

A WORLD-CLASS MINDSET

10 simple steps towards living your best life

WAMBUI KIRUGI

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Dedication

I dedicate this book to my parents for their endless support and encouragement throughout my pursuit for education.

Preface

A World-Class mind-set is a book designed to help you tap into the greatest wealth of all time. It will carve out the best version of you, enable you to find the life beneath your life situation and hold the ladder for you as you rise above your challenges and limitations. Having the right mind-set is the best cliché.

Though it feels hard and unnecessary, personal development is indispensable if you are to live your best life. It's a way of letting light shine on your path. At times the darkness might be too much, but when the storm is over, there will be sunshine. This book will propel you to keep moving past the tough times, allow you to discover your greatest self and live the life you truly deserve.

EPIGRAGH

*"Make no apologies
For being who you are
You didn't choose to be here
You fell from a star*

*Survive every minute
Of what is thrown at you
They say things happen for a reason
We have to believe this is true*

*Heal is a power
That you have to believe
The power of positivity
Will allow you to achieve*

*Strength can always be found
At the end of every street
You fall down, you get back up again
To stand on your own two feet*

*Hope is incredible
For us to believe everything is Possible
It is like a prayer
We all wish for.... "*

~Lyn Paul

Introduction

If you asked me who my favorite author was ten years ago , when I was completing my high school studies, I would have scratched my head, unsure of what to say .Then I would have answered Ngugi wa Thiong'o. He is the author of my favorite setbook, *The River Between*. Well, apart from academic books, I didn't know any titles or authors. Most African homes don't have a library and the focus is majorly on academics. What will be tested by National council of exams. I read my first non-academic book after high school. *The Monk who sold his Ferrari*, by Robin Sharma.

This is a book that transformed my life and it's still one of my favorites till today. Back then I didn't have any dreams of being an author.I wanted to read so that I can live better. The book shaped my perception towards life. I also discovered a new type of education I had not heard about.

'*The Monk who sold his Ferrari*' was the only book I had access to at the time. A friend had lend it to me. In most African countries, books are some sort of a luxury. A preserve for the financially able and that's partly because of tough economy, which means people prioritize basic needs. Also, the fact that most people do not understand the importance of reading. I googled quotes by world leaders. Maya Angelou, Winston Churchill, Oprah Winfrey, Thomas Edison, Benjamin

Franklin, to name but a few. Slowly by slowly, something was happening to my way of thinking.

I had a hard cover exercise book where I noted down all the insights I read (I have kept the book till today).

My writing journey began about 5 years ago. The introvert in me was afraid of sharing her work. What would people think? I felt like I was talking some strange stuff and when I started sharing my work on my Facebook page, very few people could relate. I kept writing and posting my write ups. I had my worries. I doubted whether I was using the right Grammer and I had to keep confirming the meaning on Google?

English is not my first language. At some point, I learnt not to care. I kept writing without caring if the English was good or not, and that's how I grew. Starting from the very bottom allows you to appreciate every single milestone. I had the chance to publish this work four years ago, but I didn't feel ready. And am glad that I waited because this book looks nothing like the initial draft.

I wanted this book to be understood by even first time readers and that's why I tried to simplify it as much as I could.

Nobody needs to have a college degree or diploma in order to have the right mindset. That's a basic need for everyone in every part of the world, no matter the situation they live in. My hope is that you will find the courage to view life in a positive way, not just when everything is okay but especially during your tough times.

I started writing during one of my lowest moments. When I had to differ from school for lack of school fees. My outer situation was dreadful but I took advantage of that to cultivate a strong, beautiful inner self. Personal development is a journey. You may not achieve perfection but it will always provide the light that will shine even during your darkest times.



Chapter One

Believe In Yourself

The best thing you can do is to believe in yourself and your abilities. This is where your power resides. There are so many people who want same opportunities as you. You must believe that you have an equal right to those opportunities. Confidence is the most beautiful quality we can possess.

We must believe that we are gifted for something and that thing, at whatever cost must be attained".

Marie Sklodowska Curie.

Every person was created to be great at something. You have great potential within you no matter the schools you attended, the grades you got, your level of education, or past. If you put enough efforts, you will achieve whatever you want.

A research has revealed that humans use a small percent of their potential. You can be more productive, successful and happier than you are now. But you've probably set limitations in your mind and given yourself reasons why you cannot.

The first step towards success is believing that you can. There's no guarantee that you will get exactly what you want, but the single act of trying is success itself. Don't be afraid of failure. To reach for the stars, you will have to stretch.

The stretching process will leave you SMARTER, BETTER, and more PRODUCTIVE. Few things kill faster than fear. If you allow fear to dominate your mind, it will kill your ambitions, happiness and peace of mind. The bible says, 'fear not, but believe'. Whatever thoughts dominate your mind becomes your reality.

Believing in yourself requires that you don't compare yourself to other people. Comparison is the purest form of toxicity. It brings about jealousy, bitterness, and low self-esteem. Love the person you are. Nobody is better than you. You ain't better than anybody. You've got a unique set of achievements, flaws, failures, strengths, and struggles.

Each person has their highs and lows. It's unfair to compare your lows with someone's highs or flaws with someone's perfect side.

"You cannot judge a fish by its ability to climb a tree". -

Albert Einstein.

The fact that you cannot do something doesn't mean you aren't smart. It means you are a genius in another area which you've probably not discovered.

Before you start anything, confidence is needed. Believe in yourself enough to pursue your goals. It's okay to be afraid, but don't let fear stop you.

Confidence is not the absence of fear, but the ability to pursue your goals despite the fear. As Susan Jeffers said, "Feel the fear . . . and do it anyway".

How would a competition between Tyler Perry and Chris brown look like? What about Serena Williams and Chimamanda Ngozi? We are all Kings and queens in our own worlds. Same way we have stars in different fields. Compete with the best version of yourself. Work towards becoming the best you.

When you are out there selling your skills or products, are you strong enough to believe in yourself even when nobody else believes in you? Do you believe you deserve the opportunities you are seeking? How you answer those questions determine whether you will keep going past the challenges you experience.

Believe that you are equal to the task and that you are worth the opportunities you seek. That way, you create one of the most powerful forces and simply become unstoppable.

Back in high school, I used to admire people who had no problem speaking in front of people and were able to take leadership roles. That was my definition of confidence.

Growing up I realised that some extroverts are actually insecure about themselves and they try hard to cover their insecurities through bullying others.

Confidence doesn't always shout. Sometimes it's the small voice that allows you to try, set big goals and take baby steps towards achieving them.

You know you are good enough. You have what it takes to achieve your goals and live a great life. But when doubts step

in, you forget everything awesome about you. You start focusing on your imperfections and trolling yourself.

