Wealth

Within

YOU

HARNESSING YOUR INNATE POTENTIAL TO GET AHEAD IN LIFE

BRIAN ODHIAMBO

WEALTH WITHIN YOU

HARNESSING YOUR INNATE POTENTIAL TO GET AHEAD IN LIFE

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Published by:
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ISBN 978-9966-8275-7-9

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Cover design and book layout done by Hezma Ventures, Bungoma, Kenya.

Printed and bound in Kenya

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DEDICATION

This book is dedicated to my dear parents Mr. Gordon Odhiambo Akeyo and Mrs. Nancy Akinyi Odhiambo; Your guidance, godly nurture, and investments in me have made this dream come true.

ACKNOWLEDGEMENTS

Many people have played pivotal roles in nurturing me. For want of space, I will only mention a few key people. To start with, I want to pay glowing tribute to my wonderful mentors from Kibabii University led by the Vice Chancellor Prof. Isaac Ipara Odeo, for inculcating in me a growth mindset and a positive paradigm in life. Prof, you have always accommodated me despite your very busy schedule.

Special appreciation goes to Dr. Robert Wafula who is my mentor in public speaking and writing, thank you for believing in me and exposing me to your networks; I also appreciate Bishop Lirhu Wafula for according many public speaking opportunities to hone my public speaking skills; not forgetting to thank Dr. Risper Wepukhulu for always encouraging me to press on.

I am especially grateful to Dr. Kennedy Simiyu for identifying my public speaking talent and connecting me with my other destiny helpers, thank you very much.

Special honor goes to my spiritual mentor Arch. Bishop Moses Aduol for positively impacting my life in spiritual growth.

I also wish to appreciate my senior authors such as Bishop

Wycliffe Nyaperah of Makini International School, Mr. Daniel Kambwa of Equity Bank and Mr. Evans Lusiche of Apollo Agriculture who have supported me through this journey.

Special gratitude goes to my great tutors at Otieno Oyoo High School, led by the Principal Mr. Sisuma, his able deputy Mr. Osuma; the late Mr. Maurice, Mr. Kariuki, Mr. Benson, Mrs. Nora, and all the other teachers who supported me on one way or another, thank you so much.

Not forgetting my Aunty Anne Akaka who has stood with me and supported me both financially and spiritually through my education journey and career growth. I am truly grateful to you Aunty.

And to all of you men and women of goodwill, who have touched my life in one way or another, I say a big thank you.

The Author

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FOREWORD

It gives me immense joy to be a partaker in this awesome work that shall go a long way to empower many generations, to shatter their limitations and unlock their full potential on the road to greatness. It is not every day that we come across a book that calls out the greatness in a person with so much fervor packaged in simplicity; a book that speaks to the very core of the person to awaken their overcoming and creative self, lying latent, subjugated by a combination of the perceived life's inadequacies on the one hand, and the self-limiting personal beliefs on the other hand—the dual culprits that effectively keep masses caged either in their comfort zones or in very deprived living circumstances.

Written by a passionate crusader for the unlimited human potential, ***Wealth Within You*** avers that every individual has an abundance of wealth packaged within them by the creator, to enable each person to effectively chart a course to greatness and make a lasting positive impact in the world. The book is full of real life examples of men and women who through the right application of knowledge, courage, and constancy of purpose have successfully harnessed their inner wealth and broken out to the arena of greatness. Such persons are the trailblazers of their time and the Key Persons of Influence (KPIs) in their various

fields; furthermore they serve as the *bonafide* examples of the unlimited possibilities that can be attained through resilience, knowledge, and practice.

The book has been written in simple everyday language devoid of fidelity to any established rules of academic writing, to convey clear meaning to both scholars and non-scholars alike; indeed, the book is a gem that has come out at an opportune time when the world has ushered in a new normal where thriving and succeeding requires a new mindset and a new skill set.

The author is a rising motivational cum public speaker whose life and conduct is a true reflection of the ideals espoused in this book. I therefore have no reservations in recommending this book as a must read for students, professionals, and everyone else desirous to join the elite club of the super achievers cruising on the superhighway of life.

Enjoy reading.

Willis Amach

Minister, Author and Life Coach

INTRODUCTION

Every person is a unique and original package from the grand designer and master architect of the universe who never runs out of new creative designs. Accordingly, each individual is both wonderfully and fearfully made complete with an abundance of wealth within them. This wealth takes many static and varying forms such as personal endowments with unique talents and skills, intellectual and creative capabilities, health, and time among others.

