

A Single-Minded Generation

*Wisdom Is A Spear Which Hunts And Kills Its Prey While Folly Is A
Spear That Can't Hunt And Therefore Can't Kill.*

Rex O. Omondi

First published in Kenya in 2024 by Harry's publication L.L.C

ISBN 9781393232186

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Acknowledgement

First and foremost, I would like to thank the Almighty God who empowered and gave me the opportunity to write this piece of art for my generation and generations to come. In the process of writing this book I realised that the gift of writing was actually in me. Thank you God for ‘**A SINGLE-MINDED GENERATION**’. I could never have put this piece together without the faith I have in you, God almighty.

I would like to thank my mother who encouraged me right from the first day I shared with her that I was beginning to pen down my thoughts. I am indebted to you for believing in what at first seemed to be just thoughts.

And to my all-time selfless mentors Eng. *Mark Oluoch* and PhD Dr. *Joyce Acholla*. I am forever indebted. You are the most amazing people I have ever met. Your continued support, and guidance has kept me navigating this far.

I am grateful to my friends, *Abdi Fatab Adan, Hussein, Roland, Roy* and all of you who believed in this process. May God bless you all.

Dedication

This book is dedicated my lastborn sister *Charlene Patience* who inspires me and challenges me to be that brother she would look up to many years from now and be proud.

And to my dad who inspired my love for literature by giving me so many past papers to read and exposing me to many literary pieces of writing, you're just extra-terrestrial.

Finally, to my best friend *Maggie*, you made this work possible. The early morning wake-up calls that signalled me that it was time to write, the push kindness and love you showed me during the whole process is unmatched ILYSM.

Foreword

This piece of work is inspired by the ambition and love for positively impacting peoples' lives, especially the African youth. The initiative to influence people to step out and lead themselves is mainly triggered by the empirical evidences in the lives of majority of the youth. The author is a youth who has boldly stepped out to lead himself and others into a journey of transformative and entrepreneurial leadership.

Some of the experiences majorities of the youth are undergoing include; hopelessness, passiveness, moral decadence, dishonesty, selfishness, timidity and idleness. 'A single-minded generation' provides a means to hopefulness for individuals who intentionally desire to inculcate pragmatic systemic changes for self- improvement.

The youth are a treasure to behold and the power of choice to unleash their entrepreneurial potentials is in their hands. They are resourceful and potential wealth and employment creators. The missing link for some youth is

not being visionary. This book is necessary for those who are intentional to inculcate positive attitude towards life, by embracing; self-discipline, integrity, gratitude, optimism, self- reflection, self-control and simultaneously K-I-S-S (Keeping It Simple Stupid).

I thank my friends who voluntarily and tirelessly offered invaluable support that contributed to the finalisation of this book. A friend in need is a friend indeed. May The Almighty God continue binding you with the code of love that cannot be broken.

Dr. *Joyce Achola Ogundo* (PhD),

*A consultant on Trade and Entrepreneurship development and
promotion.*

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Introduction

It is the 24th year of the 21st century and the third Millennium. I'm hit by a deep thought that it's time we align a generation with profound writing, leave an inheritance of books to a generation because, why not. As '*Oliver Wendell Junior*' puts it: A mind that is overstretched by new experiences will never go back to its old dimensions.

Words are gorgeous, yes words are the tattered attire of the uncultured man and thus I put these words together into forming sentences down to paragraphs, pages, chapters and eventually I gift a book to a generation.

As a young person who is passionate about humanity and intentional about change, I am convicted to put down in writing a piece that I believe will impact a generation.

As these streams my mind, I'm reminded courtesy of the bible man, *Noah*. He is instructed in the book of Genesis as the bible records to make an Ark in preparation for the future occurrences.

As a youthful nation it's imperative that we mould a generation that will stoically stand on its own feet amidst the dynamics of globalization and spearhead change.

A Single-Minded Generation therefore sets the pace to trigger the minds of our youths and its readers to stay focused and sculpt the change our society deserves. Many of us dream of changing the world but we forget to change ourselves first.

The beginning of transformation is the increase of perception. As you see more you can materialize more. And as you know better you can achieve bigger. When we all choose to do common things in life in uncommon ways, we shall command the attention of the world.

We must raise a generation of thoughtful, young leaders who will rise above mediocrity to change the society without any manipulation or limiting ourselves. We are capable. We shall not die with dreams but shall live with memories. Life is so short for us as young people to joke around with our talents. We are not the leaders of tomorrow but today. We must begin right now.

Many of the great men and women of the world who did the great things and even made great achievements started while they were young. The first key thing that we must all start with is reengineering our thinking and reinventing our awareness.

In so doing we enter a secret universe that majority cannot perceive. Have a nice and an open-minded read. Thank You for choosing to interact with this great BOOK.

YES, WE CAN!

The Season

“Winter is not bad for existing, nor is summer any less great for being hot. And none of us are exempted from enduring the seasons and times of life. Take delight in the sun and at the sight of blooming flowers but remember the storms and the winters shall also surely com.” ¬[unknown]

As the sun gracefully retreats, casting long shadows in its wake, the world undergoes a metamorphosis bathed in the soft hues of twilight. The sky becomes a canvas, painted with the fading embers of daylight and the emerging stars that shyly reveal themselves. A serene calm settle over the landscape, inviting introspection and a pause in the relentless rhythm of the day.

In gentle transition, the symphony of nature changes its tune. Nocturnal creatures stir, their presence felt in the rustling of leaves and the distant calls of night birds. The world takes on a different character, one where mystery and possibility intertwine beneath the silver glow of the moon.

As the day surrenders to the enchantment of the night, a quiet magic unfolds, offering a respite from the demands of daylight and a canvas for dreams to unfold. The tides shift to favour those who radically embrace intentional change by instilling a unique sense of self discipline. Yes, no discipline lasts longer than self-discipline.

“Hey, bro, what are those hills called?” My attention is unwillingly diverted from the epic view of the unfolding hills and pine trees swaying their branches in a rhythmic way. Usually, I’m not used to taking such trips with her. For obvious reasons of her being a lastborn.

However, my dad had wanted to give her a treat away from home during her special day. A day she had waited with unmatched expectations, yes, she’s Gen *Alpha*, she had to live the life. She knew I was an epic master in such

executions and would give a *cream de la cream* to my sister, anyway.

“Those are called *Lerruat* Hills, siz.” A statement that came formally, almost with finality. “Ok, broh, I hope after offloading our baggage in the resort we will get to take a walk around that place,” she said. “I love bird watching and those hills must be having some nice sight of birds. My best birds are Eagles.” She added. “Will you, broh...?” I sigh and agree with a nod. All that time this conversation appeared to be a distant music to the back of my memory. Back to my world of endless thoughts. I didn’t want to miss a bite of the resent imaginations that were crossing my mind. Many questions were unanswered in my mind and my heart was in anticipation of valid answers. Perhaps this was the right time to get answers to my endless thoughts. Yes, the song of my generation was too loud in my mind and the pumping of blood in my heart gave the right rhythm for this.

It was a season of political rants and raves, not so long ago the peace of the people was greatly jeopardised by the politicians. It was a season of religious animosity, terrorists

jeopardising society, security being thwarted through religiosity enmity and atrocity. It was a season of great despair with a global pandemic that shook almost the whole world. The killer virus left many jobless, many were left homeless, many were left orphans and businesses were closed. It was a season of survival for the strongest. In all these waves my young ladies and gents were the ones to carry all the burden that it came with. Anyway, who could do it when we make the largest part of the population? Should we call ourselves the forgotten majority, who are now minorly regarded? But where do we expect to get the answers to these questions? Back in my mind I know we ARE not children of a lesser God.

Here we are in a season of ignorance, increased rates of unemployment, crime, premature deaths, traumas, disappointments and bitterness with kith and kin left sailing in abject poverty.

A season that has greatly affected the young population a big deal with no hope left of a possible saviour from any corners of leadership. But still, our hopes must remain endless just as the endless wait we have had. For

many reasons, in life, we pass through different seasons at different times. Each and every one of us go through different times.

One moment you are at your highest dopamine levels and the next minute you are extremely low. Be it financially, health wise, and even mentally. At some point many of us fail to fathom the direction our lives are taking, and many time the news headlines are hit by young souls who seek suicide when they can no longer see hope at the end of the tunnel. More seriously, nobody really pays attention to the concerns of the younger generation who are the majority. Sometimes I wonder whether the country is being run by smart people who are putting us on more vulnerable situations or by imbeciles who really don't care about our future. Do not mistake my assumption to disrespect or a lack of gratitude. I'm weeping for my Generation. Why are our voices shunned off? Why is our potential taken for granted? Who will spark the greatness out of my Generation? Maybe yes, it's time we counter every season as it comes, or do we continue playing victim and feed the ill fuelled ego of not believing in ourselves? Barely do

parents create time to help these youngsters navigate through these tough times in their lives.

Thus, the lives of young people in the society have been programmed to fit into the cultural norms and believes.

As a result, when they reach a stage where coping up becomes a problem, they end up seeking refuge in drugs, social media influence, negative peer influence and even crime. Ironically, those who ought to have mentored these young souls but failed turn out to ridicule them again and put the blame on them. And this too is a season.

True to the cliché one cannot afford to be the bearer of other people's burdens. Resoundingly sad we are losing brilliant lives to the graves; we are making the graves rich and richer because of ignorance in a season we are needed to stoically stand with the young generation. Who owns the grave? Perhaps, true or not true, the cemetery is the richest place in the whole globe.

Each and every season in life comes with its own waves, every season has a beauty to behold; it's your

perspective that either helps you see the beauty or helps you out learn to block it out.

In the annals of the bible a small city called *Bethlehem* nestled on the ranging hills of *Judea*, we meet a young man son of *Jesse*. The man *David* goes beyond the norms and finally becomes the king.

One season *David* was a shepherd, the next season he was a King. When his brothers saw the shepherd in him God had already seen the King in him and that was the beauty of David's season. One season the Mighty Philistine warrior *Goliath* was a hero and the next season he was brought down. And that too was his season of plight. And so, my generation is in a season of generational transition, the season that we must rise to listen to our inner voices. I presume every other person who today is great was once a young person. However, what happened in the 19th century may not apply to the 21st century and will not be the same in 30th century and other generations.

We have for a very long time danced to every tune brought forth to us in every season, perhaps, it's time we now create a rhythm for ourselves and dance to the beats

of our own music, yes, music brings even the greatest of enemies to a reunion, if the beats are too nice then keep the nod alive. I believe that in the production of music we press on white and black keys concurrently and behold, there is symphony and melody, then music is produced. We ourselves must be the black keys of the keyboard and we must act the black keys, by initiating the change we have admired for a very long time.

Life's most exciting and memorable moments often occur in the midst of change. Since life happens in seasons, change is imperative and as a generation we must understand the seasons in our lives. Seasons are not meant to break us down but to make us realise our best potential.

As a generation, for us to navigate through various seasons in life we have two options at the time we are born; Fit into the world or create our own space and calibrate our future. One declaration that each one of us should be able to make each and every sun rise is; My goal in life is to never be so much close-minded that I refuse to change, even as the season of life do.

We must be as wise as serpents and as gentle as doves.

Rather than wait for life to simply happen, choose to run toward it with open arms no matter what it holds.

With so many incidences in life, as a generation we must take the risk of getting ready with whatever it holds. Life in this beautiful world is worth living when we realise that we are the ones who holds our future in our hands.

We must stand tall and refuse to be controlled by the dogma of how other people see us in different seasons of our lives. Our only ability to make such life changing proclamations is what we need.

Whatever thing we declare eventually comes to pass. And the season when our parents, friends, relatives or even neighbours used to tell us what we are must be buried in the deepest grave ever seen if at all there is one.

We MUST learn to responsibly invest in every season with purpose as it comes. We must make friends with the best people, dress in the best clothes, read the best books, attend the best conventions, speak the best out of our lives

because I believe only the best is good enough for the Kenyan youths and the young generation at large.

Though we may never experience the same season at the same time, there's so much comfort in knowing that everyone faces the beauty and struggles of life changes. Just in the same manner as at the time we were born we had big dreams and ambitions so should we remain even as we grow up into teens and even young adults. Seasons must be embraced and moulded.

I believe that each and every moment in our lives is an opportunity for us to ask ourselves if we can be able to evolve or adapt. Many are times when young people fail to distinguish the difference between the two and hence exponential growth becomes a tell-tale. The main reason why we still struggle with seasons in our daily lives is evidently clear that many of our young people are still trapped under identity crisis.

A bigger percentage of the young population do not really know who they are. As a result, they are carried away by every season. In one season there is a trending music, and every youngster wants to cram the lyrics, in another

season there is a trending outfit and every young person wants to dawn it on.

All life's seasons comes with its own demands. How we choose to react to every season is what stands out and makes the difference. The best side of it all is that every individual has the independence to decide on their response mechanism to every life situation.

It is however important to note that your relationship with yourself predicts your relationship with the world around you.

We must not sabotage our lofty aspirations with the residue of our broken hearts in our lowly seasons. So, nothing shifts, nothing changes, nothing increases and nothing transforms.