Now, here is the truth. If someone tries to troll you, you can choose to not pay attention to their stupidity. You can dismiss them because you know yourself and your story. It is not a big deal.

But when you hurt yourself through self-doubts and self-trolls, there's nowhere to run to. That's why it's so important to believe in yourself even when no one else believes in you.

Confidence is the belief that you have what it takes to achieve your goals. You may need to nurture it constantly through positive affirmations. Confidence is personal. You don't have to struggle to show it. It should flow naturally from within and give you the glow you deserve. Confidence is your birth right. You don't need any qualifications to feel confident. You do not need to have a certain shape, skin tone, weight or finances. It's your right to feel confident.

Trying to make people jealous of you shows an inner void. Craving attention, likes and comments after posting your pic on social media is a common form of insufficiency in the modern world. It puts pressure on people to look perfect and

lead perfect lives in the public, while suffering in private. You are good enough. So enough that don't you need anyone's opinion about it. Live for yourself.

At times some people will try to be like you or make negative comments about you to feel a bit better about themselves. That's nothing to frown about. It only reveals their inadequacies, intimidation and Jealousy. No one can be you even if they wanted to be but yes you can inspire them to be their greater selves.

The line between expressing yourself and sending a message that you are better than someone else is super thin. There are few things more destructive than wanting to be better than someone else. Whenever you are trying to prove yourself better than others through your thoughts, comments or actions, it feels good and massages your mind ego but in reality it's one of the worst habits ever. It causes you suffering at the end of the day in form of jealousy, intimidation and insecurities. There is nothing good that comes out of any form of comparison.

An advice to my younger self?

Learn to believe in yourself.

Believe in your strengths. Believe in your flaws. Believe in your dreams. Become self-sufficient. Strive to be enough. You do not need anybody's validation.



Chapter Two

Unleash Your Authenticity

Everybody has something beautiful within them. A seed that, if well nurtured will grow into a big plant with beautiful flowers for the world to see. You carry greatness within you. Nobody should intimidate you. Each and every person has unique abilities, strengths and imperfections. All you have to do is to unlock your potential.

The 'Life is beautiful' cliché may not make sense if you are going through hardships. You may be struggling to get a job, overcome an addiction or whatever it is you are dealing with.

These challenges are tailor-made for you. They have been strategically placed on your path to help in bringing out the best version of you. Same way fire is needed in refining gold.

You will become wiser, stronger and when you finally get what you want, you will appreciate it more.

Always remember that life is a combination of both happy moments and unique challenges. Embrace it as a package.

Live for yourself. Everyone has their own life to live. People's perceptions and expectations of you are not important. Live your life in a way that makes you happy and fulfilled.

Don't do what everyone is doing. Don't follow anybody, because within you lies the power to make your own path.

Find your passion. This will give you the joy and satisfaction only you can understand.

You don't need anybody's validation. Self-imprisonment begins when you start caring about other people's opinions. Pressure from outside is totally exhausting.

You will be causing yourself lots of pain once you start wondering what other people will say if things go wrong in your life. If you get fired or fail in a test or if your marriage ends.

For heaven's sake those are your lows. Your frustrations should not be worsened by someone else's opinion. You don't

owe anybody any explanation. Embrace your low moments and give yourself all the support you can afford.

Deep within everyone is a genius. It's upon you to identify what you were made to be great in and start nurturing it.

Michelangelo, the great Italian sculptor defined sculpture as the art of 'taking away'.

He believed that whatever he wanted to make was already in the marble and all he had to do was to chip off the stone that was superfluous.

Who you dream of becoming resides within you. All you have to do is to 'chip off' anything covering your best self. The fear, procrastination, ignorance and negative mindset. Give the masterpiece in you a chance to shine.

Love and honour the person that you are. There is no one like you in the whole world. You are a unique brand.

Define everything for yourself. Define what success, beauty, fun and perfection means to you. Know your truth. Speak your truth. Live your truth. When you take someone else's definitions, it will limit you or make you feel not good enough. I am grateful I learnt that early enough. I mean, what

did I have to qualify being a personal development Coach and an inspirational writer? I gave myself those titles when I was in my mid 20's. No money, business, car or anything society calls success. I couldn't even afford to feed myself. I had hit the rock bottom after differing from University due to lack of school fees. Staying at my parents' house, not sure if I would continue with my studies again, I chose to invest in innerself. My outer situation was out of my control but I was free to build a great inside.

To hell with anybody's validation. I could still be everything I wanted to be no matter my life situation. I did not have an access to most of the things I wanted but I was glad I could take baby steps towards improving myself.

I tend to think that we lose our real selves in the process of growing up. When you were a kid, you never cared about what people thought of you. You could cry and shout at a public gathering, because you needed to be fed or get your diaper changed. You knew you were lovely and that you deserved the best. Well, you grew up and had to let some habits go. Pick the best from the past and bring it to the present. Bring back your authenticity. What do you admire

most in young children? For me I love the fact that they don't need much to be happy. They easily forgive and are really committed to their own happiness. Ooh and the fact that they love flowers and appreciate little stuff more than we grownups.

Keep making the tiny, daily, positive changes. This is the path towards improving the quality of your life. Learn to admit your mistakes, add value to yourself, stop going for distractions all the time. Spend quality time with yourself and the people you love.

We are imperfect beings in an imperfect world. Embrace all your strengths, flaws, mistakes, challenges, and opportunities. Never apologize for being imperfect. You are good enough. Validate yourself. Rule your world. You can never compare fairly to anyone. 'Be all that you are'.

Whenever you compare, you measure your flaws against someone else's strengths, which is very unfair to you. Embrace your life journey and work towards bettering it.

You understand your story more than anyone else. You know the significance of each milestone. Who should be your

biggest cheerleader? You of course. Put efforts in building the person you will be proud of.

The most valuable skill in the 21st century is the skill of creating your own lane and sticking to it. This simply means crafting your authenticity and owning up your originality. There is nothing wrong with your life right now. Embrace the good moments, the stressful times, mistakes, flaws and imperfections. Bad moments don't last forever. And you have the ability to create more good moments.

Refuse to fit in one box. Be humble, be proud, be confident, be kind, and selfish at times. Be smart, have flaws, enjoy the opportunities, experience the challenges, live in the moment. Define what everything means to you. Don't seek validation from outside. Go for what makes you happy.