God in His wisdom chose to deposit this wealth in each individual in a latent state and thereafter gave humanity the ability to harness and maximize the same for their good as well as the good of all mankind. Unfortunately, for the vast majority of persons, this wealth has remained largely untapped and unutilized, to their detriment and great disadvantage.

This inability to harness and fully enjoy the benefits of these divine endowments is mainly informed by three things namely:

- Ignorance
- Fear and
- Doubt.

Ignorance ranks as the topmost reason why masses of people continue to wallow in mediocrity and live in very deprived conditions despite their God-given capacities to improve their

lot; it is little wonder then that the creator strongly admonishes His people for their vulnerability to destruction and lays the blame squarely on their lack of knowledge (**Hosea 4:6**). It is paramount to note that God's people are neither destroyed for lack of money, nor lack of political power but rather for their lack of knowledge, amazing!

Fear ranks as the second culprit for the people's inability to fully tap into their God-given potential and experience the abundance at their disposal, and as a result, thereof live fulfilled and impactful lives. Fear expresses itself in many aspects such as fear of the unknown, fear of trying out new things, fear of failure, or even fear of success. Whereas brave and confident persons are aware that they must act out their convictions and pursue their dreams in the face of fear, the vast majority of mortals recoil in the face of fear—real or imagined, thus greatly hindering their levels of impact and donation to the world. This latter majority of persons usually journey through life quietly as they make their way to the grave with their true potential remaining unexploited.

Doubt or lack of confidence in one's capabilities is the other reason why most people do not dare to venture out in pursuit of their dreams and aspirations; *most folks simply do not think that they are good enough,* and they don't believe that their contributions

Most folks simply do not think that they are good enough

can make a difference. This lack of faith in their abilities keeps them hostage to terror and continued paralysis as precious time passes by. The late Dr. Myles Munroe opined that *"what keeps people from pursuing their dreams is not so much what they think they are, but rather what they think they are not"*. This is unfortunately the case for most people.

What keeps people from pursuing their dreams is not so much what they think they are, but rather what they think they are not

In this life, no one has the monopoly of advantages over fellow human beings; no one has more than twenty-four hours a day; no one has more brain capacity than other fellow human beings. For God is fair. The wise King Solomon of old captured this fact in his writings in this manner:

> *…that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor riches to men of understanding, nor yet favor to men of skill; but time and chance happen to them all (**Ecclesiastes 9:11 NKJV**).*

It is therefore incumbent upon each person to unlearn their self -limiting beliefs, master the necessary courage and gain the requisite knowledge to tap into the inner wealth packaged as a potential within them, and make their unique contributions to civilization and subsequently make the world a better place.

Don't make the grave richer while denying the world your unique contribution.

It is an act of self-sabotage to continue to wallow in mediocrity in this era of great advancement in technology and human connectivity when the creator of the universe has purposely packaged within you the wherewithal to break through to a life of abundance, greatness, and worthy impact for His glory.

In this book, we shall explore these various forms of wealth trapped within each individual to give the reader an understanding of their great potency and how to harness the same.

We, therefore, invite you to join us in this delightful journey of discoveries that will provoke you to abandon your self-limiting beliefs and venture boldly into a life of abundance powered by wealth within you. For anyone already on such a rewarding journey, this gem shall spur you on in your pursuit to join the elite squad of the super-achievers cruising on the superhighway of life.

Welcome on board.

CHAPTER ONE: TALENTS AND SKILLS

***"Anyone who develops his talents and gifts shall become a commodity"*—Myles Munroe**

Music legend Michael Jackson greatly impressed the audience with his famous '*moonwalk dance*' during his performance of Billie Jean on 16th May 1983 on NBC's Motown 25 show, in which he glided backward but his body actions suggested forward motion. His flawless and flexible body movement during the performance made the dance synonymous with his name; his subsequent performances attracted mammoth audiences and international viewership and subsequently raked in millions of dollars for the legend[1].

Edson Arantes do Nascimento, popularly known as Pele, the Brazilian legend is considered the greatest soccer player of all time. No player has won more world cups than him. He is the only soccer player who has scored more than 1200 goals. He scored twice when he was only 17 years old and propelled his national team to victory against Sweden in the 1958 world cup[2].