In all seasons we must hold onto the helm of our vision and awaken the greatness that lies in each and every one of us. The response we give in our next season of life greatly depends on the kind of mind set we install into our system during the present season.

Chapter Two

Lead Today

“Ambition Without Implementation And An Authentic Vision And A Well Sculpted Strategy Is Just But A Ridiculous Delusion.”

In his final sermon before his assassination *Martin Luther King Jr.* alludes; “Everybody can be great because anybody can serve. You don’t need to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You don’t have to know about *Plato* and *Aristotle* to serve. You don’t have to know Heisten’s theory of relativity to serve. You don’t have to know the second theory of Thermodynamics and physics to serve. You only need a heart full of grace and a soul generated by unbridled love and a single-minded focus.

The salt doesn’t look like other ingredients, the salt sends no aroma like other seasonings, no one really notices

its existence in a list. But without it the soup is tasteless and all other ingredients loses their role in the dish. Who would like to eat unsalted dish if not for health conditions?

Men of true impact don't fight for positions, visibility or appearance.

Their results speak for them and not their propaganda. What we do must be able to speak volumes for us such that our absence send alarm to those who we impact in different ways.

You do not need to shout to be heard, people keep quiet to listen to intelligent people.

Salt maintains its integrity amidst pollution.

Have you seen where a salt buyer demands to taste the salt before buying it? Because salt has maintained its integrity over the ages you will never see anyone question the salt.

If you will need to swear before people can believe you, then, you must begin questioning your intuition.

As the first light of dawn gently kissed the horizon, the cool *Lerruat* log hotel nestled in the serene *Isinya* hills as it awakened symphony of natural beauty and tranquillity by

the *Acacia* trees. The crisp, invigorating air fills my lungs as I step onto the wooden balcony, the timber planks creaking softly under my feet. The sky is painted in delicate hues of blue, lavender, and gold casting a warm ethereal glow over the beautiful Landscape of *Kajiado*.

Mist lingers in the valleys, shrouding the trees in a silvery veil while the distant hills gradually emerge, their silhouettes becoming sharper with each passing moment accompanied by the melodies of chirping choir of birds on the *Acacia* trees.

The silence is profound, broken only by the soft rustling of leaves and the occasional melodious call of what I call *Kasuku* greeting the new day.

From within the hotel, the faint strains of gentle background *Maasai* tunes float through the air. The soothing melodies of classical piano piece blend harmoniously with the natural ambience, creating an atmosphere of unappalled peace and refinement.

Lerruat's rustic charm with its sturdy wooden beams and stone fireplace offers a comforting embrace. Inside the warm glow of a few strategically placed lanterns casts a cosy

light, highlighting the rich textures of the wooden walls and the plush furnishings that clearly gave Kenyan vibe.

Our first morning in this place was already giving me a strong urge of making it my favourite vacation destination. Yes, a time to relax and reminisce on life's goods and bad.

As we took a sip on the steaming cup of freshly brewed coffee, the aroma mingled with the cool 6am morning air and one could feel a deep sense of contentment and connection to the world around us.

“Dad, what do you make of me being a leader just when I’m 19yrs old so that I can get the money to take you for vacations in such nice places?” known for her random questions and her inquisitive nature, my sister directed this question followed by a guess ready for the whole bale of response.

The exquisite dawn was now unfolding like a masterful painting, each moment a brushstroke of serene beauty, leaving each one of us enveloped in an oasis of calm and inspiration.

My dad was an ardent philanthropist and this question I knew for a fact was going to be answered in its entirety and additional information incorporated.

This time around his reluctance almost suggested at first things were not okay for this particular topic.

“You, young chaps, you never fail my intuitions...” he remarked ecstatically. “Now the question of Leadership and being a leader for a very long time have evoked different perspectives from different people in different times in History.

Generations to generations have heard their different ways of defining leadership and the list continues.

Leadership itself is dynamic. Many times, we talk of leadership, many people will think of political leadership. Some will also argue that there is a specific age that one becomes a leader. All said and done, chaps, I want you to know a few things about leadership for your own growth and development.”

All sundry at this time I was all ears not to miss even a point. We all knew our father was a different man

whenever such conversations emerged and he expected his audience to treat him with utmost respect.

“Now, allow me to proceed with answering your question, chaps...”

“Hello, excuse me, are you all fine, do you mind smoothie or anything from our restaurant? I’d be glad to be of some help to you.” said a lady who seemingly was the duty manager on patrol just to ensure all clients were well attended to.

Her shiny, maroon coloured blouse with a colossal floppy yellow bow-tie perched fashionably at the neckline supplementing the radiance of her glowing smile.

“We’re all well, madam.” quickly responded my sister.

“Well, thank you for your time and enjoy your stay at our facility. I’m *Nasinkoi* the supervisor on duty. If you have any issue, I’ll be a call away to address it.” *Nasinkoi* responded as she walked away from where we were.

“Great, I will start by giving you the foundations where leadership starts. When growing up as a young person you encounter different things in different environments. And how you respond to everything starting

from your thoughts to your surrounding is what determines whether you are a leader or not.

Before you can be a leader you will have to first of all lead yourself. Self-leadership is not what people think it is. Self-leadership is the simplest test of leadership but the least won test of leadership by many people and especially young individuals of your age.

Joel Osteen says, “If you will keep being your best right where you are, you will come into more favour, promotion, and opportunity than you never imagined.”

Having known how crucial it is for you to be self-disciplined, you will be guided by your consciousness to know that you should take charge in any space you are in not by complaining but by creating solutions to the problems around you.

One antidote to this human way of existing is to constantly increase your standards and raise the quality of your life and the lives of those you intend to lead.” he continued.

“When you have decided to become a leader, do not wait to be given a title because titles don’t make one a leader. What makes one a leader is your ability to be of use and to create more leaders. The more leaders you nurture like I’m nurturing you right now, the more problems we solve.

Approach every assignment given to you as a leadership assignment and do it passionately to completion.

Knowing how to do things without anyone monitoring you on itself is leadership. It is the small, ignored things that raise great leaders of this world.

To lead is to inspire others by the way you live. To lead is to walk through the fears of your hardest times to step up into forgiveness. To lead is to remove any form of mediocrity from infiltrating quarters of your life in dazzling celebration of majesty that is your birth right. To lead is to turn your terrors into triumph and translate each of your heartbreaks into heroism.

As young people especially in this fast paced 21st century, you must remain vigilant and know that every action you take must translate into leadership. The

leadership race you run today is a destiny race and not an individual race.” he spoke.

Taking a glass of water, its cool surface was a welcome contrast to his skin. His mouth was clearly parched and his throat slightly dry from the steady flow of words.

The glass clinked softly as he lifted it slowly as if to give us time to digest what he had said as tiny droplets of condensation slide down to meet his fingers.

I also took my glass of passion juice and in unison we brought the glasses close to our lips feeling the cool rim against our mouths.

As I tilted the glass, the first sip of passion juice was instantly induced casting a feeling so soothing and refreshing. A cascade of coolness was now quenching my thirst and revitalizing my senses as the juice travelled down my throat washing away the dryness and leaving a trail of refreshing relief.

“Dad, what would you say makes one a leader in the leadership spheres?” I took a moment to savour the sensation and asked him.

“Well, son...” he said and took a second sip before proceeding.

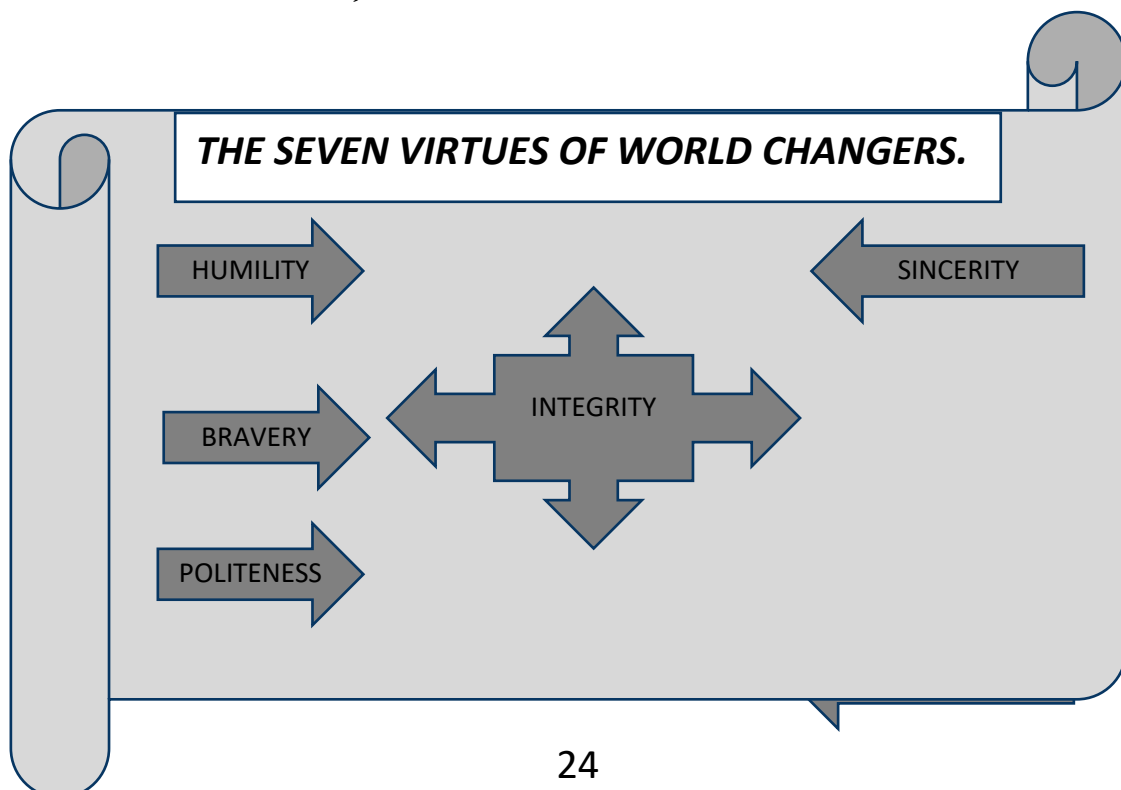
“I’ll give you seven virtues that I believe sculpts leaders.”

I nodded in response awaiting the lifetime advice I was just about to receive with bated breath.

It took a moment of grave silence. He then dipped his left hand in the pockets of his brown, freeze jacket whose bold writings across the chest could sentimentally tell the world about the philanthropist he was and drew a card which he placed on the table.

“What do you see on that piece of paper?”

In illustration, this is what was on the card.



Humility

“Humility in leadership is a profound blend of self-awareness, empathy, and modesty. A humble leader is one who, despite their achievements or their ambitions and authority remains grounded and acknowledges their limitations.

When you’re this kind of a leader you will prioritize the needs and contributions of the people you lead, create an environment of mutual respect and collaboration. Yes, leadership is inevitable and humility is what sets apart leaders and bosses.

A humble leader listens to hearts, speaks to souls, speaks life and inspires destiny without any age limitation. My son and daughter, age is not a factor of leadership, consideration or humility determinant.

A humble leader values diverse perspectives and being open to feedback and criticism. You must recognise and acknowledge that you do not have all the answers and be willing to learn from others regardless of your position.

This type of leader is quick to give credit and slow to seek spotlight, understanding that success is a collective

effort. Just as creating change in the current century is a collective effort.

A humble leader is approachable and genuinely interested in the welfare of the people they lead.

Mahatma Gandhi is a quintessential example of a leader whom history recognized for his humility. *Gandhi* led India into independence through nonviolent resistance and civil disobedience. Despite his pivotal role in the struggle for freedom, *Gandhi* remained deeply humble.

Gandhi's leadership was not about personal glory but serving his people and fighting for justice and equality. Just like any other young person who could be wondering who are some of the best mentors they can look up to, *Gandhi* as one of those key leaders you can greatly depend on. Gandhi's history records show that he was known to listen intently to the grievances of the poor and marginalised dedicating himself to their uplifting.

Gandhi's approach to leadership characterized by humility and selflessness left an incredible mark on history. His legacy continues to inspire leaders around the world to lead with integrity, empathy and humility.

Look...” He added. “Lest we forget what brought us here and now...” He remarked while bowing in courtesy as if to usher the next speaker on stage if at all we had a podium.

The heavy wooden door that led to the balcony where we were having our breakfast with breath-taking views of the sprawling *Lerruat* hills swung open suddenly.

A procession of vibrant, colourful maidens, each adorned in flowing gowns of brilliant hues-ruby red, sapphire blue, emerald green, and amethyst purple, shimmering with delicate embroidery and glimmering faces strolled into the compartment.

“GOSH.GOSH.GOSH...Dad daaaaaadis this true?” my sister widened with delight and wonder at this point. This seemed as a movie to me. In fact, her best telenovela ***CINDERELLA*** was now being acted here.

The air was filled with the sweet scent of fresh flowers woven into the maiden’s intricate hairstyles, their presence like a burst of springtime. They moved gracefully, their laughter and whispers harmonizing with the soft melody of

a harp played by one of their own. They gracefully circled the birthday girl their faces glowing with joy and excitement.