Authenticity is all about being real. Accepting not just your strengths, but validating your challenges, flaws and mistakes as well. At this level I don't want to throw the 'F' word whenever I make a mistake. I try to stay calm because it's okay to make mistakes. Am learning not to make a big deal out of small problems and calling it stress. Instead of my mind stressing and yelling each time a challenge shows up, I hope to

pick a better response. 'Honey you've been high for a very long time, now it's time to experience some lows'. Just like everyone else, I get worked up every time a new challenge crops up. But as time goes by, I start picking whatever lessons and insights I can get from the experience. This way, am able to appreciate the not-so-good situations. Life is like a roller-coaster ride. You cannot remain high forever.

Jealousy is a form of witchcraft. Both involve spreading negative energy. Stop trying to compete with people. Everything in your lane is so very personal. Your goals, abilities and experiences. Rather than getting intimidated by other people's achievements, celebrate them instead. You get back the energy you put out there.

In whatever you do, resist the need to massage your mind ego. And whenever your mind whispers you are better than someone else, remind yourself that you are too unique to compare to someone else. That's how you set yourself free. It allows you to do what you actually want and not what will please people or make them think highly of you. When you validate yourself, you don't need anybody else's approval.



Chapter Three

Celebrate Your Tiny Milestones

Everything is a luxury till you get used to it. Driving your first car would feel heavenly but after sometime you will develop an appetite for a bigger, better and more expensive car. Moving from a bedsitter to a one bedroom would feel amazing. After sometime, a two bed-room would appear better, then your own mansion and later you will crave a house next to the beach. The next level will feel better, but, appreciating your current level is as important as aspiring to be in the next level. Keep pushing to achieve your goals but don't forget to live the present moment.

Celebrating yourself should be a lifestyle. Give yourself a pat on the back each time you do the right thing. Every little

effort you invest on your lane matters a lot. Fame and recognition are overrated. Nothing feels better than celebrating yourself.

Success is being able to forgive, quit an addiction, and raise kids.

Having a mind-set that see's the good side of the negative situations, discovering your passion, healing from past traumas, leaving a toxic relationship, having good values and loving your authentic self. Such are the moments that calls for a celebration. They are some of the major events we should raise a glass to.

Do you celebrate your daily wins? Every time you get out of bed in the morning to pursue your goals, when you sleep at night having taken a step closer to your dreams, you deserve an applause. Strive to get results every day.

Celebrate yourself if you have gotten beyond wanting to please people. If you no longer feel the need to fit in. If you do not mind standing out and owning your authenticity. Such blessings are rare.

I am so in love with my level of confidence right now. There was a time I didn't feel good enough to express myself even in a Whatsapp group. I had deep confidence issues. Right now am able to give a presentation in front of an audience. It's been a whole journey, accompanied by fear and doubts but am here finally. Not exactly where I want to be, but every step forward matters.

The seemingly small victories gives us confidence to pursue bigger goals.

Am glad you were finally able to move on after a break up. If you have started picking up the pieces after a loss or if you are starting a small business after being laid off. Thank you for making time to read, exercise, say affirmations. It's a great thing that you finally quit the addiction. If you are forming better habits, reshaping your attitude and improving your self-image. Keep going.

Discovering what you love is one of the most underrated milestone. If you have a passion for singing, dancing, baking or any other activity that calls for a celebration. Keep taking steps forward. There are no small efforts. And remember time, just like money, is never readily available. You have to make it. Are

you waiting for time to avail itself naturally so that you can read or exercise? Well that's not going to happen. Because time has to be created.

Give yourself a pat on the back every time you make an effort to do something great. When you try a new recipe, write a short poem, try a new dance move. Appreciate your efforts in every way you can. That's what gives you the strength to move forward.

Celebrate the efforts people around you are making. Your baby can finally walk without falling, your boss has started to be more understanding, you spouse finally learnt to admit their mistakes. Your service providers have made notable improvements. All this will benefit you in the long run.

It's a win when you finally forgive. Being able to forgive is one of the most amazing things you can for yourself. Back in the village we usually tie firewood with a rope and when we get home, we just put down the load. It's one of the most relaxing feelings ever. Bitterness and anger are burdens you don't deserve to carry. They don't serve you in any way. The negative energy you hold towards someone works against you. Let go of anger, hatred and bitterness.

Focus on yourself and whatever makes you feel most alive.

Your hobby, family, passion, and personal development .This cuts down on energy leakage, as you will have less time for negativity. The result? Joy, peace, and good health.

We work hard for more, which is great. But we often forget to celebrate this little gems on our paths. The things we can do without. Having limited addictions, fewer obsessions, and less needs. The things you can do without forms a huge part of your wealth.

Most of our low moments involve the things we don't have. During such times, make a list of things of the things you can do without, and watch your energy rise.



Chapter Four

Keep Building Your Inner Self

I Don't say this is my life. Say I am life". Eckhart Tolle. Life isn't your outer situations. The career, marriage, economy. You are life. Whatever is going on within you, that's how your life is. One of the most effective ways to make life better is by building your inner self.

In order to live the life you dream about, it's necessary that you become the person you dream of becoming. I don't just mean acquiring titles of wife, doctor or politician. I mean carving out the best version of you through investing in the inner self. Cultivating good virtues and setting goals that will lead to inner growth.

Do not worry about inconsistency. It gets better with time. You haven't read in the past 5 days? Pick a book and start reading now. Write in your gratitude journal. Take a few minutes and exercise, even if you haven't done so for weeks. Consistency is built when you keep making the tiny efforts. Start now and don't quit.

Learning a new mind-set is not a one day event. It takes years of pushing aside the old mind-set we all acquired when growing up. It's a whole journey that requires courage, patience and commitment. Life won't get perfect, but you will be able to look at things from a positive perspective. This means less suffering and greater chance of living your best life.

My life started to change the moment I realized that wealth isn't limited to having cars, big houses and huge chunks of land. That success isn't limited to what can be seen. Joy and inner peace are forms of wealth that can only be felt. Moving on from a toxic relationship or marriage, getting to a level where you no longer seek validation and learning to prioritize your well-being are valid forms of success.

No matter how glamorous the house looks on the outside, what matters is the love and comfort you will find inside. Keep investing in your inner self as you chase your outer goals.

Learning to enjoy your own company is part of self-care. A great investment in the inner self. I count it as a blessing that I enjoy spending time with myself. I focus on my inner being, reflect and breathe consciously, listen to music. Well, sometimes I get bored and sleep. We are social beings but learn to be alone once in a while. Solitude has so many benefits including sparking creativity. You also avoid lots of problems by loving your own company. Spending quiet moments alone allows you more time to process thoughts and emotions and this contributes to your emotional well-being.