Michael Jeffrey Jordan is considered the greatest basketball player of all time. He led his team, the Chicago Bulls to six National Basketball Association (NBA) championships between the years 1991 and 1998 and was named NBA's most valuable player (MVP). He also led the US basketball team to

win Olympic gold medals twice (in 1984 in Los Angeles and 1992 in Barcelona, Spain)[3]

Cassius Clay Jr. popularly known as Mohammad Ali is considered the greatest heavyweight champion in wrestling history, having won 56 bouts with 37 knockouts, and lost only 5 fights in his long career; he was also the first wrestler to win the heavyweight title three times[4].

The four cases described above have one thing in common—**tapped talent**. The very factor that sets apart the few celebrated champions from the vast majority of the gifted sons and daughters of men who nonetheless still operate as commoners living in their comfort zones despite their endowments; is the very ingredient that turns amateurs into superstars!

✦ ✦ ✦

What are talents and skills?

Talent refers to the inborn or innate abilities of a person that enables them to perform some specialized functions with precision and much ease compared to other individuals. It is a God-given or natural ability inbuilt within the genetic makeup of an individual that enables them to do ordinary things in extraordinary ways.

Such specialized activities encompass a wide range of

professions and other human ventures such as sports, music, arts, crafts, and comedy, to name but a few.

Whereas talent is inborn, developing and perfecting the same takes much practice. In some instances, perfecting a talent requires specialized tutoring, mentoring, and coaching.

Skill on the other hand refers to the expertise acquired and perfected by a person through learning and practice. These could include computer skills, public speaking, coaching, hairdressing, beauty therapy, graphic design, writing, driving, and teaching among others.

It has been noted that with determination, consistent effort, and discipline, anyone can acquire and develop valuable skills in any area of their interest.

♦♦♦

Talents and skills must be developed

All the great men and women who are considered legends in their various fields have put in much time in deliberate and consistent practice to perfect their *'game'.*

It is not surprising that only a small minority of individuals master their talents and skills and use the same to greatly advance in their careers. The vast majority of people on the other hand remain in their comfort zone with their talents untapped and skills undeveloped or non-existent. The reason

for this sad state of affairs is that developing talents and skills to mastery levels takes courage, time, and a lot of effort.

It takes a strong will, determination and discipline to break through the barriers—both visible and invisible to successfully pursue one's dreams. The majority of the people are either too timid or too lazy or simply unwilling to put in the necessary effort needed to succeed.

The minority that harnesses their talents and skills is also the generous lot; this is because they are both willing and prepared to make their worthwhile contributions to humanity and subsequently make the world a better place. They use their expertise in sports, entertainment, music, arts, and such, to inspire others on the road to success and greatness. You can purpose to join this elite club of the minority who are making a tremendous positive impact in their various spheres of influence.

It is our talents and gifts that make ways for us to join the table of greatness, meet great people, do great things, and live impactful lives. King Solomon made this observation in his proverbs as follows:

> *A man's gift makes room for him and brings him before the great—**Proverbs 18:16 ESV***

We are born in the best era:

We have the rare privilege of being born in this era of great technological advancement that has put the world's resources at our disposal. With as little effort as a click on a computer mouse, we can have access to literally all the information we need.

There is simply no excuse that any determined person can give for not developing their skills and talents in this era.

With such easy internet access, we can learn and develop to world mastery levels almost any skill of our interest, to our great advantage. There is simply no excuse that any determined person can give for not developing their skills and talents in this era.

Today, there are many self-made successful entrepreneurs and sports personalities who have used the power of technology to learn and master skills in their areas of interest, all thanks to Google and YouTube.

Julius Yego, a Kenyan track and field athlete, famously known as Mr. YouTube, perfected his javelin throwing skills by simply watching YouTube videos of javelin athletes. He managed to become a silver medalist at the 2016 Summer Olympics held in Rio de Janeiro, Brazil. He also won a gold medal at the 2015 IAAF World Championships held in Beijing, China[5].

✦✦✦

How do you recognize your talents?

Before I formed you in the womb I knew you; and before you came forth out of the womb I sanctified you, and I ordained you a prophet unto the nations –Jeremiah 1:5 NKJV

We have indicated that everybody has been endowed with certain unique talents. No one is a replica of somebody else among all the more than Seven Billion people alive today. We were all made in special and unique ways, with unlimited potential to do different things in the universe. Nobody is devoid of talents. Whereas everybody cannot be excellent at everything, it is proper to say that everybody can be good in at least one thing.

Hereunder I will share with you an inspiring poem about talents and skills written by my friend and comrade Moses Miracle (the poem has been reproduced here with the permission of the author).

Identify your talents

It's a pleasure to identify our talents as a treasure.

They are powerful, the only source of wealth we can't measure.

Talented people have been pulled out of trouble.