With a flourish, they presented a magnificent multi-tiered cake, adorned with delicate sugar roses and intricate lacework of spun sugar, each layer a different pastel shade, creating a cascading rainbow effect.

Candles flickered gently atop the cake, their flames dancing in celebration as if to welcome a new year to the generation *Alpha*, my sister.

Charly was taken aback by the flashy surprise and I suspect she felt her heart swell with gratitude and happiness. The maidens led a melodious birthday tune, filling the room with warmth and festivity while we joined in chorus.

“Little chaps the second virtue of a world CHANGE maker is:

Bravery

Many times, our best selves are shackled by the caring words we leave unspoken, the warm feelings we fail to display and the good deeds we leave undone.

In any quest of life, we must learn to live like heroes and heroines if at all we must rise to the helm of our desires.

The fact is that in order to do anything worth doing in this world we must not stand shivering in the bank thinking of the cold and the danger but we must jump in and scramble as much as we can. With one single decided mind-set of not turning back whatever the case or the course of action. Once you have put your mind on something and you want to do it do not lose sight.

*Courage is an exquisite weapon to defeat the armies of regret that
tear away lives meekly lived.*

Bravery is the beacon of light that cuts through the fog and uncertainty of fear. It manifests in a leader who stands

firm in the face of adversity, their eyes sharp with determination and their posture unwavering.

This leader does not shy away from difficult decisions or conversations, instead, they approach them with a steady resolute calmness. The kind of conversation I'm now having with you right now."

We both nodded in agreement followed by a heavy pause.

"Little chaps, follow me, let me show you around..." he added pulling back the traditional *Maasai* sculpted oak timber chair.

"Imagine today you were a leader, probably the youngest CEO of a leading company in Africa at 20yrs standing before your team during a crisis, the atmosphere with thick tension and worry. The leader's voice though strong carries a soothing under tone of confidence and empathy.

How many young people today are willing to venture into the unknown with calculated confidence, or even take risks? How many young people today are brave enough to disrupt systems and differ with systems of the world?

While others might hesitate, as a leader, step forward and forge a path through uncharted territory. You are not reckless but you simply understand that progress often requires stepping outside of comfort zones. Your actions must instil a sense of collective courage.

Bravery in leadership is not an absence of fear but a mastery of it. We must alight with passion and conviction, rallying everyone towards a common goal and sparking a fire within each one of us while turning apprehension into action, and plunge into fuel for innovation. Bravery is the courage led with integrity. And this brings me to the third virtue of world change makers.”

Integrity

“Now, little ones, I have brought you out here to have a view of the sky. Do you like the views?”

“Aw! what a fascinating view! I love colour blue.”
Remarked *Charly* hilariously. We all chuckled at the excitement that was evident amongst us.

“Cool, now I’ll tell you something, are you ready.”

We all agreed in unison, eager to learn more from the veteran.

“Now, blue is often seen as a symbol of trust, loyalty, wisdom, and stability, all of which are closely linked to the concept of integrity. Blue conveys a sense of reliability and responsibility. The calming and trustworthy nature of blue reinforces the idea of honesty and steadfastness which are key components of integrity.

You will, however, agree with me that we live in a society where there is almost no trust. Everyone seems to have lost trust in each other. Our society has been transformed into a zoo of animals where the antelope lives in fear that the lion may turn and feed on it anytime. Employees are in fear they do not know whether their bosses trust them or not. Integrity commits to character over personal gain, to people over things, service over power, to principles over convenience, to long term over short term.

See, have a look, there is something on your left.”

On the flag curved surface rock were some 3D writings.

Chapter Three.

Own Your Dreams

‘I Have Had Many Dreams, I Have Had Nightmares, But I Have Conquered My Nightmares Because Of My Dreams.’ - Jonas Salk.

Imagine stepping into a serene botanic garden where the air is crisp and filled with delicate fragrance of blooming flowers.

A gentle breeze rustles the leaves of tall bamboo trees that line the winding pathways. The sunlight filters through the dense foliage, casting dappled shadows on the ground and creating an ever-changing pattern of light and dark. What a beautiful view of Maa land from the top of this iconic paradise.

As we strolled along the path, vibrant colours caught our eyes. The clusters of flowers in every hue imaginable; deep purples, bright yellows, soft pinks, and radiant reds.

The petals glistened with dew, giving them a fresh, almost ethereal appearance.

Butterflies flit from bloom to bloom, adding a touch of whimsy to the scene. I could clearly tell *Charly* was already indeed thoughts and imaginations. This could have been a very unique merger with Mother Nature.

Nestled among the flowers and bamboo groves were well moulded meditation benches. Each positioned to offer a perfect view of the garden's beauty. These benches were crafted for smooth, polished wood and placed in secluded spots that invite quiet reflection. We chose one and sat for a moment in grave silence with only soft rustles of bamboo leaves, the gentle hum of bees, and the distant chirping of birds heard in the background.

The garden exuded a sense of peace and tranquillity that indeed matched the magnitude of thoughts one could generate from this place. It was a blissful combination of natural beauty and thoughtful relaxation aura. What I would call a hub where thoughts and dreams are made.

It is at this point that I had to break my silence and at least release part of what I was holding in my heart all that time.

“Truth be said;

Our souls are not hungry for fame, comfort, wealth or power. Now those rewards are known to create as many problems almost as they solve. Our souls are hungry for the meaning that we have figured how to live and why to live so that the world would be a better place than we found it and so that we can appreciate life to its fullness. Our souls are hungry for the focus we had while growing up, the many big dreams we had, the future we envisioned while in our early ages. Did we lie to ourselves?

Our souls are hungry for the plans we make but end up not achieving anything, the promises we make but end up not fulfilling the many ideas we meditate upon but end up not conceptualizing it all. The many dreams we have but turn out to be mere hallucinations at the cosiness of our beds. Tell me dad.”

“Well, the truth is that many people stay the same their entire lives because they are too frightened to leave the way they operated yesterday. Many people are married to the complacency of the ordinary and wedded to the shackles of conformity while resisting all opportunity for growth.

Steve Pressfield says that, “A child has no trouble believing the unbelievable, nor does the genius or the madman. its only you and I with our big brains and our tiny hearts who doubt and hesitate.”

While growing up as young children we all knew what we would become in our future if the future still exists. Somewhere along the way, we however stopped calibrating ourselves and allowed our brains to be controlled and to be influenced by ordinary brains around our space.

Many times, we have stayed in our past and even thought everything we dream is just delusional and further from truth. Why? It is because we have allowed our superior brains to be controlled by ancient reasoning and contaminated brains around us.

At one point in your life, you were a hero. You knew this very well before adults and ‘experienced’ people told you to move in the same pace with the dictate of your surroundings. Yes, they told you to limit your powers, shackle your genius and betray truths of your heart.

Over time I have come to agree that your surrounding greatly shape your perception, your inspirations and your implementation. In a century that the concept of dynamism is rapid, when you are not as agile as water to adapt rapidly to the happening in your surroundings, all dreams will tend to remain delusional and you won’t move an inch.

It is key to note that nobody can really determine your destiny if not you alone. Nobody is to be blamed for your failure to achieve your dreams but you alone. And the question as to whether you achieve your dreams or not relies greatly on how you respond to circumstances in life. You’re the soul bearer of your dreams.

All dreams start as delusions at first. There can be no vehicles without someone who sat down, meditated, dreamt and believed in themselves, trusted God and later conceptualised their dreams.

IN THE BIBLE, *Joseph* had a dream in which his brothers bowed down to worship him. When *Joseph* talked about the dream to his brothers, they hated him all. What a hard time it must have been to the son of *Jacob* and *Rachel*. *Joseph's* dream was a source of Jealousy and animosity among his brothers eventually leading them into selling him to slavery. However, the dream was prophetic, as *Joseph* later rose to a position of great power in Egypt, his brothers, indeed, bowed down to him when they came to Egypt seeking food during famine.

Johann says, “*Everyone holds his fortune in his own hands, like a sculptor, the raw material he will fashion into a figure. These skills to mould the material into what is desirable must be learnt and attentively cultivated.*”

We must all learn and realise that dreams without clear strategy birthed by authentic vision are just but mere delusions. Yes, delusion, hope you read that twice. Every dream at the beginning is so lucrative until its times to begin the implementation. Personally, I have had many

dreams and I can tell for a fact that dreams must be watered and well cultivated for them to blossom.

Did you know that for you to find your best self you must lose your weak self. Your weak self tells you that in your generation you are not capable of doing anything, it tells you that there is still more time left, it tells you that the system is corrupted already. True not true? why do you allow systems to define you? Yes, everyone thinks of changing the world but rarely do we think of changing our own selves by owning our dreams and making things happen. Our generation must make things happen and it all starts with ourselves. We must learn to make things work out for ourselves before influencing the world.

As a generation we have limited time. Our continent has many problems already. Therefore, we do not have the luxury of time to play small with our dreams and abilities. We must all not waste our precious time living someone else's life which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important have the

courage to follow your heart and intuition. They somehow already know what you truly want to become.

In the path of owning up your dreams and achieving them, challenges are inevitable. However, with every challenge comes a gorgeous opportunity to rise into your next level as a leader, performer, and human being.

“Do not allow your fire to go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not quite, the not yet and the not at all. Do not let the heroin in your soul perish in lonely frustration for the life you deserved and have ever been able to reach. The world you deserve can be won. It exists, it’s real, it’s possible, its yours.” – Ayu Rand.

Great aspirations have always encountered violent opposition from mediocre minds. In the pursuit of your dream, the journey is wholly on yourself and the question of opposition is inevitable. Someone would ask when the best time to plant a tree is. Yes, I have the answer, the best time to plant a tree was 20yrs ago and the next best time to plant a tree is now. There is no best time for anything. If

you did not dream in the last 20yrs then the best time to put down your vision is now.

Remember the input you give to your dream is the only thing that matters. Just like when planting flowers, you can choose to plant when there are no signs of rain and very many people will scold you for being untimely and for being over ambitious. But did you know you can choose to irrigate your flower until they blossom and the same people will ride in the glory of its fragrance and enjoy the alluring smell?

Pursuing your dreams as a young person will provide a clear sense of purpose and direction as you will be directed with a meaningful goal which helps you stay focused and driven.

Look at this case study of *TOYOTA*.

Humble beginnings

The story of *Toyota* begins in the late 19th century in *Japan* with *Sakichi Toyoda*, an inventor who revolutionized the textile industry. In 1894, *Toyoda* invented the *Toyoda* Model G Automatic Loom, a significant advancement in weaving technology.

This loom was notable for its ability to stop automatically when a problem occurred, thereby saving material and improving efficiency.

Transition to auto mobiles

Inspired by his father's innovative spirit, *Kiichiro Toyoda*, Sakichi's son pursued a new vision: the automobile industry. In the 1930s, *Japan* sought to reduce its dependence on foreign cars and encouraged domestic production. *Kiichiro* seized this opportunity, and in 1933, he established an automotive division within *Toyoda Automatic Loom Works*.

The birth of *Toyota* Motor Corporation

In 1937, *Toyota* Motor Corporation was officially founded. The name '*Toyota*' was chosen over *Toyoda* because it was easier to pronounce and write in Japanese characters. The company's first passenger car, the model AA was produced in 1936, making the beginning of *Toyota*'s journey in automotive the industry.

Post war challenges and growth

After World War two the *Toyota* faced significant challenges, including economic hardships and devastated

industrial base. Despite these obstacles, the company persevered.

In the 1950s, *Toyota* introduced the *Toyota* production system, developed by *Taiichi Ohno* and *Eiji Toyoda*. This system emphasized continuous improvement, just-in-time production and respect for workers laying foundations for Toyota's success.

Global expansion

Toyota began exporting vehicles to the United States in 1957 with the introduction of the *Toyota* crown. Although the initial reception was lukewarm due to performance issues, *Toyota* learned from its mistakes and continued to improve its products by the 1970s. *Toyota* established a strong foothold in the global market with popular models like the *Corolla* and *Celica*.

Throughout the decades, *Toyota* continued to innovate and expand. In 1989, the company launched *Lexus*, its luxury vehicle division, which quickly gained reputation for quality and reliability. The introduction of the *Prius* in 1997 marked another milestone as the world's first mass

produced hybrid car, demonstrating Toyota's commitment to environmental sustainability.

However, *Toyota* faced significant challenges in the 21st century, including the global financial crisis of the 2008 and a major recall crisis in 2009 and 2010. Despite these setbacks, the company demonstrated resilience by addressing quality control issues and strengthening its focus on safety and innovation.

In the recent years *Toyota* has continued to evolve, investing heavily in electric and hydrogen fuel cell technologies. The company aims to achieve carbon neutrality by 2050 and is actively exploring autonomous driving and connected vehicle technologies. *Toyota's* commitment to innovation remains as strong as ever, positioning it as a leader in the rapidly changing automotive landscape.

We can tell clearly that the company's ability to adapt to changing market conditions and embracing of new technologies has solidified its place as one of the most respected and successful automotive manufacturers in the world. Toyota's journey serves as an inspiring example of

a dream owned, vision, dedication and relentless pursuit of excellence and dreams.