Here are some bad news. Your subconscious mind could be full of lies and half-truths you picked when growing up. Your teacher probably called you good-for-nothing and said you would amount to nothing because you failed terribly in a test. Maybe you grew up in a family where you were being compared to other kids who seemed well-behaved. If that was the case, those people planted in you seeds of self-hatred. Your self-esteem issues dates back to that time, and it doesn't matter

how many decades ago. This is not the time for blame games. The people who brought you up offered what they had. They wanted the best for you, only that they didn't know how to go about it. With all the hardships and bad experiences they had or were going through, that's the best they could manage. And so, it's all on you to re-parent yourself.

The subconscious mind dictates everything. Your self-worth, the goals you set, and the choices you make. You can never outshine your subconscious mind. If you grew up in an environment where you were made to feel not good enough, it might be difficult to tap into your greatness. Unless you make a deliberate choice to re-shape your subconscious mind.

My greatest lesson from personal development?

I learnt that the universe doesn't make mistakes. Every person I met, every book I read, every second I spent Working on myself, the blessings, hardships and delays have made me who I am today. I couldn't be more proud of my journey. Personal development is worth all your efforts.

A quick glance at the surroundings will help you realize that growth starts from within. From the way roses sprout to the rising of the sun.

I recommend that you achieve certain inner goals before you set out to attain outer goals. This simply means that you prioritize inner growth.

Nurture a world-class mind-set, cultivate good virtues, have a set of daily habits that includes exercising, reading few pages of a book, praying, reciting positive affirmations and making a list of things you are grateful for. After you establish that routine, you will be good enough to pursue the outer goals. Your outer goals could be getting a life partner, saving for a vacation or starting your own company. I deeply believe that growth is inward out. You need to grow on the inside so that the growth can reflect on the outside.

Neglecting the inner world to chase outer wealth is the root cause of all addictions, mental torture and anger.

It's human nature to want more. More money, power, property, and as a result we tend to live in our future. Thinking, hoping, wishing and waiting for better. We miss all the beauty the present moment holds and instead wallow in fear and anxiety, which is what the future offers. Life's greatest treasures are only available to those who are conscious enough to witness them.

Despite being inconsistent, am proud of every moment I spend doing the little things that makes me fall deeply in love with myself. Saying affirmations, living in the 'now' moment, watching stars, feeling breezes, reading a book, learning, and writing. The stuff that feels hard and unnecessary yet very crucial in shaping us into our greatest selves.

Discover your passion, nurture good virtues, refuse to compromise your principles and keep investing in your inner jar. These are the simple, yet significant things most people ignore. They are the priority of the few who have gained mastery over themselves.

Work on yourself for this two reasons;

- ✓ *You will live with yourself up to the very last moment. Your mindset, perception, values, habits, determines the quality of your life.*
- ✓ *It reduces the chances of attracting bad situations and toxic people.*

One of the benefits of building the inner self is the fact that you won't be in a competition with anybody. So many people spend lots of time and energy proving to be better than everyone else. It's unfortunate that the competitive attitude was instilled in the process of growing up. Maybe you were

told that you needed to work hard and beat everyone in your class. You studied with the mind-set that you needed to outshine everyone else.

Real Victory lies not in rising above someone else but in going beyond your own mind ego. Believing in yourself enough such that you won't have to step on someone else to feel good about yourself. Refusing to think that you are better or smarter than someone else. Deriving your security from the virtues you've nurtured, the habits you've formed and the investment you've made in your inner self. Seeing the best in everyone, and never comparing yourself to anyone.

We only get to do this journey once and so it's worth every effort you put towards becoming more and living your best life. Invest in your inner self, limit distractions, stay away from negative energy and be all you were meant to be. It sounds simple in theory, but it takes lots of discipline and practice.

The best, realest conversations are the ones you have with yourself, especially the conscious mirror talks. Affirming your worth gives you real confidence. The kind that doesn't allow you to compare or seek validation from others.

Such self-talks are indispensable in creating better, more authentic version of yourself in a world caught up in the insanity of people doing everything to grab attention. People who constantly seek validation and admiration. They depend on plastic security that keeps them on a rollercoaster.

Build your worth. Strive to see the best everyone else.



Chapter Five

Focus On The Brighter Side

You could be watching a movie and there's music playing in the background. Most likely, you won't hear the music or any other noise in the background. Your mind will be focused on whatever is happening in the movie.

Same case. There's a lot happening around you. Good and bad. You choose what to focus on. What if you deeply immersed yourself in the beauty of the morning and forgot you still don't have a job to report to?

What if you lost yourself in the glamour of a starry night and gave little attention to the difficult moments you had during the day?

What if you focused less on your challenges and instead directed your time and energy towards building your greatest self?

If you are a hairstylist, you are likely to notice people's hairstyles more than anything else. If you are a fashion designer, you will notice what someone is wearing first. As a problem solver, the mind likes to highlight even the slightest problem. That's why negative news trend more than positive ones. In fact, about 80% of news coverage are on negative happenings. Cases of corruption, murder, and rape. In its default settings, the mind loves focusing on problems. The most important skill we can develop is training our minds to focus on positivity.

A world-class mind-set is not an escape from reality. It's a classy way of handling challenges. It's about facing your struggles and believing it's possible to live and thrive through your tough times.

Do not fight darkness. You will always lose. Just switch on the lights. When you find yourself trying so hard to avoid a thought or an action, don't try any more. This fights are common with people fighting an addiction, struggling with depression or racing thoughts. Direct that energy into doing

something that will bring back your light. Be in a quiet place, observe your thoughts, breath consciously. If you get a bit stronger, go out and take a walk. Nature is an amazing doctor. The breezes, sun sets, stars and the moon. You deserve to feel better.

Some of your dull moments may include memories of the mistakes you did in the past and you were not able to forgive yourself. The reason we call it a mistake is because we picked the wrong choice and that's because we didn't know better. Now that you are at a level where you can make better choices, don't hate the 'less-knowledgeable' you, that wasn't strong enough to do the right thing. The best way you can correct your mistakes is through picking the lessons and forgiving yourself.

Sometimes not making mistakes means missing out on some lessons. There are things we will never learn till we experience them. Don't be too hard on yourself.

One of my favourite moments is when am experiencing peace despite the struggles on my lane. It's during those moments that I realize that being happy is not about the outer circumstances. It's about the inner self. Your thoughts, perception and how you choose to respond to events.

Therefore, what you choose to focus on matters a lot. No matter how difficult your situation is, there will always be something to smile about.

You are not too poor to afford peace of mind and inner joy. Because those are not things you can buy with money. They are God's gifts available to all who want to experience them. I have come across people who say money cannot buy happiness. Well, the truth is money can buy you happiness in wholesale. But money can never buy joy and peace of mind. We get happiness from outside experiences, but joy and peace of mind comes from within.