With their profession besides their talents, they're earning double.

Talents have put people in a good line and made them fine.

They have emerged as princes and princesses in that design.

Let's discover our hidden talents, they're wide.

Skills that can make you real, don't hide.

Be focused as an eagle, and keep your attitude in the game.

Your talent will enlighten you to be fame.

Avoid being inmates, enhance your talent, and be freed.

From images of troubled hunger and greed

Embrace your talent with success to get out of that cage.

We are the same in this game, get to a new page.

Talents expand and make one plain from the chain.

Be a school; apply your talent to inspire.

With Godly love you require, fulfill each one's desire.

Life is wonderful only after identifying one's talent.

There are no limitations in growth, just go far.

Keep your talents shining as bright as the star

Talent!! Talent!! Talent!! Will make you a champion

You'll be a king in each field and dominion.

But just how do we identify these areas of our unique capabilities?

Hereunder we shall briefly discuss ways of identifying one's talents:

a)Check your passion

Passion refers to the sacrificial love one has for something or a cause to the point that they are willing to suffer to realize the same. It is the kind of love or dedication that goes beyond mere enthusiasm.

Your areas of passion are usually closely linked with your purpose. You need to check what things you are very passionate about in life. What worthy things do you love doing in life? What activities and tasks bring you great joy and inner satisfaction when you undertake the same? What activities would you enjoy doing for the fun of it and not necessarily for the pay? What have you ever sacrificed for in your life because of the love you have for the same? Such activities hold a major clue to your area of talent.

American memoirist, poet, and civil rights activist Maya Angelou said:

"You can only become truly accomplished at something you love. Don't make money your goal, instead pursue the things

you love doing and then do them so well that people can't take their eyes off of you."

b) *Consider your past*

You have been involved in many things in the past right from your childhood, in school, the church, and the community, or even in any other organization. There are those activities that you did so excellently and with relative ease more than others; activities that gave you inner satisfaction; activities that still bring to you fond memories wherever you remember them. These could include anything such as singing, debating, and writing competitions among others.

Consider evaluating your level of success in such activities and then rate them on a scale of 1 to 5, where 1 is poor, 2 is average, 3 is good, 4 is very good and 5 is excellent. The things in which you have scored either a 4 or a 5 could indicate your area of talent.

c) *What is natural to you?*

Everyone in this world has abilities that are natural to them; things that they can do almost instinctively. It is even possible that you have birthed new and better ideas or innovations that are not conventional in such fields. People

tend to be natural only in their domains, a fish will naturally take to swimming in the waters, a bird will naturally take to flying in the skies, etc.

Doing activities in such areas is so natural to you that you can perform them with much ease that can only be attributed to divine inspiration; this more than anything else is a clear pointer that it is your area of talent.

The other indicator here is the ease and the faster speed with which you can learn and master the skills related to these areas.

d) *Listen to others*

Colleagues, friends and family members, and acquaintances are normally very generous with their feedback about our abilities. Some of this feedback can be spontaneous and unsolicited such as when colleagues give you a standing ovation for an awe-inspiring performance in any worthy activity.

You could also deliberately ask for feedback from others to know what they consider your capabilities. The point to note when soliciting such feedback is to ask many persons, especially the non-relatives who can give you unbiased opinions. Friends and relatives might sometimes fail to give

you candid feedback for fear of hurting your ego.

You can then gauge their responses or ask them to rate their assessment of your levels of success in what they consider to be your top five talents or abilities, on a scale of 1 to 5, such as above. This exercise can give you a broader view of how people see you and your abilities; the same can then either affirm your convictions or give you a reality check for your blind spots.

✦✦✦

Develop your talents and skills

Your talents and skills shall only give you their full benefits if and when they are developed. Talents exist in a latent or dormant state as a potential capability waiting for the discovery, nurturing, and development of the same to full fruition.

Here are some ingenious ways to develop your talents and skills:

i. Share your passion
ii. Nurture your passion/talent
iii. Continuously learn
iv. Stretch yourself

Let's briefly discuss these points below:

i. Share your passion

Sharing your passion with others brings great joy and inner

satisfaction. You should find people and groups who share similar aspirations and join with them. You don't have to walk alone, join ranks with like-minded fellows and pursue your passions together. Bees make honey as a team; ants work together perfectly as a team. Develop better connections with people and teams who share your passion.

Such groups could include book clubs, public speaking clubs, and sports clubs among others.

ii. Nurture your passion/talent

Talent is worked on. The secret to mastering your talent is to practice, practice, and do more practice. Practice makes progress. Consistent practice brings great achievements. Consistency and continuous practice is the secret of the masters.