Chapter Four

The Language Of Vision Cultivating Dreams

“The Only Thing Worse Than Being Blind Is Having Sight But No Vision.”

-Helen Keller.

The language of vision is basically one of the most essential abilities one should have. Talking of vision, it's one thing to have a vision and a dream and its completely a different thing to verbalize your vision.

Over time there has been an ancient, predominant notion that once you share a vision it becomes almost impossible to achieve. However, the truth is that in a fast-paced world, its wholly upon yourself to tell the world who you are and what you really carry.

The tendency of life is that it gives you what you envision and what you choose to buy from it at times.

Take a look at this life's **BUY ONE GET ONE FREE CHART**.

It may be a marketing gimmick BUT it is true in real life.

We buy **ANGER** and get **HIGHBLOOD PRESSURE** freely at a very young age.

We buy **JEALOUSY** and end up with severe **MIGRAINS** for free the whole day.

We buy **HATRED** and get **ULCERS** free of charge.

We buy **STRESS** and get heart disease, heart attacks and liver diseases for free.

CONVERSELY

If we buy **TRUST**, we get **FRIENDSHIP** for free.

If we buy **EXERCISE**, we get **GOOD HEALTH**.

If we buy **PEACE**, we get **PROSPERITY** for free.
Success can only thrive in a peaceful environment just like any business needs a peaceful market to flourish well.

If we buy **HONESTY**, we get **good sleep** and **many virtues** for free.

If we buy **positivity**, we get **hope** and **exponential growth** in all things we do.

THEREFORE: it's upon us to decide what we want to buy in life as whatever we choose to buy automatically gives us something for free with it.

Amidst the storms of life, one should harness such situations into benefits and advantages instead of viewing them as roadblocks and hurdles. Someone says that if you want to change your life, you must change how you think because the steps taken towards maintaining a calm demeanour can be an uphill task. This is because many times the evil is rude, provocative and so loud that good often goes home unheard and unnoticed.

Vision is the ability to imagine a future that is better than the present and see steps necessary to bring the future into being.

Vision is not just a vague hope or a distant dream, but a clear, compelling picture of what could be. A vision

provides direction and purpose, guiding us towards what we envision. It is true that each one of us at some point owns a certain vision that we all look forward to achieving. It is what I would simply call turning aspirations into reality. However, we must understand how to distinguish vision from wishful thinking.

Vision in itself encompasses both imagination and the practical steps needed to achieve a desired outcome. Vision requires a blend of creativity, strategic thinking, futuristic thinking, allowing one to not only see the end goal but also chart a course towards it. A vision is a powerful tool that inspires actions, motivates people to move forward and strive for something greater. I have always believed that;

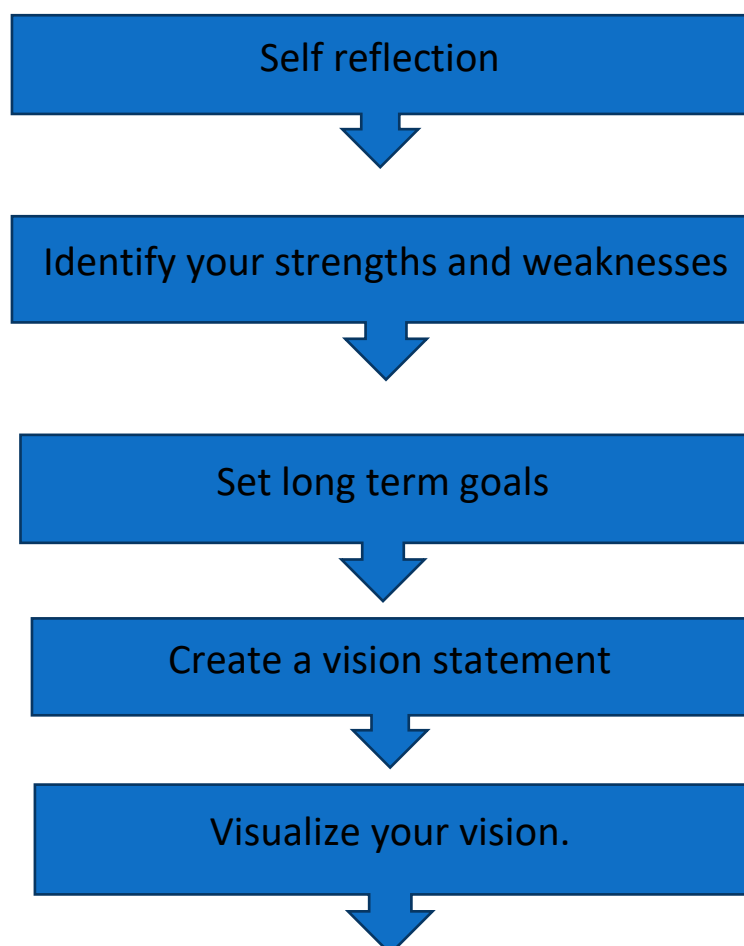
Whatever you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon must inevitably come to pass.

Coming up with an individual vision.

Developing individual visions begins with a deep, well reckoned introspection and self-awareness. It involves understanding one's values, passions strengths and aspirations.

“But how does one come up with a vision?” interjected *Charly*.

“Well, young one, the question of vision is a universal thing. It applies to both the young and the old and in a short moment I'll show you some steps on how to create a vision. Here are 5 steps you can use to formulate your personal visions.



Self-reflection;

Thinking like everyone else has caused us so many delays. Yes, you play well but you've not mastered the art of self-assessment. Many people have scored good grades in various exams but failed terribly in their own paper. God has never been late to rescue and bless us, sometimes you are the problem. Theories are a source of knowledge but practice makes perfect. Be a doer of the word. Check the last time you talked to yourself and told yourself the bitter truths you would not wish anyone to know.

One thing you should do is start by reflecting on what matters most to you. What are your core values? What are you passionate about? What activities make you lose track of time? Understanding these elements will definitely help you understand what you want in life. Do not be reduced to cyber zombies by distractions from the social media and internet that gives a false sense of satisfaction. Remember, increasing self-control in one area of your life elevates control in all areas of your life. This is why you must deeply reflect on yourself. Just remember to be yourself because everyone else is taken.

Identify your strengths and weaknesses;

Knowing your strengths allows you to leverage them into pursuit of your vision. At the same time, acknowledging your weaknesses helps you identify areas of growth and improvement.

Set long term goals.

Have you ever sat in a room and you began to think where you want to go? Have you ever been in deep thoughts engaging yourself in crucial conversations and deep moments of what you want from life? Well, in life, there are two groups of people. The first category are the people who happen in life and the second category of people are the people who wake up to join the dictates of nature. These are the kind of people who find it very hard adopting to the dynamics of life.

Any other great achievement that ever happened was first a thought. Begin thinking, think of where you want to be in 5yrs time, ten or twenty years. What do you want to achieve? What kind of a person do you want to become? Begin writing them down on paper. Everything you think

about today and you fail to start right away will come back to haunt you in 5yrs and you will realise that you have wasted much time. There is no best time to start. Every time is best, the problem is that you haven't tapped into the best of the moment. Always learn to do your best.

Create a vision statement;

This is one of the most crucial and life-giving steps in your vision formulation. If you read all successful companies and individuals, all have their vision statement and are often used. A vision statement reminds you in short prose of what you're expected to do and keeps you alive to that which matters.

A vision statement is what condenses your long-term goals into a concise, clear vision statement that encapsulates your desired future and serve as a guidance for your actions.

Visualize your vision;

Someone said that a realist knows where they are going but a dreamer has already seen where they are going.

Many a times a society gets composed of realists rather than dreamers. Realists are always afraid of eventualities however much they know their destination; they are not certain of arrival. Realists sometimes turn to dream killers because they will tell you all kinds of stories to convince you that the dream you carry is premature.

Picturing yourself achieving your goals and living the life you once desired is what remains to be the crown jewel of your vision. This is the power of believing and the power of envisioning. Anything the mind can conceive and believe can be achieved.

While visualizing your vision you must appreciate and recognize that a vision is not just a goal to be achieved but a way of life. Integrate it with your aspirations into every aspect of your existence by owning up and embracing it unapologetically. The way you live your life should reflect the vision you carry. From how you communicate with people, the kind of questions you ask, the kind of conversations you have to how you dress. How you present yourself is the most important thing towards the quest of visualizing your vision.

Perhaps, today or tomorrow you abruptly meet your mentor or a destiny helper. How will you convince that person to believe in the dream you carry if you do not manifest the dream yourself? The first impression a person is likely to have of you is greatly determined by the kind of appearance and grooming you have. This determines whether they will give you audience or they will tell you that they are rushing to a meeting, knowing very well there is no meeting ahead.

Exemplify decency in all things you do. Did you know this is why many young people up to today lead lives they are totally upset with? Simply because they didn't set things right at the initial stages of living their vision and funning them to spark flames.

Any other ambition remains a mere delusion if not well cultivated and watered. While walking down the aisle of vision realisation, wisdom calls that you ignore so many things and only pay attention to what matters. Once you are very sure of what to focus on, wisdom calls you to consider everything else a destruction and noise. There are a million things that keeps on seeking your attention every

day. If you choose to pay attention to all of them it will be a very expensive exercise. Take charge and control. You're the one on the steering wheel. Ignore that urge of wanting to satisfy everyone's opinions. You're the soul bearer of your vision and no one else can determine the end of it. Ignore that urge to quit. Ignore that urge, that call to spend impulsively. Ignore that feeling of laziness. Quench that jealousy and anger. Kill that ego and super ego. You can do it, you can achieve the vision, stick to it, do not deviate. Turn a deaf ear to all contrary voices because there are no impossibilities. From today as you talk, talk like your dreams, walk like your dreams, buy clothes that alienate with your visions, read books that speak life to your vision, eat and drink what reflects the value of your vision and visit places that spur your vision to greatness. Do not play small with your dreams in this fast-paced world. As a generation, there is no time to waste, whatsoever. I also know that in the pursuit of our visions, growth and understanding our destiny, it is easy to get caught up in the desire to be right and prove to those around us that we're in the right track. However, true progress often comes from embracing a

mindset of continuous learning and a single-minded focus on a future we have already envisioned and already manifesting.

So, instead of fixating on being right, it's important you shift your focus to getting it right—whether it's solving a problem, making a decision or understanding a complex situation you come across in your path to excellence, approach each situation with openness, curiosity and willingness to learn from mistakes.

That's what will set you apart!

Chapter Five.

A Treasure To Behold

“And Now Here Is My Secret, A Very Simple Secret: It Is Only With The Heart That One Can See Rightly; What Is Essential Is Invisible To The Eye.”- Antoine De Saint-Exuperys.

Don't let people treat you like a cigarette. They only use you when they are bored or in need and step on you when they are done. Be like drugs. Let them die for you. Be like gold and diamond, make them look for you because treasures are not found everywhere.

But if you are everywhere and everyone gets happy with you then you have made many compromises in your life. And if you are happy with everyone then surely, you've ignored many faults of others and failed to manifest the treasure you are.

Nestled in a tranquil garden, the serene *gazebo* stands with an inviting presence. Its wooden beams intertwined with blooming vines which cast dappled shadows on the stone pathway. As we walk down the well-trimmed lawns that lay parallel to the *terrazzo* leading to the *gazebo* something becomes eminent.

“Dad, can we also go for zip lining, today? I feel like taking a closer view of *lerruat* hill.” Asked *Charly* pensively.

“Well, I have some two guests I would like to introduce to you, we can proceed after that.” with a broad smile he responded as if he already had a clue of the question prior.

In another walking path adjacent to the *gazebo*, a striking waitress glides gracefully between the lawns. She is dressed in a vibrant, multi-coloured dress that sways with her every step, the fabric shimmering under the soft chandelier lights that gives life and exuberance to the walking stretch.

Her dark hair is neatly pinned up, adorned with single, bright flower.

Balanced expertly in her hands is a polished silver tray, upon which rests a meticulously wrapped item, its wrapping is a rich, golden silk tied with a crimson ribbon. Her warm smile and poised demeanour captivates adding a touch of elegance to the already exquisite ambience. From a distance I could see my father respond in broad smiles too. Could they be knowing each other? Was it a plan underway?

Inside the *gazebo* there is a ceramic, round topped table with traditional wooden Maasai chairs surrounding it.

“Now, have your seat for a moment. I want to show you something.” Said my father.

Seating peacefully and gracefully we kept an eye in anticipation of what was just about to be revealed to us.

Finally, the waitress approaches the table with confidence grace, her colourful dress flowing with each step. She lowers the tray slightly, allowing the golden silk wrapped package to catch the light. With a warm professional smile, she presents the tray, bowing her head slightly in a gesture of respect.

Her eyes meet my dad's as she carefully places the exquisitely wrapped item before them, the crimson ribbon glinting against the luxurious fabric. The room seems to be in a hush for a moment in admiration of the flawless presentation, making the moment feel truly special. This must have been a treasure of its own. The unfolding could give one each and every reason to appreciate life in its fullness.

