societal meaning of being a successful person. In the social media world, being successful is all about being famous and having lots of money. Again, it makes me wonder why allow materialistic things to give you a sense of identity? You will be shocked by how most successful people are happy, peaceful, content, generous and simple. This reminds me of the 5 am club by Robin Sharma, where he uses an idiom and calls social media addicts "zombies.". With maturity, you get to realize they value their health rather than what they possess. In summary, don't be stupid enough to be carried away by these little things offered by society and forget why you started certain goals.

Become a leader of impact

Remember that you should leave a legacy to be reckoned with, not a story of how you were able to break a couple of banks due to bad debt to get that money or become successful. Live the life you deserve and show people who look up to you how to grow in their own different ways and impact people's lives. By setting a positive example and prioritizing ethical behavior, you can inspire others to pursue their goals with integrity. Emphasize the importance of hard work, perseverance, and making a positive impact on society so that your success becomes a source of inspiration rather than a cautionary tale.

Leaders are not born; they are made. This statement reminds me of one of the graduate classes I took a few months ago on leadership and it's interesting how leadership is not all about leading but serving others with impact and influence. It is crucial for leaders to understand

that their actions and decisions have the power to shape the lives of those around them. By focusing on serving others and making a positive impact, leaders can create a ripple effect that inspires and motivates others to become leaders themselves. Ultimately, true leadership lies in the ability to empower and uplift others, creating a legacy that extends far beyond personal success.

BE A SUPERHUMAN

I was watching a series called Supergirl on Netflix, and it reminded me of strength, determination, and the power of a mindset. Additionally, it reminded me of the reason God created me—to have an impact and influence people’s lives greatly using my capabilities. As I watched Supergirl, I couldn’t help but be inspired by her unwavering commitment to justice and her ability to overcome any obstacle. It made me

realize that we all have the potential to tap into our own inner superpowers and make a difference in the world around us.

Unravel for greatness

Certain situations in life have molded me, created opportunities for a better relationship with others, and taught me the importance of mindfulness, respect, and patience. On the other hand, I have unapologetically closed certain chapters with certain people for good. Work on your weaknesses and never allow them to outweigh your positivity.

As I write this piece, I think of the COVID-19 time that put everything at a halt, and there's some lockdown. It has its disadvantages but also, on the flip side, I think it was a moment to reflect on what has been and now, more than ever, I am motivated to finish this book. Three years down the line, I can proudly say that I have accomplished my goal of bagging another book.

The journey was not easy, but the challenges and setbacks only fueled my determination to succeed. Looking back, I realize that the COVID-19 pandemic was a turning point in my life, pushing me to reevaluate my priorities and pursue my passion wholeheartedly. It taught me the value of resilience and adaptability, as well as the importance of cherishing every moment and opportunity that comes my way. Now, as I finish this book, I am filled with a sense of fulfillment and satisfaction. This journey has not only allowed me to showcase my creativity and talent, but it has also taught me valuable lessons about perseverance and self-belief. I am excited to share my story with the world and inspire others to pursue their dreams relentlessly.

You are crowned with honor; no one deserves to be broken

No matter the challenges and obstacles that may come my way, I have learned that I am capable

of rising above them and achieving greatness. This book is a testament to my strength and determination, and I hope it serves as a reminder to others that they too can overcome any adversity they face. Through my journey, I have discovered that success is not solely defined by accomplishments but by the personal growth and resilience gained along the way. It is my hope that readers will find inspiration in my story and realize that their dreams are within reach, as long as they never give up on themselves.

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SOAR

After all you have read in this book, it's now time for you to soar and become the best version of yourself. Remember that growth and success come from taking risks, pushing harder to be different and believing in your capabilities. Embrace challenges and believe in your abilities,

for it is through perseverance and determination that you will truly soar to new heights. For example, taking risks could involve starting a new business venture, pursuing a challenging academic degree, or trying a new hobby that pushes you out of your comfort zone. Embracing challenges could mean tackling difficult projects at work, facing personal fears head-on, or learning a new skill that requires perseverance and dedication.

Soar with confidence and embrace the unknown, as it is by thinking differently that you will discover your true potential. Remember that failure is not a setback but rather a stepping stone towards growth and improvement. Trust in yourself and the journey ahead, and watch as you soar to unimaginable heights. Failure provides valuable learning experiences and allows individuals to identify areas for improvement. It teaches resilience, adaptability, and the

importance of perseverance. By reframing failure as an opportunity for growth, individuals can approach challenges with a growth mindset and view setbacks as temporary obstacles on the path to success.

Fly like the eagles and swim with the sharks, for it is in these moments of fear and uncertainty that you will truly discover your strength and resilience. Surround yourself with like-minded individuals who will support and inspire you on your journey. Remember, success is not measured by the heights you reach but by the obstacles you overcome along the way.