The challenges we face results from the opportunities we are lucky to access. You are privileged to be alive, go to school, be sane enough to realize you are getting less than you deserve. At every level in life, you are likely to have opportunities on one side and challenges on the flipside. More often than not we focus solely on the challenges and forget the opportunities that brought them. I have challenges paying my school fee because am lucky enough to access university education.

If you are struggling with workload and low pay, that's because you are lucky enough to have a job. So many people

wish they had a job to complain about. It doesn't mean everything in your life is how it's supposed to be or that you don't deserve better. Am just trying to paint the other side of the coin because it matters as well. Learn to appreciate more than you complain.

Life is unpredictable. We prepare for the future, yet we do not know what will happen the next second. We live in hope that things will only get better. What if they don't? How well are you prepared in the event your start-up doesn't pick? What if you lost the job contract? What if your marriage ended when you least expect?

Those are dreadful events and you probably mumbled 'God forbid'. We all want the best for ourselves but it doesn't always happen.

If you are a christian, you probably know a verse that says, "All things work together for good to all who believe". Don't be quick to judge events as bad.

Some of the greatest blessings come when we hit the ground. You heard me. There are opportunities in your low moments. There is a lot to learn. More positive changes awaits you. I needed the financial struggles. I had to differ from school

for close to three years, and stay at home. All those challenges were important for the birthing of this book and more importantly for a better version of me. Every challenge is hand-picked for you. You need it to get to the next level. There are places you cannot reach if you don't go through a process that will involve various struggles.

We are co-creators in this beautiful universe. When we focus on the brighter side, we acquire the ability to co-create our situations through conscious or unconscious thinking. Thoughts are energy. The more you think about a situation, the more it's likely to occur. When you tap a lower standard in your mind, don't expect a higher achievement. You get what you are willing to take, or rather you get what you create. Be clear on what you want and visualize exactly that.

You can do more if you focus your time and energy on your life. The two resources are as important as money. Limit distractions, keep learning and seek opportunities that will lead to growth.

You must have certain virtues to maintain a positive attitude towards life. The one virtue I admire in people is

humility. It shows that one feels good about themselves and their life. Its a sign of 'enoughness'.

Humility doesn't mean timidity or fear or getting along with people you don't want to get along with. It means taking your space and respecting everyone else's. Its means acknowledging that you are not above anybody and nobody is above you, because everyone is on their own space.

Humility is not about dimming your lights to make other people comfortable.

You are the queen/king in your life and therefore you have no business acting like your achievements don't matter.

When one is humble, they don't feel a need to prove themselves to anybody. Humble people are never out to intimidate and neither do they feel intimidated by other people's achievements.

Arrogant people on the other hand looks for everything to make another human being think highly of them and feels threatened by people they feel are better than them.

We dream of a life that won't have the challenges we are facing right now. But the truth is, each new level has its own

set of struggles. Life is never too smooth and that's why it's important that you be realistic in defining your ideal life.

For me, a great life means having good health, peace of mind, right mind-set, goals that inspire me to keep moving forward, strength to overcome challenges, a big set of achievements and a bigger list of things I can do without.

If it feels easy, if you don't have to stretch, then it's not worth much. When you finally get to the top of the mountain, you appreciate every struggle in your way up.

When you don't have to strive, chances are you won't value it and therefore you will lose it sooner or later.



Chapter Six

Take Responsibility

A great life depends on your ability to respond to situations around you. When you stop blaming others for how you feel or the situation you are in, you gain control over your life and this enables you to steer your life in the direction you want. Take responsibility. Its only when you feel responsible that you make steps towards change.

Response-ability is a concept I first learnt from Stephen Covey, author of 'The 7 habits of highly effective people. You might not have control over what happens to you, but you always choose how to respond.

When something is done repeatedly, it becomes a norm and most people believe it's the right thing. This is why lots of people believe in hating those who wrong them, feeling

miserable for not achieving their goals and hurting themselves when things don't go as they had planned. The truth is, you don't choose the events in your life, but you are always in charge of how to respond and that's what matters most.

There are two types of patterns in life. I call them patterns because most of what we do is repetitive. These patterns are self-support and self-sabotage. When you choose the pattern of self-support, you prioritize your mental well-being. You respond positively to challenges and become intentional about your well-being by forming habits that builds the inner self. You keep pushing to achieve your dreams, even when it doesn't feel easy.

Self-sabotage is about blaming others, and inflicting pain upon yourself in the process of pursuing your goals. It results from refusing to respond positively to the 'not-so-good' events in your life and failing to trust the process.

Remember some of the greatest opportunities were born out of dreadful events. You might think that a situation is the worst thing that happened to you, but time might prove you wrong, especially if you pick the right response.

It's your job to love yourself. It's your job to make your own money. It's your job to take care of yourself and be physically, mentally and emotionally fit. It's all on you. The people around you can supplement what you have, but you get to do the larger part. And this saves you lots of pain and suffering.

Last week I attended this class where we were learning about communication and the lecturer said, "you cannot not communicate", he went further to explain that we are always communicating even in silence. Same case, you cannot fail to act. When you are not doing one thing, you are doing the other. When you are not making time to read, you are getting your mind used to junk food. Social media, gossip, too many movies, and other distractions. Every time you fail to nurture a positive habit, you are cultivating a negative one.

It's upon you to steer your Career and your life in the right direction, even though you might experience some turbulences along the way.

Find new marketing strategies, learn how to express yourself better, connect with people who will help you get to the next level, and push your ideas. Nobody will notice you

unless you go out and show the world what you have to offer. As hard as it is, only you can put yourself out there. Try every possible means and showcase your talents, abilities and skills. Doors will open if you keep knocking.

Quit settling for less than you deserve.

"You only get what you are willing to accept". Be clear on what you want and be patient enough to wait for it.

You betray yourself every time you compromise your principles. Each time you break the promises you made to yourself. Most of the time we strive to keep promises we made to other people then fail at doing the same for ourselves, which is really unfortunate.

Whatever choices you make, stay loyal to yourself and your goals.

Your wellness is your responsibility. As you go on with your business, you are likely to encounter people who will give you a spiteful look and perhaps talk to you in a way that's not kind. I hope you realize that it's about them, never about you. They are only expressing what they have in store. Insecurities and insufficiency.

We only give what we have. We treat others how we feel about ourselves. And yes, at times we need someone else to believe in us. A re-affirming nod. But when you get the opposite, always remember you are in charge. Never measure your worth based on someone else's standards.

"Your belief in yourself must be so strong that it doubles everyone else's collective disbelief". Kenny Leon.

It's your responsibility to nurture confidence. The people you will come across will add and multiply whatever you have. If you are not confident, they will not believe in you and the product or service you are selling. If you are afraid and insecure, they will fuel your fear and insecurities. Be responsible enough to believe in yourself. Bolden up.