"Sir, here is your order, I'm sorry it got here a bit late, your lunch order is also ready in the private guest's lounge." Her name *Tabby* showed from the identification tug that hung gracefully on the fullness of her left breast.

"Thank you, *Tabby*! We will be there shortly, let me get to speak some sense to these young ones then proceed to the meal table. My stomach is already rumbling and definitely theirs too." He said with a sigh.

"It's okay, sir, I will be waiting to see you there, soon." Added *Tabby* as she slowly walked out of the *gazebo*.

"My dear daughter, just like the treasure you are to me, today I present to you a treasure that I have kept with me for a very long time." He said while unwrapping the gift

slowly, his face showing and glowing in emotions that clearly showed the connection he had with the gift he was just about to reveal to *Charly*.

A masterpiece of luxury, encased in a platinum that gleamed under the light of the golden wrapping. Its face deep, midnight blue, adorned with delicate, hand-engraved patterns that shimmered subtly. The sapphire crystal covering was flawless, offering a clear view of the intricate tourbillon mechanism inside where tiny gears and springs move in perfect harmony. Diamonds mark each hour, catching the light with every movement of the wrist. The watch's band was made of supple, high-grade alligator leather, dyed a rich, dark black and stitched with precision. Every detail, from the platinum clasp of unparallel craftsmanship and opulence.

As the box opened to reveal the exquisite watch, a wave of joy swept over her. Her eyes widened in disbelief, sparkling with delight as they took in the shimmering platinum intricate design. She gasped, her hand flying to her mouth in surprise, unable to contain her excitement. A radiant smile spread across her face, her cheeks flushing

with happiness. She gingerly lifted her watch from its velvet cushion, marvelling at its weight and craftsmanship. Turning it over in her hands, she felt a rush of gratitude and emotion, her heart swelling with the sheer joy receiving such a thoughtful, luxurious gift.

“I’m out of words, I least expected this. Umm..Umm...ummm. I’m just so much thrilled and grateful for this gift, daddy. I’ll treasure it just like you did and you also treasure me...thank you so much.”- said *Charly* full of emotions.

“you’re welcome, my lovely daughter. As soon as we get to the private lounge for our lunch, I’ll tell you why you as young people are the greatest treasures we have as parents and the whole nation. Without the young people we cannot have a nation grow to the expected heights of success...” All this time I knew I was now performing my assignment well and of much importance to me were the insights that he gave on different issues. This last statement made me more expectant. I have always been very passionate about my generation and the treasure we are.

Hearing that this was the next thing he was going to talk about I was elated.

We left the *gazebo* through the tiny stretch to *Ema* lounge that was directly opposite the *Wangari Maathai* hall.

As we walked down the path, from a distance we could spot a sleek black Lexus SUV gliding smoothly down the acacia tree-lined drive way to *Lerruat* log lounge its shiny, black sunroof glistening under the afternoon sun.

Its elegant curves and tinted windows exuded sophistication sending us to a standstill. As it came to a gentle stop just before us, the soft hum of the engine faded away and for a moment I saw my father smile in relief and satisfaction.

The driver's door then opened first, revealing a gentleman in his mid-twenties. He stepped out with a confident air, dressed in a crisp white shirt and tailored navy trousers.

On the passenger side, a lady in her mid-twenties alighted gracefully. She was clad in a chic, knee-length dress of soft lavender, paired with stylish, yet modest heels. Her

hair cascaded in loose waves, framing a face beaming with anticipation.

The duo quickly exchanged excited glance with my dad their smiles hinting at the significance of their arrival.

My dad exchanged warm embraces with the duo while we shook their hands.

“Great, good people, you arrived right on time. We were just walking to the private guest’s lounge where *Tabby* is waiting for us with some nice African cuisine, I believe.” We all smiled in response as we stepped down the stairs leading to the hall in perfect harmony exuding an aura of poised elegance and a youthful energy that was now evident.

“These two are my son and daughter. My daughter here had her birthday and we decided to make it a learning birthday.” He spoke. “Huh! perhaps you’re wondering why, right? Don’t worry, I’ll tell you why.” He added.

At this time the two new members of the team who appeared to be forming a unique bond very fast with us were listening keenly while responding in nods.

Soon after that we made our way into the private guest lounge. Our presence was met by the long, polished wooden table laden with a vibrant array of African cuisine, alongside the famous *Maasai* mutton ribs, each dish bustling with colour and sweat aroma. At the centre, a large platter of *Jollof* rice gleamed under the soft lighting, its grains infused with a rich, tomato-based sauce and studded with tender pieces of chicken and green spider plant vegetables. Next to it a bowl of *Maasai* bone marrow soup beckoned, its thick, earthy consistency speckled with ground melon seeds and was completed by succulent chunks of mutton and fresh spinach.

“My good, little friends let’s get to feast now. This is now heaven.” Said my dad followed with a brief laughter for he had just made a direct translation of his last sentence from our local dialect.

Well, we quickly got to action. Trust me, the aroma and the top-notch presentation of the meal could not allow any of us waste a second. From the side, skewers of *Suya*, grilled to perfection and dusted with spicy peanut blend emitted a tantalizing, smoky scent. A basket of warm, fluffy

Chapatis sat invitingly, ready to soak up the flavourful stews and sauces. A platter of vibrant *Kachumbari* salad, with its mix of diced tomatoes, onions, and *Cilantro*, added a refreshing crunch.

The table was completed with an assortment of tropical fruits: ripe mango slices, juicy pineapples chunks and sweet, creamy pawpaw, providing a sweet finish to the hearty meal.

This was so far the biggest birthday that had been thrown to my sister and was uniquely executed.

The room was filled with the mingling scents of spices—cumin, coriander, and cardamom, creating an irresistible olfactory tapestry. The visual feast of colours and textures, combined with the mouth-watering aromas, promised a dining experience that was both exotic and deeply satisfying.

“Perhaps, you’re wondering, my two friends who came and joined us this afternoon will tell you who they are after you’re done with your meals. Meanwhile, allow me to step out a bit. I’ll do ‘*DAWA*’.” He said referring to concussion.

“You all know my age is a bit advanced unlike you, young tusks, right...” He chuckled while walking out.

As soon as we were done, he came back this time round carrying a tablet on his hands and a brown envelope on the left.

“Son and daughter, the two promising young lady and gentleman who joined us here this afternoon are my mentees. I knew them a few years ago. Since then, we have walked together and they have mastered the treasure they are and out of the concept they have built a company in tech that has employed over 600 young people from our continent.

These two young CEOs are brave, daring and very intentional about change. They will confirm to you that after knowing their value they ventured out there for exponential growth and didn't pay attention to what the world had to say about them. Today they drive in SUVs at a very young age.

One thing you must acknowledge and appreciate as a young person is that there is only one person who knows you fully and that is God.

He says that he knew you before he formed you in your mother's womb. Therefore, not even your parents know you. It's only your maker who knows the treasure in you and so should you remain.

At the moment you begin to treasure yourself you will treasure every moment and you will create great memories from every moment. The question as to whether you value yourself or not will be seen on how you spend your time, the kind of friends you hang out with, the kind of places you visit and spend your time, the kind of grooming you have. And more importantly the words you speak.

The value you give to yourself is the response you will get from people. The ability of having a treasure mindset and separating yourself from associating with the ordinary is what propels you to greater heights.

You must realise that there are young people, many of them still trapped in other people's dogma of believing that they cannot do the best with their lives. What a dead beat and an ancient mind-set?

The only way you can treasure yourself is by associating with the best. Reassuring yourself that you're

the best because no one will and being your number one cheer leader. Developing a well sculpted and developed mind-set, heart set and soul set.

You must not stay frozen in the average and later on succumb to mass mediocratization of behaviour evident in the society. Your level is way above what the society thinks about you. You're the best you and no duplicate of yourself. Keep yourself updated with all things happening around you so that you're able to evolve or adapt. Carry out research and heavily equip yourself and you will be able to attract.

Have you heard about an eagle?"

"Yes, we have." Responded in acknowledgement one of the new team members.

"Known as the most intelligent bird, they have proportionally larger brains than their body size.

Crows can identify and recognize individual human faces and can communicate information about bad people.

Crows can show gratitude to humans who care for them by throwing them gifts.

Sounds strange, right?

The only bird that will dare peck an eagle is the crow. The crow sits on the eagle's back and bites its neck.

However, the eagle does not respond or fight back at the crow. It simply opens up its wings and begins to rise higher and higher in the sky.

The higher the eagle flies, the harder it becomes for the crow to breathe. Due to oxygen deficiency in high altitudes, the crow falls off the eagle's back.

This simply tells you that whenever things get harder and you feel like the world is against you, never down the button or lower your standard.

Raise your head high and rise to altitudes that the things trying to weigh you down cannot comprehend. Remember you're a treasure and anything treasured must be high in quality and standards.

Have you ever seen a shop advertising gold? Have you seen diamond being advertised? The answer is probably 'no'. Simply because of the treasure they are. And those who buy them know the specific places they are found. As young people, you must begin with a determined focus to associate with things that only align with quality. Do not

associate with less or low standards because you will tell the world that this is your value and no one will take you seriously for anything.

You must only associate with the best.

You must never underestimate the power of those you associate with. *Sharma Robin* says that

“By the phenomenon known as emotional contagion, as well as through the activation of mirror neurons in our brains we model the behaviour of people we spend our days with.”

Fill your life with exceptionally excellent, enterprising, healthy, positive, ethical and sincerely loving people. And over time you will exemplify these lofty traits.

One mistake you must not allow is to give chance to dream killers, energy thieves and enthusiasm bandits into your life. Once you make this mistake be sure to become like them in the shortest time you can imagine.

Chapter Six

Not Defeated In The Mind

“The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today.” –Franklin D. Roosevelt.

Any admired achievement starts with a well reckoned state of mind. Human beings are majorly controlled by the mind. What you think as a person today will determine who you become tomorrow and what you think today greatly contributes to your tomorrow.

Today if you wake up and think that the day is going to be a mess, trust me your day will in fact be messy. If you tell yourself, it is not possible so, shall it be. If you tell yourself that you're blessed you definitely become blessed. Your ability to survive in any kind of environment is determined by how you think and view yourself. The mind is given the power to control every thought and without

the power to reason as a person I cannot be able to think well and the same applies to you.

A story is told of a professor and a sailor. A professor who was travelling in a boat destined for research at an island. On their way the professor initiated a conversation with the sailor.

Professor: *Do you know Biology, Ecology Zoology, Geography, Psychology?*

Sailor: *No, I don't know them, sir.*

Professor: *What the hell do you know on earth? You will die of illiteracy.*

After a while of sailing the deep sea, the boat developed some mechanical issues and began sinking.

Sailor to professor: *do you know swimology and escapology from sharkology?*

Professor: *No, I don't.*

Well, what the hell do you know about the sea? You will die of ignorance.

It was not until the boat was half full of water than the professor started pleading with the sailor to do everything that he could to save his life.

What do you learn from this story?

Never undermine the power of your presence in a room or a space. As long as you have your mind, you can always be of help to someone. You are not defeated in the mind.

Many times, people find themselves in difficult situations that they no longer comprehend where they are nor where they want to go. We are often so much caught up in our ancient state of mind that we fail to let go the past and embrace the future.

When we were young, we used pencils to write, as we grew up, we began using pens, why? Mistakes in childhood can be erased and corrected but mistakes in adulthood become hard to correct. So, try out everything in your youth. Write that million-dollar proposal, save for that asset you want to own, visit those best places you want to and learn how things are done, and write those business plans, bid for those tenders. Read the best books like ‘*a single-minded generation*’ and recommend them to a friend. Never stop at any cost because it’s here that you

give your mind an assignment, make mistakes and correct them.

Only eyes are placed in front because it's more important to look ahead than to look back at your past mistakes. You are not defined by your past.

When something happens to you, it gives your mind the chance to have three choices;

- Let it define you.
- Let it destroy you.
- Let it strengthen you.

You have a choice to make. But do not let your mind be defeated. Your power relies in your ability to think and make informed decisions.

Always remember, the past is a waste, the present is a newspaper and the future is a question. Therefore, come out of your past, control the present and secure the future.

Any great achievers of the world, be it business, politics, or in the corporate world understand that in order to achieve and experience exponential growth that comes with greatness you need a masterful mind-set. You must

simply repair, rebuild, purify and cleanse your mind from any toxic traits by enforcing unapologetic mind-set.

To neglect the force hidden inside us is to create a breeding ground for the pain of the potential unused, the frustrations of fearlessness unembraced and the lethargy of mastery unexplored. All this power is only realised at the moment we take control of our minds and issue command to the growth of ourselves.

Now, let us get to understand something about generational mind-set.

Generational Mindset

Understanding generational mind-set is crucial for fostering intergenerational communication, collaboration and respect. In the current generation you will specially realise that things seem to be moving on very fast. At some point parents even get to complain about their own children and the amount of information these children have. When we were growing up, we didn't have much information as you people have today. We could rarely access information. There were no cell phones. There were

no big screen TVs like you do have today. Thanks for the widespread awareness spurred by the internet. As a result, we lacked collective attitudes, values and beliefs similar to what we have in our society today.

Let's take a look at some of the generations that we have had and what characterized them.