If you enjoy playing soccer, deliberately give the game more of your time in focused practice; if you enjoy singing or composing songs, practice it more frequently and more often; if your area is writing, write more regularly and consistently.

Success is not a matter of luck, the harder and the smarter

you work the luckier and more successful you become in life. A reporter once questioned Muhammad Ali during an interview about training "How many sit-ups do you do?" Ali replied:

> *"I don't know, I don't count my sit-ups. I start counting when it hurts, and I feel pain because those are what count and make you a champion."*

Whatever your area of talent is, go for it and practice more frequently. *It is the frequency of your practice that will give you greater progress.*

In his bestselling book *Outliers,* Malcolm Gladwell wrote that people often gain world-class mastery after 10, 000 hours of practice, he wrote that:

> *The idea that excellence at performing a complex task requires a critical minimum level of practice surfaces again and again in studies of expertise. Researchers have settled on what they believe is the magic number for true expertise: ten thousand hours. "The emerging picture from such studies is that ten thousand hours of practice is required to achieve the level of mastery associated with being a world-class expert*[6]

Michael Jordan practiced playing basketball at least 10,000 times. Martial arts legend Bruce Lee famously remarked:

> *"I fear the man who has practiced one kick 10,000 times more than the man who has practiced 10,000 kicks"*

Lee was giving credence to the fact that it takes a considerable amount of time and effort to attain world-class mastery. Whereas practice does not make perfect, practice is a closer step to perfection.

iii. Continuously learn

You need to continuously sharpen the most important aspects of your ability. This can only happen by deliberate and consistent learning. You should read books on your subject of passion; watch videos showing your subject masters in action, attend seminars and listen to the various authorities dispensing nuggets of wisdom and golden tips in your chosen field. The more you read, the more you learn, and the more you earn.

If your area is writing, for example, you need to read more to improve your vocabulary and writing skills; if your area is public speaking, then you should not only listen to speeches by great orators but also attend public speaking seminars to improve your speech delivery, etc.

You must of necessity put in more time, money, and energy to turn your talent into a flame and set your passion ablaze.

iv. Stretch yourself

Finally, you must intentionally stretch yourself beyond what is considered the norm. To become the best, you must push yourself beyond the conventional limits; you must stretch yourself beyond your comfort zone. All you can ever be can only be ascertained by stretching yourself. Set new challenging goals that you must work to achieve within some given timelines. What gets measured gets improved.

Your biggest obstacle that you must work to overcome is the tendency to have a fixed mindset, a mindset that is resistant to trying or doing new things. Instead, you must cultivate and embrace a growth mindset that is open to lifelong learning, embracing new possibilities, and continuous self-improvement.

iv. Seek a mentor

To fast-track your progress and avoid common pitfalls in your journey to world-class mastery, you need the guidance and help of a mentor. This is someone who has done at

least twice what you are trying to do once. Get a mentor and develop a cordial relationship with them.

Warren Buffet mentored Bill Gates, Steve Jobs mentored Mark Zuckerberg, Maya Angelou mentored Oprah Winfrey; Mike Williams mentored Les Brown, Lionel Messi was coached by Captain Pep Guardiola; Michael Jordan was mentored by both Phil Jackson and Dean Smith. In his tribute to Dean Smith, Michael Jordan said the following

> *"Other than my parents, no one had a bigger influence on my life than Coach Smith. He was more than a coach — he was my mentor, my teacher, my second father…"*

✦✦✦

Don't make the graveyard richer

A famous saying attributed to the Late Bahamas preacher, business magnate, and bestselling author Dr. Myles Munroe, which has been popularized by the motivational-speaking supremo Leslie Calvin Brown, holds that the richest place on earth is not the gold mines of South America, it is not the oil fields of Iraq, neither it is the diamond mines of South Africa nor the banks of the world but the wealthiest place on earth is the cemetery; here lies the inventions that were never done, companies that were never started, music that was never sung,

manuscripts that were never written, masterpieces that were never painted, films that were never acted, sermons that were never preached, studies that were never done, leaders that never impacted lives and that the cemetery is filled with great treasure of untapped potential that would have made the universe wealthy.

Refuse to make the graveyard any richer than it is already. Don't deny humanity and the world what could be your unique contributions.