When pursuing goals, you should know when to say, 'I am tired, I need a break. I will do this later'. And when to say, 'I need to get this done and so I have to push myself'. Waiting till you feel like doing something will keep you stuck at level one.

Being responsible is also required when choosing habits. One of the habits that has helped me is the habit of setting boundaries. I try to guide my inner space and really choosy on the kind of people I allow into my life. I also leave once I notice

toxic traits. Your mental health is determined by whoever you allow into your space. The friendships, relationships, and the conversations you listen to. Whatever you read, watch or listen has a huge impact on your well-being. Take charge of your life.



Chapter Seven

Prioritize Yourself

Find a way to quieten your own mind. Be at peace then work towards achieving your other goals. The first and most important thing you ever have to do is to be okay. Work on your well-being first and the rest shall follow. The bible puts it clearly, "Seek first the kingdom of God and the rest shall be added unto you".

Seek the peace and contentment first, then proceed to your outer goals. It's something so many people ignore but I do not know any other way to lead a great life. Focus on becoming and let having take the second place. If you feel worthless now that you don't have a job, or a partner, or enough money, then you won't be content even after getting those things.

It all starts from within. This is not just something I read, it's something I experienced.

You know yourself better than anybody else. Nobody can help you better than yourself. Your greatest support should come from within. Be your own source of strength and encouragement.

It's good to have a support system, but remember your wellness is your responsibility. Nobody can help you unless you help yourself first. The world cannot understand you if you do not understand yourself.

You want to respect and appreciate yourself more. You want to get the most from every moment and achieve both your inner and outer goals.

You want to thrive through tough times, handle stressful moments better and make opportunities out of challenges. Make life your best friend. Believe that the situations you are experiencing are meant to serve a purpose and bring out the best in you.

By having the right mind-set, you allow yourself the chance to create favourable situations and reduce self-inflicted pain and suffering.

What do you value most in life? If you can consistently answer that question correctly, then you will have found a solution to most of your problems. It's great to be ambitious. To want bigger, better, more expensive. But never at the expense of your mental and emotional well-being.

Your goals are important but they shouldn't be a constant source of stress and anxiety. You matter more than the goals and achievements.

Take the front seat and everything else can follow.

It hurts when the people you adore no longer want you in their lives. They might not say it but their actions speak loud. You have done your very best to be close to them but nothing seems to change. This is the best time to leave and enjoy the peace and joy in their absence. Learn to walk away from situations and people who don't deserve you. Stop making excuses to stay around people who drain your energy.

Here is the key to prioritizing yourself. Let go of the mentality that nothing will make you feel better unless you get a job, money, relationship or anything else you feel is missing in your life. That thinking is destructive.

Your mental well-being depends on how much efforts you put in building your inner self. It has little to do with your outer situations.

Winning a marathon race has little to do with the climate or the running shoes. It requires mental stamina. You cannot win on the outwards if you are losing on the inside.

A lasting change begins with have a positive self-image. Knowing that you want to shed some weight, but there is nothing wrong with your current weight. You need a job, but it doesn't mean you are worthless right now. You want to make changes in your life but at the moment you are fine. This attitude gives you the energy that propels you forward to the next level.

Wake up and work on your relationship with yourself. Look in the mirror, smile and tell yourself nice words. Appreciate yourself for all the efforts you've made to be where

you are. Compliments, appreciation and love should start from within.

Your career, kids and spouse will require your time and attention. But always set aside time for you. Take yourself out on a date, hang out with friends, make time to read and do other personal development activities. This will nourish your well-being and consequently improve your other relationships. Only when you are feeling good about yourself can you make others feel good about themselves.

At this age of distractions, it's important that you learn to exercise discipline. Switch off that phone, pick a book and start reading. Turn off the television and rush to the gym. Refuse to become a slave to your mind ego. Your well-being depends on your ability to choose personal development over entertainment, Gratitude over needs and desires, Peace of mind over mental torture.

When you get to your low moments, know that it is absolutely okay to not feel like doing anything. Sleep all morning, listen to your favourite music, go on a road trip and work towards feeling better. Sometimes the mind and body demands rest and you just have to take a break.

Things go down the drain very first when you pretend to be okay when you're not. Admit your challenges and flaws. You don't owe yourself or anybody else perfection. Live for yourself.

Learn to be the priority by making choices and sticking to them, loving your authenticity, honouring the promises you make to yourself and refusing to lower your standards.

Sometimes when I catch a cold I don't always blame it on the weather. Its true illnesses are common and natural. But more often than not, they are a result of our mental state. There is a strong correlation between your mental state and physical health. Stress causes fatigue and lowers the body immunity. The better you are at managing your mind, the lower the risk of illnesses. You also get in a position to attract favourable situations.

One of the things I do really well is prioritizing my well-being. The laundry can be done later, the schedule can be re-organized, and goals can wait. I learnt this early enough that our emotional well-being is what matters most. Process whatever emotions you are experiencing, work towards feeling better and as Rachel Hollis says, "Have goals not deadlines". This gives you joy, peace and to a large extent dictate your physical health.



Chapter Eight

Gratitude

Why is it important to keep a gratitude list? It helps you live more consciously, as you keep a record of moments spent in watching stars, helping someone or taking a nature walk. It challenges you to squeeze inspiration out of struggles. If you find the positive side of a seemingly negative situation, you deny it power over you and that's a win.

It helps nurture one of the greatest habits of all times. The habit of being grateful. You may not get everything you want in life, but learning to celebrate who you are and what you have is the sure path to contentment.

No matter how much you acquire, you will want more. If you don't make time for gratitude, you will keep experiencing negative energy, in form of comparison, bitterness, emptiness

and more. Be grateful for all the beautiful things in life. Being alive is an opportunity to explore, experience, dream, find, and interact. Good health means being in a pain-free state. Life is beautiful, kind and tough at times. Find everything to be grateful for.

Thinking that life will be better in future is a great idea, but it might deny you the opportunity to live in the present moment. Make the most of this moment. Strive through the hardships, pick the lessons from each experience, and find the peace and happiness it offers.

Take a deep breath, be grateful for all you are and all you have at this moment. The goals you are yet to achieve are part of your blessings. They fuel your enthusiasm. Life is more interesting when we don't have everything we need. It gives us a reason to wake up in the morning.

Imagine having a friend who keeps asking help from you and doesn't remember to say thank you. Same case, life has been kind to you in so many ways. How often do you say 'thank you'? The universe doesn't mind being more generous to you, but please make gratitude your favourite habit.