Baby Boomers [1946-1964]

The baby boomer generation grew up in the post-world war era, a time of economic prosperity and social change. Their mind-set is often characterized by a strong work ethic, loyalty to employers, and a focus on personal achievement.

Having witnessed significant social movements like the civic rights movements, many baby boomers value social justice and civic engagement. They also experienced the advent of television and space race, which shaped their views on technology and innovation.

In resilience the baby boomers employed a mind-set to a certain resistance and adaptability to situation.

Most of the people who were born during this era are majorly our parents with whom we today view to be so reserved in their doings and how they respond to situations. Most of the time they are so strict for they are trained to work and operate in particular systems.

This is the generation with the mind-set that you really have to work and work hard for your success. It's a really strict generation but made of few elites who take pride in growing up during the time of colonialism and claim to know much history. But did they do us justice during their time. Perhaps, yes, perhaps, no?

Let's now proceed to the next generation.

Generation X [1965-1980]

This generation is often referred to as the middle child generation. It consists of people who grew up during a time of significant social and economic change, including the rise of dual income households and increasing divorce rates.

This generation is known for its independence, resilience and scepticism.

They value work and life balance more than their predecessors and are often seen as resourceful and adaptable. the emergence of personal computers and internet during their formative years instilled a sense of competence and innovation.

Perhaps you have interacted with the members of this cohort. They claim that they raised themselves and worked through thick and thin to pay school levies for themselves. They have many hardship stories about the past and even take pride that they were the bread winners of their families.

They make you think that life without severe suffering is no life and not worth living. Actually, they are the bearers of the result of the mind-set their predecessors had. They were left in the dark hence their brain was trained to hardship thus a mind that is not so much open to new possibilities.

Many from this generation has got painful stories of the long miles they walked while schooling. The nights they spent without a meal. The long hours they spent in farms.

They days they went to school without eating anything and many stories.

Low and behold, we all know that excuses breed no genius. They had to harness their rationalization ability to sail through life's hardships that sometimes are inevitable.

Now let's look at the Millennials.

Millennials [1981-1996]

The millennials are also called the generation Y. This generation came into existence during the rapid technological advancements of the late 20th century. This generation is characterized by their digital nativity, having grown up with the internet, social media and mobile technology.

They value diversity, inclusivity and social responsibility. Often, they advocate for sustainability and social justice. Millennials tend to prioritize experiences over material possessions and seek purpose and fulfilment in their work.

Economic challenges such as recession have shaped their attitudes towards financial security and career development.

A majority from this cohort face life from a point of decency. Often, they do not have many issues and few of them think in systems. They are not so much read but are confined by systems already established and are afraid to go beyond the dictates of the systems.

The next generation is a transitional generation. A more daring generation. Socially versed, well researched. Thirsty for knowledge and very socialite. Let's have a look.

This generation is the game changer and system redefine. No amount of intimidation can divert their focus of achieving dignified life and pursuit of their dreams. It's a generation that happen to systems and is made up of talents and great dreamers and innovators.

Generation Z [1997-2012]

Gen Z is the term they mostly use to refer to themselves. It is a generation mostly made of young people who were born in the digital era. Generation Z are the true

digital era natives. They have been immersed in technology from a very young age.

This generation is characterized by their comfort with digital communication, social media and up to date nature. Yes, this is our generation, where we all belong.

We are boundless and uniquely connected through the social media and social events. This is a rich generation such that when well moulded can serve as a turning point for our beloved continent Africa in many aspects. They are an informed and visionary generation.

Being driven by authenticity, individuality and immediacy is the all-time beats that ring in the nerves of their brains. Yes, one would be forgiven to think that we're being overambitious. We're just being pragmatic and holding to the helm of our dreams. One would have a lot to write about this generation from their social view of things and to the various perspectives they hold of different things.

Generation Alpha [2013-Present]

The youngest generation of our time, generation *Alpha*, a generation growing up in an era of advanced technology and artificial intelligence. Their mind-set is still forming, today you walk in libraries and you get young Alphas reading books on research so much swamped into technology and coding. While some generations considered exposing young people to phones and computers, a waste of time and destruction, today's gen Alphas best language is the language of computers and coding.

A generation that values innovation, creativity and technology. A generation full of big dreams with no space of a single iota of doubt.

It is a generation doing the most with their abilities or is greatly influenced by the ability of the mind to think. All great things were born through imagination and it is through sitting in a quiet room and feeding the brain with the right food that will make it possible to scale greater heights.

The bigger the dreams, the smaller the chances of thinking and playing small with our abilities. The brain being the system that controls the whole body is mechanised to do wonders. And the brain can perform miracles if empowered and given the best environment to thrive.

We magnetize ourselves to excellent rewards by raising the value of ourselves and not allowing our environments to determine how our brains respond to situations.

What You Feed Your Mind Grows Stronger To Influence Your Life.

An Indian tale is told, there was once an old Indian man who narrated a story to his grandchildren. It was about a fight between two bulls that were fighting in him while he lay on the hospital bed. The fight in him was between two bulls.

Evil One

Good One

Anger

Joy

<i>Envy</i>	<i>Peace</i>
<i>Sorrow</i>	<i>Love</i>
<i>Regret</i>	<i>Hope</i>
<i>Greed</i>	<i>Serenity</i>
<i>Arrogance</i>	<i>Humility</i>
<i>Self-pity</i>	<i>Kindness</i>
<i>Guilt</i>	<i>Benevolence</i>
<i>Resentment</i>	<i>Empathy</i>
<i>Inferiority</i>	<i>Generosity</i>
<i>Lies</i>	<i>Truth</i>
<i>False pride</i>	<i>Compassion.</i>
<i>Superiority</i>	<i>Faith.</i>

This same fight goes on in every person's mind. The grandchildren then asked their grandfather which bull would win the fight.

The grandfather responded in three sentences.

If you can't be water to help people's crops sprout then don't be a pest to destroy them. Only a defeated mind think of evil just like the evil bull.

If you can't be a vaccine to give life to people then do not be a virus to terminate it. Train your mind to take up the winning fight of the good bull.

If you can't be a pencil to write anyone's happiness, then try to be a nice eraser to remove their sadness. We can only develop our minds to a state of knowing no defeat when we learn to give the best out of us.

Look, here are 10 researched practical ways to build your subconscious mind and ensure you don't get defeated in the mind.

1. Always replace negative thoughts with positive affirmations. Remind yourself of your strengths and past success.
2. Always view setbacks as opportunities for growth and learning rather than failures. Find closely what you didn't do right and adjust towards its improvement.
3. Concentrate on the aspects of a situation that you can influence and let go off what you cannot.
4. Break big tasks into small, manageable steps to make progress achievable.

5. Develop a consistent routine that can provide a well sculpted structure and stability to help you stay focused and disciplined.
6. Regularly acknowledge and appreciate the positive aspects of your life. This enables you to shift your focus away from what's going wrong.
7. Exercise regularly to energize your mental health and resilience.
8. Mentorship is the key equaliser in life. Do not hesitate to reach out to your mentors whenever you feel overwhelmed. Talking about challenges can sometimes create new perspectives and solutions.
9. Mindfulness and mediation when the pressure increases are key to staying grounded and reducing stress.
10. Keep pushing even when things get tougher and no one seems to care. You're your biggest stabilizer.
11. These simple principles when incorporated ensures that you build a mind-set that remains undefeated.

Self-Discipline Will Pay

“Self-Discipline Begins With The Mastery Of Your Thoughts. If You Don’t Control What You Think You Can’t Control What You Do.” – Napoleon Hill.

It is 3pm and we’re all exhibiting what one would be forgiven to comment about, protruding stomachs that revealed the rich, cuisine of *Maasai* tongue licking naturally salted steaks of mutton.

Everyone’s face beamed with gleam and radiance as we walked out of the *gazebo* at least to get some fresh air and enjoy the wave of the wind from outside.

Nestled amidst the vast acres of land that holds *Lerruat* lodge with blissful breeze is a serene emerging oasis. Its tranquillity in an otherwise arid landscape is a pure bliss.

Acacia trees, with their characterised umbrella-shaped canopies colourfully dotted the area, providing a delicate lacework of shade and shadow over the soft, sandy terrain of *Kajiado*.

The sun filtered through their feathery leaves, casting intricate patterns on the ground below. The environment was already giving yet another moment of great meditation. From my left, my small sister had already formed a seemingly strong bond with the lady who introduced herself as *Makena*, a mentee and a former student of my dad. It was during the lunch feast that I learnt that the two had just landed from abroad a week ago since they left the country 10 years ago as young primary school students. Now they had come back to the country to manage their companies formed through their lawyer while abroad.

Notably, none of them was above 25yrs old. They also hinted about their company having a staff base of 20 young individuals with the eldest being 26yrs old. Could this be the mindset that my *papa* had been preaching to us all along?

The harmoniously integrated garden that peacefully retreated at the heart of this lodge was becoming more auspicious as we approached the swinging garden chairs. The architecture blend it seamlessly with the natural environment, utilizing earthy tones and organic materials, the aura inviting leisurely strolls and quiet contemplation.

From the centre of the *Acacia* trees surrounded garden stood a crystal-clear fountain its gentle, rhythmic splashes creating a soothing symphony that contrasted beautifully with the surrounding stillness. The water sparkled under the sun catching the light in a dazzling display that seemed almost magical against the backdrop of the dry landscape. What a haven trapped in between the small hill of *Lerruat*.

As we walked down the meanders at least to make ourselves comfortable and continue with this birthday turned lifetime learning experience, the air was filled with a fragrance, a blend of blooming flowers and the faint, earthy scent of *Acacia* wood.

“Now, for the whole time we have been here, since morning with the two of you.” My dad said referring to me and my younger sister.

“You must have realised that, what have kept us comfortable here is the self-discipline exhibited by the staff in this resort. **Steve Pavlina says; the more disciplined you become the easier life gets.**

Today many young people find it hard to survive in different environments because a good number lack self-discipline. Self-discipline starts from how you conduct yourself while alone, how you conduct yourself when at home, how you conduct yourself when in your learning institutions, when you're in your work place and everywhere you are at. Self-discipline begins when your own conscience begins to convict you and make guilt eat you up when you do anything wrong or fail to correct a mistake at your sight.

Many people will of course give different perspectives on what they think self-discipline is. Self-discipline have always been the key virtue that successful people will always lay their basis of success on. Self-discipline is what will tell one that when you walk in the compound at your work place and just before you take the pavement leading to your office notice a piece of paper lying on the ground,

it is in order to pick it up and place it in the dustbin without waiting for the janitor.” he added passionately, gulped the grape juice that had been executively set on the table and continued.

“My sons and daughters, Self-discipline will tell you whenever you are asked to do something, you should do it as though it depended on your life. Do everything with compassion and full of passion with an inward self-motivation and witness the great award that awaits you.”

“When does self-discipline begin and when is one supposed be self-disciplined?” Asked the young entrepreneurs in unison. One would wonder if the duo were using same brains.

“Well, to take up on your question, self-discipline begins right when you are still a young kid and this is greatly contributed by your parents, especially your mother. You realise that many a times lactating mothers will complain of the toddlers biting their nipples while suckling, looking directly into their eyes and smiling. This is where it’s made right or wrong. At this stage, as a responsible mother the

child should be given a gentle pinch to tell them it's not right to do that.

As life continues and the young ones grow, they are engrossed in a whole new world. At the age of three and immediately a child learns how to speak, giving direction should already start as early as now. Proactive guidance helps in early habit installation that shape self-discipline for a lifetime.

Self-discipline begins as a habit installation plan and doing something repeatedly. It's through self-discipline that you make habits part your life. Without it you cannot be able to implement or even install any habits you desire.

Today we have many people who are graduates but are still stuck in between the valley of knowing who they really are, what their calling is, what success will look like, what time they will get that call from the company they last dropped their cv at to no avail. Many may also be trapped in the dogma of trying to find out what the master secret to success really is.

What is success?

- Multiple Degrees? No
- Great Skillsets? No
- Hard, smart work? No
- Rich Connections? No
- Creative Genius? No

The secret to success as demonstrated by the great leaders of the world, key industry leaders, great entrepreneurs is consistency to purpose. The relentless, focused pursuit of an objective until you manifest your desired outcomes and make them count.

Consistency To Purpose

Purpose and the ability to develop yourself towards achieving your goals and ambitions is a two-pronged approach accompanied by a life time self-discipline.

The truth is that, over years, I've come to realize that getting all excited about an idea is not enough to propel you towards a life of brilliance, nor is it enough to propel you towards success.

But your ability to translate those ideas into powerful frameworks, systems and structures that people can interact with is really important in the pursuit of a self-led freedom.

And I get it. Most of the time what I have seen over the years is that people get excited about ideas, but they don't really know how to take it up from there.

This has mostly happened because of the slow response to taking control of our thoughts and ourselves. Majority of us are still trapped within other people's beliefs such that we find it hard to liberate ourselves and walk out of the undesirable conditions and situations that we find ourselves in.

While change is a process, many may experience the initial concept of self-resistance manifested in delays to start something new coupled by excuses, justifying why the old might still be okay despite the spirit willing to exit the flesh. The body becomes weak to execute because we are not used to such level of discipline.