In conclusion, we assert that it is your responsibility to both discover your talent and nurture the same to full fruition. You can purpose to join the minority group of brave and generous souls who have both found and live their purposes in life, those who make worthy contributions to humanity and leave great legacies in their various fields. You can purpose to start this rewarding journey today.

CHAPTER TWO: TIME

"The key is not spending time but investing time."
—Stephen R. Covey

American entrepreneur, bestselling author, and motivational speaker Jim Rohn famously remarked that "*time is more valuable than money.*" He averred that one can make more money but cannot make more time. He was spot on in this observation.

Time is one of the most precious resources that the creator has given to man. Whereas time is free, it's priceless. Time is the only finite resource that can never be expanded, recovered, or renewed. Time can be redeemed but never recycled; it can be maximized but not accumulated; it can be monetized but not commoditized; you can budget it but you can't own it; you can utilize it but you can't keep it, and once it is lost, you can never get it back.

Every accomplishment in life either small or great requires time. From very mundane things to grandiose activities, time is of necessity involved.

Every world-class expert was once an amateur, whose expertise was honed by years of training. Every legend was thrust into the limelight only after years of preparation in obscurity. When we are younger, we have the advantage of having more

time; however as we get older, the demand for our time increases, making it even more scarce.

♦ ♦ ♦

Our time is limited

Our time on earth is indeed both limited and finite. Each person alive today has only a maximum of twenty-four hours every day for up to three hundred and sixty-five days or three hundred and sixty-six days on a normal or leap year respectively. Furthermore, our days quickly fly away whether we are conscious of this fact or not.

Nobody has forever to accomplish whatever feat they so desire to accomplish. This predicament is further compounded by our collective and individual ignorance on the appointed time of our inescapable departure from the stage called life. We all know that we shall one day exit the scene, but we do not know precisely when this eventually shall become a reality. That's why Steve Jobs of Apple Inc. advised that we should live each day as if it were our last because one day it will certainly be true.

Life is short, therefore live it fully. Most legends did not live long lives so to speak. Alexander the Great (356—323BC) passed away at the age of 32 years; Dr. Martin Luther King Jr. succumbed to an assassin's bullet at the age of 39 years; Bob Nesta Marley succumbed to skin cancer at the age of 36 years;

Steve Jobs breathed his last at the age of 50 years. These are just a few examples of men who made remarkable contributions to history before their untimely deaths. Imagine what would have become of them had they waited to live longer before embarking on their journey of purpose! Fortunately, they knew that it is the quality rather than the quantity of life that matters; it is the contributions rather than the longevity of life that counts.

When we are younger, time is our *ally*. Unfortunately, many young people prefer to live such carefree lives devoid of any serious engagement of eternal or meaningful value till it is too late. This ought not to be the case.

Buddha once said: *"The biggest mistake someone can make is to think they have time."* Maybe this is why Bestselling author and Motivational speaker Les Brown, made an emphasis that we should stop living as if we have 1000 years to live.

American business author and former management professor at the University of New Orleans, Michael Leboeuf said the following about the importance of time:

> *"Waste your money and you are only out of money but waste your time and you've lost part of your life."*

Invest your time

Our time on earth is quite finite and short. The goodness is that we can make the most of our limited time to accomplish

worthy goals and live such impactful lives for posterity; the bad news is that regardless of how we utilize or waste our time, it still slips and flies away.

You will never be young forever, you will never be strong forever, you can never be in school forever and you will never be employed forever; invest in time.

We are the products of what we do with our time. Whatever we do with our time, we become. Our investment in time determines how far we go in life. We can utilize time to build a fortune for our bright future or squander the same future by wasting our time in the present. The greatest thief is the thief of time, for such a thief steals what can never be replaced; he steals our very future.

The greatest thief is the thief of time, for such a thief steals what can never be replaced

Visionary men and women put a premium on their time to make it both gainfully productive and positively impactful. The rest of the people who happens to be the majority do not treat their time with such gravity. The majority of people sometimes simply kill time. When we waste our time, we waste our lives. It might interest you to note that *the poorest among us are also the most reckless squanderers of time.*

The key to leaping ahead in life is not just to spend time but to

invest time. Our wise investment of time pays the highest and longest-term dividends in life.

Time is invested in meaningful learning, gainful and productive work, practicing one's passion, and building valuable networks or in rejuvenating rest. On the other hand, time is spent on such things as pedestrian chit-chat, social media browsing, too much television viewing, too much sleeping, illicit amorous relationships, wild partying, idleness, drugs, and substance abuse just to mention but a few.