Be thankful for life, love and good health. Be grateful for the miracles that happen in your life, the skills you have, the values you have nurtured. Say thank you to people who offers you support, the 'mama mboga' who cuts your veges at the grocery, and those who believe in you.

You may not have heard this before, but you really need it in your gratitude box. Your struggles. Be thankful for your flaws and struggles. Everybody is fighting a different battle. Your imperfections are well compensated by your strengths and abilities. That's why you see some people with no hands writing effortlessly with their feet and others with a walking disability making great swimmers. In most cases, you will have flaws on one side and strengths on the other. Perfection is an illusion. Embracing your flaws and struggles is the purest form of self-love. You don't owe anyone perfection. Not even yourself. And during those moments you feel like you should be a bit perfect, always remember that God can't deny you everything. You cannot have it all either. The universe is kind and fair.

Your flaws and struggles are well compensated for by your bundle of strengths.

Hand-written 'thank you' notes are just impeccable. They make someone feel truly appreciated. Whenever possible, write 'thank you' notes to yourself, your colleague, lover, children, and mentor. Everybody loves a compliment. We all want to be appreciated. It triggers a splash of positive energy and leads us to more action.

The more you spend time appreciating yourself and your achievements, the less time you will have to complain and stress about what is lacking in your life. And what's more? You will transfer that energy to people around you.

Am currently staying at this neighbourhood that is somehow behind in terms of development. But what I love most about this place is the breezes. The fact that I can sunbath and enjoy a nice breeze at the same time is incredible. Am grateful for the stars, magnificent sunsets and the whistling birds. Nature is truly wonderful.

If you feel you need to rest, please do. Your body doesn't lie. Plan for a vacation if you are in a position to. This whole thing of overworking, going higher and higher is a total scam. You need a break once in a while. Otherwise your mind will keep raising the bar and demanding what you don't have while

ignoring what you already have. I always say, if I don't find joy and peace in my current level, then proceeding to the next one won't make any difference. So love your current level, and be grateful even as you work to get to the next one.

Take a moment and make a list of everything you are grateful for. Here is a sample of a gratitude list;

- ✓ Am grateful for life, good mental and physical health.
- ✓ Am happy I finally learnt to take care of myself before I take care of everything.
- ✓ Am glad I can finally decorate my cakes with less struggles.
- ✓ Thank you Wambui (Put your name) for being bold enough to pursue your goals even if it isn't easy.
- ✓ Woow I finally came up with a daily routine that will enable me invest in my inner self.
- ✓ I have experienced a mind-set transformation and I couldn't be happier with myself.
- ✓ Am happy that I walked out of that relationship/marriage. Its the best decision I have ever made.
- ✓ I appreciate the level I am in. Not exactly where I want to be, but every step forward matters.
- ✓ Am glad that I have fewer, short stressful moments. And it's all because I have learnt a better way of thinking.

- ✓ Am grateful that I finally learnt to validate myself.



Chapter Nine

Don't Lower Your Standards

A common advice given to people who are single and want to get into a relationship is, 'lower your standards'. And most of us have gotten there. Lowered our standards to accommodate people into our lives. It rarely works. Lowering standards sounds like, 'be willing to put up with some crap'. We all have flaws, and some people can handle certain flaws better than others. You should have your 'irreducible minimums'. What are you not willing to accept from anyone? Remember we attract what we are willing to put up with.

So many people lower their standards to accommodate toxic traits from others. For whatever reason, it's never a good idea to act like someone or something matters more than your well-being. It might not look like a big deal and you might

make a thousand reasons why you can't leave someone no matter how badly they treat you.

But all that will cause you pain and suffering in the end. The energy you receive from people around you determines your physical and mental health. If a marriage or relationship isn't working, do yourself the favour of walking out soon as you can.

Are you doing your best to achieve your goals? The results we get depends on the actions we take, the sacrifices we make and what we choose. Be your own critic. The future you want isn't just waiting for you. You are the one creating it through your thoughts, actions and decisions.

Keep pushing yourself to the realization of your goals, but don't forget the gratitude rule.

Dare to go beyond people's beliefs, opinions and thoughts of you. It's okay if you wake up tomorrow and choose to be a different person. Quit an addiction, change your career and have a new set of habits. You are allowed to change. You don't have to be who people have always known you to be. Be unapologetic in making necessary improvements in your life.

At times you find yourself surrounded with lots of 'shoulds' in your life. You should look a certain way, get married at a certain age, love certain type of music, and drive a certain car. Don't allow the society to put pressure on you. Live life on your own terms.

The worst mistake you can do is allowing the society to tell you what wealth, beauty, or happiness means. You are good enough to define everything for yourself and make whatever rules work for you.

Sometimes you will come across people who feel intimidated by you. They think you are better than them in some way. A common response would be to intensify the intimidation and grab every chance to make them more jealous of you. But don't stoop to that level. Always remind yourself that no one is better than you and you are no better than the next person. You are too good to compare.

You don't gain anything by making someone else think highly of you. Also, try to see the best in every person. Choose love and peace. We all need each other.

Set high standards for yourself. No matter your current situation, you are allowed to dream big. Do not limit yourself,

because it's hard to go past your limitations. Set big goals and take small steps towards achieving them.

We live in a society where poverty is limited to mean, 'lack of money'. And it's possible to feel like you will never get all the beautiful things you dream, if you don't have money. But the truth is, your dream is as valid as someone else's dream of recovering from cancer. You both have achievable goals. All you need is patience, gratitude and consistent actions towards their realization.

I remember when I started learning Spanish some years back, I used to write my Whatsapp status in the beautiful language. I still do, and this helps me learn more. My first status in Spanish read, 'Soy una estrella en mi propia manera'. It means, 'Am a star in my own way'. At times we fear letting our stars shine brightly, because, what will people think? What if they get intimidated and start calling us proud? It's normal to feel that way, but don't forget you own your lane and everything in it. Shine bright like a diamond.

Have you met people who advertise weight lose products? Or could you be one of them? I appreciate their efforts in helping people cut down weight. Well, some of them do a good

job, but there are others who wants their followers to believe looking big is disgusting and perfection is weighing small. Very inhumane. Always remember to set your standards. All change begins with acceptance. There is nothing wrong with the person you are now. You just want to add value to yourself.

Setting standards allows you to do what you really want, even if people call you selfish or proud.

What's so wrong with being proud as long as you are not hurting someone else?

If you fear coming out as proud, be ready to do stuff you don't want to do. Show up for dates when you didn't want to go and hang out when what you really want to do is to sleep.