Tony Robbins says: *“it’s not what we do once in a while that shapes our lives. It’s what we do consistently.”*

It’s at these moments when your focus needs to remain crystal clear enough to create an awakening inside you that deeply evokes a strong emotion each time you picture where and who you would like to be, to then strengthen it with daily visualization techniques.

Emotional connections are strong weapons when used to propel us to the right direction of maintaining a sacrosanct self-control while sticking true to our dreams and following every bit of what our conscious tells us to take heed to.

Emotional Connection

Being emotionally connected to your goals fuels a unique motivation more so when you deeply get concerned and care about the outcome. It becomes easier when you get the conviction of knowing that if it has to happen then it all starts with you before it goes to a second party. You

are the primary objective and any other outsiders are secondary to anything that concerns you.

Passion and purpose provide a strong reason to endure challenges and maintain focus. Just like when you were in school and there is an offer given for the best performer you would really try as much as possible to get up and rise against all odds just to emerge the best. Wait, when you were still a kid in lower primary, when nothing had polluted your mind to believe that there are impossibilities you would wake up at dawn everyday striving to be the first person to get to school, for those who attended day schools.

Along the way you begin to wonder what good you get from being self-driven and suddenly you lose the morale and everything loses its importance and that is where you lose the respect you once had for yourself.

When setbacks occur, the emotional investment in your goals helps you to bounce back and persist. It is the emotional connection that bolsters your resilience. Contrary, today, many young people do not have the patience to face setbacks. Many of our young people are in

a state of emotional wreckage. Young people can no longer contain their emotions. Some of these challenges may be as a result of our past experiences, where we grew up in, the families we were raised in and even the schools we attended. It's a microwave generation where we expect everything to manifest and happen as we would wish them to and a slight hiccup renders us reckless and we see no need of keeping the resilience. It's at this stage that many young people disrespect themselves and resort to other avenues that prove to be detrimental. True to the words of *Jim Rohm; "We must all suffer one two things: the pain of discipline or the pain of regret and disappointment."*

The pain of self-discipline demands that before we do anything or respond to any situation, we must consider the possible outcomes and those around us who may be affected by our actions.

Many will argue that the emotional reward of progress, like a sense of fulfilment or joy reinforce disciplined behaviour. True not true, self-discipline brings a unique

sense of fulfilment especially when you realise that you are able to get the respect you would want people to give you. When you consistently show those around you genuine respect, you get an equal measure of the same. Respect is two-way traffic and must flow mutually. One gets respect where respect is given. Being disciplined to understand and know that we all need each other in our existence on earth is the best realisation one can have towards living a more dignified life here on earth.

“When then does life begin?” *Charly* asked tentatively her right palm gracefully supporting the bosom of her chin.

“Well, life begins at conception, some people say. However, some people also may put it in relation to success and say that life begins at 40yrs. Others also say life begins at 50yrs.” he paused, took a deep breath and continued.

“I’m of contrary opinion, to me life begins when you stop pleasing everyone and begin pursuing your dreams as though today was your last day here on earth.

Life begins when you begin smiling more often and worrying less about life’s uncertainties.

Life begins when you begin living with more compassion and less judgement.

Life begins when you begin seeing and visualizing more blessing from it and getting less stressed.

Life begins when you begin giving more love even to strangers and having less hate on people.

And most importantly, life begins when you begin seeing the importance of treating everyone with the respect they deserve. Following your schedules without compromising on it. Reading new books and keeping yourself informed all the time. Respecting yourself and setting for the best and giving yourself the best. Whatever you feed yourself with is what you become.

When you feed yourself with negativity you will never appreciate life. Likewise, when you feed yourself with positivity and you cherish all moments you will always have a million reason to be cheerful and life will reward your discipline wholesomely.

Self-discipline calls for calmness and sobriety of the mind. It is not a single day journey. No,

I can tell you for a fact that in my journey to becoming self-disciplined I tasted everything sweat but I found nothing as sweat as good health and so I learnt to stay disciplined and to adhere to my workout schedules. I tasted all that was bitter but nothing was more bitter than being in need of genuinely good people. And so, I learned to treat those who genuinely value me well.

I carried both iron and rocks but nothing was as heavier than bad debt and so I learned to stay disciplined to my saving patterns to enable me put up my own investments.

I discovered therefore that life is composed only of two days;

-A day for you.

-A day against you.

When it is for you don't be reckless and when it's against you, be patient. When you are patient in one moment of anger you will escape 100 days of sorrow.

Remember both the day for you and the day against you shall eventually come to expire.

Always strive to be a bridge that connects people during your good days. If you cannot be a bridge to connect them then do not be a wall to separate them.

Finally, if you can't be the light to brighten people's good deeds then don't be darkness covering their efforts. Let self-discipline steer you in all things you do. Both while in your privacy and in public.

What Is Hidden In Gratitude?

“Gratitude Is Not Only The Greatest Of Virtues But The Parent Of All Others.” -Cicero.

Happiness pervades our being, infusing us with a radiant glow that resonates with inner fulfilment. However, life’s journey also entails encounters with melancholic episodes. At times, we grapple with sadness, an emotional state characterized by feelings of sorrow or distress. This contrasting duality of emotions is an integral part of human condition and overall emotional well-being.

In all these stages, *Melody Beattie* tells us that; *“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*

Suddenly, the screen strategically placed at the furthest end of the *gazebo* begins to play a beat of the famous *Maasai* vibes while displaying some words on the screen.

Curiosity killed the cat they say. Yes, true, perhaps. I then quickly move towards it to get a clear and closer view of the display on the screen.

From the screen, a letter reads:

Dear valued Guests,

We are pleased to inform you that you can now move to the resort viewpoint for a breath-taking view of the sunset from the hillside. Maa is rich of culture as well as natural sceneries like the famous sunsets in the savannah.

We hope that you enjoy this beautiful experience.

Meanwhile our crew is ready for the Gala cultural Narrations at the bonfire place. Miss not this experience after sunset views.

Best regards,

Leruat resort Management.

Before I could turn to call someone, the *gazebo* was empty and everyone was already walking towards the view

point. This was an experience no one would want to miss a clear sight of.

From a distance, one could see the mesmerizing spectacle of the sunset.

As the sun began its descent, the sky transformed into a canvas of vibrant colours- brilliant oranges, deep reds, and soft pinks blending seamlessly with the fading blue.

The sun cast a golden glow over the lush hillside illuminating the verdant landscape with a warm, radiant light. The horizon stretched out offering a panoramic view of the distant mountains, their peaks gently kissed by the sun's final rays.

From where I stood the gleam and radiance that showed in my sister's eye was a pure bliss of how great this moment was to her. Should I say sunsets are for ladies? Maybe it'd have been a wrong statement at the moment because no one enjoyed the views and the mild strikes than I did. I believe.

As the sun deepened lower, the colours intensified reflecting off the serene waters below, creating a shimmering pathway of light.

The tranquil ambience is punctuated by soft chirping of evening birds, making the moment a perfect blend of natural beauty and peaceful serenity.

This was just turning out to be a haven of the beauty of life. No one would wish to miss such an experience. As we retreated back to where the evening narrations were being hosted, I began reminiscing life's beauty and the gratitude that we all owe to the beauty of life.

As *Mary Davis* puts it; *“the more grateful I am the more beauty I see.”*

Many times, we find ourselves so caught up in the wrong and the negatives forgetting all the good things that comes with life. How many times do you ask someone a simple question of how they are faring on with life and they give you a wholesome challenge? At the end of the complains they give a sugar-coating vibe and puts it forth reluctantly: “above all God, is good.”

As humans we fail to appreciate small acts done to us by people. What we have at the back of our minds often

tells us that it is what we deserve when in reality we do not deserve it.

Today we have lost even the moral sense of greetings and taken everything for granted. We ask for support but when what is given does not meet our expectation, we get mad and assume people's efforts.

When did we stop showing gratitude? We have gone to a level of living to join nature. We do not even care anymore the cost that people meet to make us who we are.

Everything today has been taken for granted. For every choice we make we must always be ready for the consequences, whatsoever.

At times, people lose lifetime opportunities and chances simply because they failed to show gratitude.

Small acts of gratitude like going back and thanking those who show you kindness go a long way. Today you're walking along the corridor and you accidentally drop your purse, someone picks it and hands it over to you. Without concerns you take it and walk away. Someone takes time to call you over the phone to know how you are progressing and then you fail to appreciate their efforts and take it like

something normal. To me, a simple greeting should be appreciated.

Some said that when God gives you bread and you ask for butter you may not see it. But if you thank him for the bread then He will provide butter for you.

We must all choose to be intentional and strategic in how we handle things and matters that come our way. We must just be a little cautious not to allow our own tongues and desires to betray us. Many opportunities come to people but they have no plan in place to enable them make something out of the opportunity. The first plan that has always missed is the plan to show gratitude immediately we get an opportunity.

We neither give gratitude to God nor the persons God used to give us the opportunities. We have turned into a society of formalities where things are done for formality purposes and to attract attention.

Our ability to communicate in gratitude have been torpedoed and we no longer know how to show appreciation any more. We give excuses for the thing we didn't do; we complain for the thing we didn't get; we

lament over friends who ignored us, we lament over people who did not recognise our efforts while forgetting the part we didn't play.

Perusing through the sacred pages of the gospel, I'm thrilled by the kind of love God has for us. This gist holding to this amazing grace is incredible.

In doom and gloom, we run with our burdens to him. Surprisingly we forget going back with gratitude as soon as we are leveraged from our hardships.

Low and behold our hopes still cling on those who we know cannot leave us under any circumstances. Do we forget that it's only God who does not get tired of our ungratefulness, maybe the priests will tell us if he does.

We must always remember that those who strive to put a smile on our faces deserves smiles to.

When shown kindness show kindness too.

When shown love give love too.

When shown mercy show mercy too.

When lifted to higher standards also strive to lift another person to the same eulachons.

When someone prays for you pray for them too.

When someone compliments you, compliment them too and show them gratitude. Never forget those who stay around you in your lowest moment.

If one day we are all allowed to put our problems on the table and exchange them after a few minutes, I am sure everyone would silently take back their own and leave the table.

There is no such a perfect life despite life being so beautiful. Nobody has it all together. We must accept that in life there is no easy road ahead.

“Now, little ones, for the time I have lived I believe I have had much more to life and the blessings that life presents to us when we face it with gratitude.” Remarked my father as he took the folding chair to occupy his space in waiting for the MAA cultural narration. He then continued.

“These are some of the things you little ones can do with your lives to tap into the glory of blessings brought by gratitude.

Stop worrying about what others think about you and begin appreciating the slightest things that happen to you.

Appreciate sunlight, someone somewhere is dying because they lack it, appreciate sunny mornings, somewhere people do not see the sun, appreciate the friends you have, someone somewhere is indoors because they do not have friends.

Don't wait for approval in order to make a decision as long as it will help you improve your life without infringing other people's rights. Be so wise while making decisions, ensure you're keen on the immediate consequences of your decisions as well as the long-term effects of the same.

Set your standards high to change your life. Nobody wants to associate with cheap stuff. Be the valuable person you are. When you begin appreciating yourself you will understand the importance and the value you carry. Associate yourself with the best friends, travel in the best cars, visit the best places when you can, buy the best outfit when you can, read the best books when you can. When you raise your standards, you attract your worth.

I repeat do not accept your 'normal' or 'average'. Don't be satisfied with your current situation. Go after your goals and keep your eyes on its fulfilment. Goals

aren't achieved only because we want them but because we decide they matter more than what we've always done. It's a decision. Never apologise for having higher standards than those around you.

Improve your imperfection consistently. There is no one who is perfect in this imperfect world. We are bound to make mistakes. When we argue that we are perfect we lie to ourselves.

Stop overthinking everything you do and your life will start to change for the better. When you allow yourself to be controlled and swapped into the thought of things that are beyond your control, you will never find a reason to appreciate anything that life brings forth. Overthinkers suffer emotionally most of their time. Stop dwelling on your past mistakes and begin focusing on the present and the future. Stop thinking you are not good enough; you are too old to do anything worthwhile. You are bewitched, there is no devil around you. The only devils we can ever have are those that are within us.

Stop lamenting and begin appreciating every small blessing that comes your way, appreciate everyone you

meet and begin doing that thing you have always wanted to do. Find gratitude in your small abilities because it is from your small steps consistently that you become better in what you do, from then you become better and eventually you get to accomplish your plans.

Gratitude is the fairest blossom which springs from the soul. Always strive to show gratitude in all life situations and to all people you meet and interact with in your daily endeavours.

Chapter Nine

In Our Limitless Potential

‘Believe In Your Infinite Potential. Your Only Limitation Are Those You Set Upon Yourself.’

-Roy T. Bennett.

As *Galileo Galilei* puts it that he feels not obliged to believe that the same God who has endowed us with senses, reason, and intellect has intended us to forget their use. Many times, we tend to underestimate our potential because someone told us that we are not able to make it.