It has been established through research that young and healthy persons in their twenties who spend **95%** of their time in continuous learning and investment in assets will spend the rest of their lives doing anything they want or aspire to do without the constraint of resources.

You can make the wise choice as a young person to invest in your time and create a better unlimited tomorrow or waste your today and reap unbearable and painful tomorrow. You can invest your time by:

- *Reading inspiring and resourceful books in your area of interest*
- *Practicing your passion to gain world-class mastery*
- *Watching educative tutorials and videos to acquire new skills*
- *Expanding your networks with destiny helpers and connectors*
- *Volunteering in the community etc.*

How do we maximize the use of time?

Whereas time is short, we can still maximize its utilization to reap maximum benefits. You can do the following to maximize your time:

a) *Master your morning routine*

How you start your morning sets the rhythm for the rest of the day. Your attitude in the morning determines your altitude by the end of the day. Your morning tone impacts your mood for the day. The good news is that your tone and attitude are within your power and control.

Morning is a sacred time that the super achievers in life use to take charge of their day. They purpose to wake up energized and positive that their day shall be great; they appreciate that their mindset in the morning is either their greatest ally or the main obstacle for overcoming whatever challenges life throws their way. These men and women are primarily driven by the overriding desire to accomplish worthy goals in life; they are drawn by the satisfaction derived from doing great things.

If you want to make the most of your limited time, then take charge of your morning. Wake up with a positive mindset, gratitude, energy, and enthusiasm to make the day work. If we don't set the right tempo for our day in the morning, the rest of the day might drag on haphazardly to

our detriment.

b) *Have a schedule*

We use timetables in schools to ensure that all the important activities are programmed and executed within some given timelines. This ensures there is discipline in the management of time. The use of this tool was also meant to help young learners to acquire the discipline of scheduling and completing all the required and important tasks without fail. This is a virtue that the learners are expected to carry on into their adult life.

To get the most out of our limited time, we must schedule all our important tasks within pre-determined timelines and thereafter adhere to the same schedules to ensure the proper execution of all the programmed activities. This shall ensure that we accomplish all the important tasks whether urgent or otherwise while being kept away from distractions by mundane and insignificant tasks screaming for our attention from time to time.

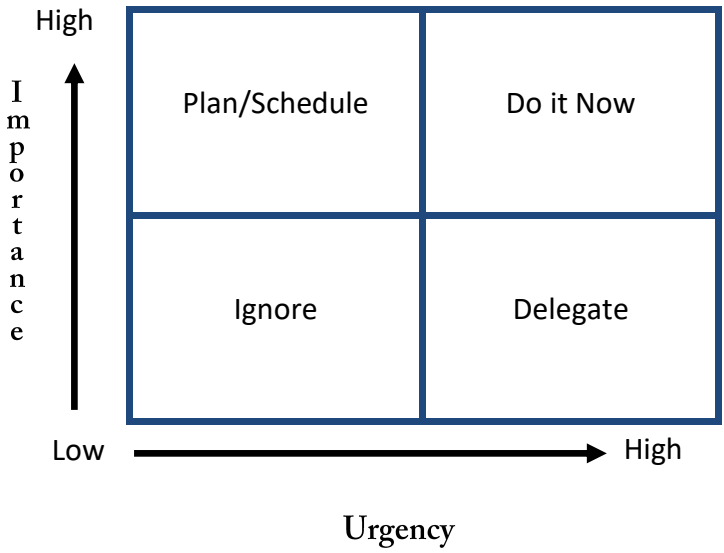
Such schedules can however be revised from time to time to align with the new realities and changing circumstances as the case may be.

c) *Prioritize*

All activities in life do not have the same levels of importance or urgency. Some tasks are more important than others, while other tasks are more urgent than others. Some are both important and urgent. Some are important but not urgent; some are urgent but not important, while others are neither important nor urgent. This is why we must at all times prioritize the things that require our attention. Things that matter the most must never be at the mercy of things that matter the least.

Here is a guide on how to prioritize tasks and activities:

TABLE 1: TASKS PRIORITIZATION



From the table, we note the following:

i) Activities that are very important but not urgent should be scheduled
ii) Activities that are very important and very urgent should be done now
iii) Activities that are less important and not urgent should be ignored
iv) Activities that are less important but very urgent should be delegated

d) Increase your efficiency

Opportunities favor the most efficient. Efficiency is about producing more output with less input. We live in a technology-enabled world where highly productive or highly efficient persons work smarter rather than working harder.