What most people call pride is actually intimidation? I mean, when someone feels intimidated by you, they will simply call you proud and give themselves a thousand reasons why they are actually better than you. Someone calling you proud is more about them than about you. It's upon them to build their worth so that they don't have to be intimidated by you and other people. There is a difference between pride and arrogance. When you are arrogant, you act like you are the only one who matters and demean other people. Pride has a lot to do with having your

lights on. Celebrating your achievements, knowing your worth, having principles, loving your life and feeling good about yourself.

Humility is not about dimming your lights to make someone else comfortable. It's about allowing your lights to shine brightly without feeling like someone else is on a lower level. How low are you willing to go to keep a relationship or marriage going? Some compromises are necessary, but how much is too much?

Love is a beautiful thing. Anything else that looks like love will make you miserable. I will make an exit once someone roll their eyes when I tell them my favourite music. Am not willing to expose myself to such level of toxicity. I dread the thought of someone telling me who I should be. Insecure people will control your likes, dislikes and the choices you make. They don't want you to be your real self because it threatens them. Stay away from people who keep vomiting their insecurities and inadequacies on you. Keep your standards high.



Chapter Ten

You Can Always Pick Yourself Up

Having low moments feels horrible. This is intensified by fear of never going back to our happy selves. You will feel so afraid that you may never smile and enjoy peace again. But guess what?

YOU WILL BE FINE AGAIN

One of the most amazing feeling is moving upwards after a low moment. You Will feel better, look in the mirror and smile. The night won't last forever. Be patient with yourself and keep making efforts to move to a higher energy level.

The antidote of negativity is positivity. Doing a positive thing is the sure way to release negative energy. When things

gets tough, always strive to push yourself to the positive side. That way, negative energy will lose grip of you.

You are still breathing and in a split of a second you can make things better for yourself. You can decide to forgive someone who hurt you, switch to a positive thought, say a prayer and beat your procrastination. You can look in the mirror and say something kind to yourself.

Forget about what will happen in the next hour, month, or year. Make the most of now. The present moment.

"You will be amazed at how rich and full a moment can be. Experience all as deeply as you can". -Kenny Leon

Your lane contains much more than the challenges you are facing. There is life beyond the difficulties. Your passion, strengths, opportunities, and goals. It's okay to feel low at times, but it doesn't end there. There is a lot of beautiful things around you.

You have no control over how people treat you. But you are in charge of how to respond. Here are some facts on anger management.

1) Anger doesn't hurt the person who wronged you. It only hurts you. And this means you cannot punish someone by remaining angry with them. You only punish yourself through experiencing the negative energy.

2) If someone hurts you, it's because they are hurting too." No one hurts unless they are hurting". The negative energy is flowing from within.

You are responsible for your emotional well-being. It's okay to be angry at times. But don't last long in that state. When you are in a good mental state, it's easier to stay in charge of your mental well-being. Working on yourself lowers your chances of getting angry. This is because anger is a negative energy. When you nurture positive energy, you will attract less negative energy.

At one point in life I was so afraid of messing up, and so I limited my experiences. I still do. It helps at times, but then life will always find a way of delivering the lessons it wants you to learn. At this age I feel like the universe is teaching me what I missed back then when I was playing safe. Don't be too afraid of mistakes because if you miss the lessons you were meant to learn, you will have to make the mistakes in your next level.

Also, don't curse your mistakes. They delivered the lessons that made you wiser

It was a risky affair since day one. Your mother risked so much to bring you to this world. Nobody knew for sure that you will live up to now. And probably your family lived in fear of losing you minutes, days and months after you were born. Life itself is a risk. And you will need to take risks and create experiences that will make life worthwhile. Push your fears aside and do what will make you better.

The best lessons comes wrapped up in terrible experiences. You go through a dark tunnel and by the time you get out through the other end, you are breathing resilience, smiling confidently and feeling sharper than you've ever been. Some things can never be learnt in theory. You will need to experience them. Be kind to yourself, pick the lessons and move on.

A great life isn't about experiencing a smooth ride. It's when you pull yourself together real soon after a stressful moment. I have gotten lots of insights in the process of picking myself up. Don't curse your low moments. At times they carry the treasures you cannot find in your good moments.

No matter how horrible the experience was, never trash the lessons you learnt. Because the universe will keep bringing similar experiences to teach you the same lesson until you learn it. And that means you will keep repeating the same mistakes.

Stress is like a nightmare we all experience once in a while. Here are some of the things that might help in putting yourself together.

- ✓ The major cause of stress is fear and anxiety. This are mind-made illusions of what your future will look like.
- ✓ Admitting to yourself that you are not okay puts you a step ahead. Some people are more interested in making other people think they are fine when they are not. Please don't do that. Nobody is okay all the time.
- ✓ Distractions only compounds the stress. Scrolling your social media accounts, watching movies, taking drugs, or any other distraction will provide temporary comfort that will soon turn into pain. Pay attention to whatever is going on. You cannot afford to ignore your mind.
- ✓ Try to live more in the present moment.
- ✓ It won't last forever. You will be fine again.

THE TUNNEL ANALOGY

There are times you will not be okay no matter how much you try to hide it. There are things you cannot sweep under the

carpet. Your emotions are one of them. You just can't run away from how you feel.

You might distract yourself with scrolling, having conversation with a friend or listening to music but that dark cloud doesn't go away. You only manage to cover it through distractions but it will keep peeping and causing you pain.

So what do you do?

Get to the bottom of it. Have a mini-therapy. Analyse the emotions.

Every time I feel not okay, I imagine am inside a tunnel.

I decide if it's a big, medium-size or small tunnel, depending on the size of the struggle am experiencing.

If it's not a big issue, that's a small-sized tunnel.

A big stressful situation will mean am in a bigger tunnel. The next thing will be planning my way out because I can't stay inside the tunnel forever. Its suffocating. I ask myself the following questions.

- 1) What got me in the tunnel? This refers to the main cause of my low moment?
- 2) Did I do something wrong to deserve being in the tunnel? Do I deserve to feel what am feeling?
- 3) Deciding I have to be out of the tunnel ,no matter what. I can't stay inside the tunnel forever, so what actions do I need to take to get out?

* Lessons learnt-I make a list of the lessons I have learnt from the experience.

* Forgive myself and whoever wronged me. This is crucial and has to be done even if it doesn't feel easy.

*Come back to the present moment. Be conscious, breath deeply and make a list of things am grateful for.

It might not seem possible right now, but believe there are brighter days ahead. You will smile again and the dark cloud will no longer be there. It is okay to be in the tunnel.

Life wants to deliver some lessons to you, you need an experience that will make you stronger and carve out the very best version of you.

Offer yourself all the support you can afford and keep taking small steps towards feeling better.Create a World-class mindset.

Notes

A WORLD-CLASS MINDSET