Fear is a limiting factor, and it's present in all of us, but moving past that fear is essential for success. Don't give up on your dreams, or your dreams will give up on you. Sometimes we console ourselves too much. "I still have time, I am still young, I will do this when I get a job, I will be successful after retirement, God will provide..."

Dreams are not achieved by just hard work; you need a plan to inspire you! You need a changed mind set in adversity to keep you going when you can't. Until then, you will be shouting, "I receive in church every year with no change or growth in my life!" You can never play mockery with God. God did not create you to be that small.

The reason why we find it hard to achieve our dreams could be, being overwhelmed, being over ambitious and not knowing where to start.

Why could you be stuck?

In pursuit of the endless possibilities in our limitless potential, these could be the reason why you are stuck:

- **Lack of clarity.**
- **Lack of plan.**
- **Lack of purpose.**

We are capable of much more than we think we are. To address the three problems we face, we must urgently and proactively:

Identify.

What images resonate with my aspirations?

What are the steps I need to take?

How do I align my daily actions with my vision?

What small action can I take today?

What truly drives my choices and defines me?

How do I measure the desirable result?

By answering these questions, you rise to a level of self-clarity, purpose and focus.

Don't go ahead of yourself. Take each step at a time. Visualize your future but do not be in a rush to climb to what you visualize. Take each day at a time as it comes, don't get so immersed in the thought of 'what will the future hold'. Things will turn out to be what they're meant to be for you. Simply stay focused in the person you are. There are no impossibilities and no special chances for anyone. What you visualise is what you become.

Maya Angelou said; "I have learned that I still have a lot to learn."

This quote reminds us that no matter where we are in our lives, there is always a need to expand our knowledge

and skills. Mayas poignant words are also a reminder to always be humble and to collaborate with others who have varying experiences and expertise in our years of endless potential.

As we work out life balances we must keep learning continuously. Apart from the learning at schools, learning institutions and even seminars at our work places, we must read books. Watch news and learn new things.

One of the skills we must learn is the communication skill. Exponential growth begins when one has the mastery of communication.

The first thing that helps you make your first step into the world of limitless potential is being able to introduce yourself well. Three quick ways to introduce yourself.

In the pursuit of our limitless potential each word we speak should sound crystal clear and hit with an impact.

No mumbling,

No rushing through words,

No stumbling and mixing sentences together.

This makes you sound calm,

Composed, and in control whenever you speak. By learning this you adopt all the qualities of ‘gravitas’ that make you a destiny speaker.

The first thing to do whenever beginning a conversation that could turn out to build your dream is to start by;

Expressing gratitude; showing those you are speaking to that you are grateful for their time and expertise makes them feel comfortable speaking to you for they feel appreciated. This hack could elevate you to opportunities as it is rare for many people to start their conversations with appreciation. How you could easily begin communicating with a first-time mentor you are meeting.

“Thank you so much for taking the time to meet me. I’ve been looking forward to this opportunity to learn from you.” What a beautiful way to begin. You must realise that this opening did sooth you as well as you read it.

The second thing you must remember to mention.

Share your interests; start the conversation by briefly sharing why you admire their work or why you wanted to meet them.

“I have been following your career for a while now and I’m really impressed by your accomplishment both in your career and general life.”

At this point you have already recognised their work and shown interest in what they do. This makes you more focused and one can tell that you are intentional on following your dreams and that your visions know no bounds.

The last thing you should do is;

Ask a thoughtful question.

Initiating the conversation by asking a question related to their expertise or experiences shows your interest in learning from them and can possibly lead to a meaningful discussion. For instance, “I’m curious to know how you navigated in your career to rise to these heights.”

My attention was suddenly caught up by the bonfire area, set under the vast starlit sky, cosy, welcoming circle surrounded by rustic seating. The crackling flames of the bonfire danced and flickered, casting a warm, golden glow that illuminated the faces of all those who gathered to enjoy the evening chunks of mutton that the hotel had prepared

for its clientele. The air around was filled with a comforting scent of burning wood and the tantalizing aroma of roasting meat.

Adjacent to the bonfire, a traditional *Maasai* roasting place came to life. Skilled *Maasai* roasters, dressed in vibrant sky blue *Shukas* expertly handled the skewers of succulent meat over the glowing coal.

The meat, seasoned with a blend of local spices sizzled and crackled releasing mouth-watering fragrances.

The *Maasai*, known for their rich cultural heritage openly shared stories and songs while the gallant Morans danced to the tunes of their melodies from a distance.

The entire scene turned into a harmonious blend of warmth, culture, and a culinary delight, creating a memorable evening under the sky.

As the bonfire kept crackling nearby, the time to feast began.

The succulent, perfectly roasted chunks of meat prepared by the skilled *Maasai* roasters was served.

Each bite burst with rich, smoky flavours and distinct taste of traditional spices. The warmth of the fire bombed

with the tantalizing aroma and the lively atmosphere made this a truly unforgettable dining experience.

Soon, we got weary and it was time to depart to our various rooms for the night. However, our two new visitors decided to drive off the same night as they were to get ready for other assignments early the next morning.

“Before you leave, perhaps I should give you some few rules that will navigate you further in your limitless potential era.” He said smiling with satisfaction. Indeed, it was evident he was a proud mentor looking at his mentee’s being self-driven and leading exemplary lives.

Rule One

Keep your focus on what you want because what you focus on is what you get.

Never lose sight of what you want in life. Whatever you stick to from the initial step of imagination you must hold on to it and harness it up to its conceptualization stage. Remember, no one will be responsible of fulfilling your dreams, therefore, put all your focus on the things you want and turn a deaf ear to any sought of destruction.

As *Tony Robbins* puts it;

“An addiction to destruction is the end of your creative production.”

Rule Two

Don't complicate things within and around your life by doing nothing because we think and believe that everything is too difficult. Nothing is really difficult; the difficulty of a matter is only but a state of the mind. The more work you put in anything you do the easier it gets. It's a matter of training the flesh to adjust swiftly to occurrences and the changes of life. The sooner the flesh gets flexible, the easier it will be for you to respond to any situation without any difficulty and complications.

Rule Three

Learn to be optimistic, spotting every opportunity, and do not be pessimists who misses them. When any opportunity comes your way, do not spend much time looking at its impossibilities but take quick charge and control. If you do not know what to do with it do not

worry. Take it first and learn what to do with it later. If it's an opportunity that needs expertise better still you can always hire experts to guide you and to mentor you into it. You must manifest confidence in whatever response you give to any opportunities. If you manifest this you will realise that you will perform perfectly because confidence enables you to plan well on execution of any assignment.

Rule Four

Rethink your attitude towards failure because whatever it is you want to do you will start out as a beginner and you will make a lot of mistakes along the way. In everything you do there must always be a starting point. What you must never do is failing to start. Failing to start basically means starting to fail. The best time to start is now. The best time to start that business is now, the best time to plant that tree is now, the best time to start that conversation is now.

The best time to start writing that book is now. There is no other time.

Rule Five

Learn how to control your emotions always instead of letting them control you.

In the current century we live in, you will encounter different people with different intentions. Some will always be there to intimidate you, make you feel inferior, abuse and throw all sought of criticism in what you do. In all these you must remember one thing. Never reveal your emotion to them. Do not let them know that they can use your emotions against you. Assume all their effort and do not reveal to them how you feel emotionally. Remain strong and do not let then control you. Instead, stay silent, gather courage and do more than they can expect from you.

It has been nice having you all. You are amazing people lest you forget as I wave you good bye remember to;

Watch your **thoughts**, they become **words**.

Watch your **words** they become **action**.

Watch your **actions** they become your **destiny**.”

The Significance Of Words

‘Words Can Inspire And Words Can Destroy. Choose Your Words Well.’

Words are awe-inspiring force used to shape the world, mould destinies, ignite revolutions, and soothe aching hearts.

Words when skilfully chosen possess the ability to evoke deep emotions, conjure vivid imagery, and convey deep mysteries of the world.

These words can inspire hope in the darkest of times and spread wisdom across generations. A single word can amend a broken spirit or shatter a dream. Words have been used as weapons and the war of words is the only war with a very long-lasting impact to human beings and can affect generations after generations. Today we still read words that were written centuries and centuries earlier before our

great grandfathers even existed. Through eloquent speech and eloquence, words can bridge divisions, build connections and foster understanding among diverse people.

The subtleness of a whisper or favour of a declaration can alter the course of history, proving that the true might of words lies in their capacity to transcend time and space, leaving an incredible mark on human soul.

If you have witnessed a rainstorm at the coast, you will realize that in the middle of the wild, stormy winds, some palm trees have a unique ability to withstand these storms and its waves. They sway and bend allowing the wind to pass through them before swinging back to their original position when the storm ends.

The same can be said of certain hardwoods and even softwoods that resist storms and end up breaking while causing lots and lots of damages to people's property.

Being able to bend with the wind keeps you safe from breaking as you are able to move with the tides.

Words are gorgeous, words are the tattered attire of the uncultured man. These words give life. These words destroy life.

Words are the colours that paints our thoughts. They are the fibres that weave our emotions, they skirt through the space between you and me. Some pleasant fragrance, some deadly missiles, others mere vibrations that go unnoticed.

They build bonds between men and are barriers to many more.

They are the colours that paint thoughts.

While some may argue that words have no power, its notable that in many circumstances words are essential and come with a lot of impact. These words are a treasure trove. the difference is in their usage and application.

The difference is brought about when words fall in the mouth of a mediocre. He uses them without consideration.

The first step of achieving anything is by proclaiming it. What you speak over your life eventually comes to pass. Do you realise that there are some words you were told by

someone while you were still young but you can still be able to remember them up to date?

We must intentionally choose to only associate with words that bring life to our destinies. From today start living and stop existing on words that do not give any life to your visions.

To understand the meaning of living you need to visit these places;

1. *The Hospital.*

2. *The Prison.*

3. *The Cementery.*

At the hospital you will see that nothing is more beautiful than good health, so, speak life each time. Nobody owns any sickness so do not say ‘my illness has kept me down for some time now’ or ‘my coughs have declined to end despite taking medicine.’ You already called them yours so don’t expect them to vanish.

At the prison you will see that liberty is the most precious thing. So, do not declare upon yourself mystery by calling yourself a criminal or even possessing names that relate to crime because it’s just a matter of time before they

can start manifesting in reality. Sooner before you realise, the law will catch up with you and that is how you will lose your liberty.

In the cemetery you will realize that life is worthless. The ground on which we walk today will be our roof tomorrow. So, live your life to the fullest, only speak good words upon your life. Do not use your own tongue to curse yourself even in anger because it will be a matter of time before you become the things you wish yourself.

Let us all make efforts to remain humble by having the fear of God and respect for others. Give those in need selflessly no matter how little you have.

In the gleam of the tomorrow I see, I thus leave words for my generation and generations to come.

Whispers of Tomorrow

*In the hands of youth, the future gleams bright,
Their hearts aglow with passion, their minds alight.
Eyes that dream beyond the veil of today,
See horizons where the golden visions of young Kenyans play.
Readers of the stars, dreamers of the dawn
In pages they wander, their spirits dawn
Through ink and paper, a single-minded generation spirit
becomes a reality.
Where truths are hidden and dreams revive
With every word, a seed is sown,
In fertile minds, greatness is grown.
Wisdom of ages, they eagerly embrace,
Building a future with love and grace.
They grasp the quill, their thoughts take flight,
Charting courses through the darkest night.
The stories blend with history's flow,
The music of my generation, so sweet to dance to
Creating paths where hope can grow.
Oh, youthful hearts, so fierce and free,*

*Your boundless spirit is destiny, yes, we're not losing sight.
In every book, a lanterns light,
Guiding steps through, the endless night,
Rise young leaders and readers, with pure knowledge we dance
our music
For in our hands, the world is secure.
With every chapter, every line
You shape a future, bright, divine and inevitable
Believe in dreams, let courage soar,
Through tales of our shared vision, we build character, strength,
substance and purpose in us
For this is the vision of a single-minded generation.*

To be a great man or woman, take these words with
the importance that comes with them.

Reduce;

Food

Sleep

Talks

Movies

Sugar.

Remove;

Grudges

Show [self-display]

Lust

Darkness

Destructions.

Be More;

Holy

Happy

Thankful

Simple.

Increase;

Praying

Study

Exercise

Fasting

Giving.

Be;

Disciplined

Sober

Humble

Timely

Faithful

Positive

Ready

Sensitive

Anointed

Perfect.

Always;

Smile

Retreat

Remember

Practice

Learn

Restrict movement

Receive council

Engage wisdom

Resist the devil.

Avoid sin.

Remember words are free. It's how you use them that may cost you. So, strive to use the best words all times and shape your destiny.

Conclusion

As I pen down this piece, I believe that the vision it holds is instrumental to each and every reader who gets to interact with it. This book is a masterpiece of different perspectives and encounters in our daily lives.

‘A single-minded generation’ stands as a testament to the unwavering determination and visionary spirit of a people united and determined to share prosperity.

This book closes on a note of conviction and hope. As we look into the future, we foresee a legacy born of persistence.

The torch of this book now passes to the readers to carry forward the ambition and purpose, lighting the path of even a greater and brighter tomorrow.