To achieve this feat, in the first place, you should automate what can be automated. Secondly, outsource whatever is not in your core area of specialization rather than trying to do everything by yourself. This will save you both quality time and release you to concentrate on the more important aspects of your work.

e) Ensure work-life balance

Finally, to remain both efficient and effective, you must

ensure you have a healthy work-life balance. Separate the time for work and the time for recreation or other life activities such as family time. Our bodies need the time to relax and recreate. This shall ensure that you not only perform at optimal levels during your working hours but that you also stay healthy and revitalized for the long run.

Working for extended hours holds you back, resulting in burnout and stress. You should schedule routine rests to rejuvenate and revitalize for the next time of work. Such health breaks make us more productive at work as well as enable us to be more actively present in our other relationships.

As we come to the end of this chapter, we reiterate that our time is a precious but limited resource that God has generously given to each one of us fairly, how we spend or invest it is what determines our levels of success or otherwise in life. The time we have is our gold mine for wealth extraction, do therefore get the right tools and scoop the kind of wealth we need for ourselves before we expire.

CHAPTER THREE: KNOWLEDGE

Wisdom is the principal thing, therefore get wisdom, and with all your getting get understanding—Proverbs 4:7 NKJV

Dr. Myles Munroe was the undisputed and avid professor on the subject of the Kingdom of God; he wrote and taught extensively on this pet topic in a manner that captured the collective psyche of individuals, people groups, communities, and nations. He became a highly sought-after and go-to consultant for dignitaries, governments, companies, and other organizations on issues of leadership and governance modeled along the kingdom principles. Munroe so distinguished himself as an authority on this subject matter that his unconventional ideas and quotes on the kingdom are still influencing the world, long after he has passed away.

On a different note, electric automobiles are synonymous with the name Elon Musk. This South African-born billionaire founder of several blue chip technology companies such as Tesla, SpaceX, Neuralink, and Boring Company, is a technology wizard obsessed with the idea of accelerating the world's transition to sustainable energy. Elon Musk is the *Technoking* behind all product designs, engineering, and global manufacturing of his company's electric vehicles, battery

products, and solar energy products. Musk has stopped at nothing in his resolve to acquire the requisite knowledge, assemble teams of top-notch engineers, and in seeking for funding to see his dreams come true. Tesla's electric SUVs such as *Model S* have been voted The Best Overall Car and the Ultimate Car of the Year by Motor Trend, while *Model X* was the first SUV to earn a 5-Star Safety Rating in all categories in the National Highway Traffic Safety Administration tests[7].

We could go on and mention other great men and women who are the *go-to* entrepreneurs, business consultants, motivational speakers, and academicians among others whose groundbreaking ideas and expertise in their various fields have shaped the course of history and continue to influence the world. But time would not permit us to do so.

Knowledge rules the world. In every sphere of life, the men and women who have acquired and rightly applied knowledge call the shots. Those who have mastered the right knowledge are in very high demand. People of influence are in high demand primarily because of the knowledge they carry and dispense on demand. People become very valuable because of the rare and specialized knowledge they have expertly mastered and use to offer effective solutions to real problems affecting target customers.

In the capitalist world that we live in, knowledge is real wealth. Knowledge is money. Strong minds are better than strong

muscles; this is why CEOs are paid more than laborers. Canadian-based philosopher, entrepreneur, and bestselling author Matshona Dhliwayo remarked:

> *"Knowledge is wealth, wisdom is treasure, understanding is riches and ignorance is poverty"*

Wisdom is the application of knowledge; knowledge is information while understanding is comprehension. Knowing is good, and having comprehension is better, but having wisdom is the best. To have wisdom, you must first acquire or gain the requisite knowledge and mastery or adequate comprehension; that's why we aver that having knowledge is having wealth.

In our opening quote above, King Solomon of Israel advised with emphasis the need for men and women to both acquire knowledge and practical mastery over any subject matter of interest and life in general. Being the richest and wisest man of his time, he certainly understood the positive correlation between wealth and wisdom.

The rich invest in knowledge; they are voracious readers of books. They are always on a lifelong learning mission. Legendary motivational speaker and author Zig Ziglar rightly remarked:

> *"The rich own big libraries while the poor own big television sets."*

The best investment we can make in this life is the investment in ourselves. This is the investment with the best return. It has been established that the more people learn, the more they earn. This is especially true with self-education. Benjamin Franklin succinctly remarked that:

"Investment in knowledge pays the best interest"

The biggest reason why the masses continue to live in very deprived and sorry conditions is not necessarily a lack of money or a lack of opportunities; it is simply a lack of knowledge. It is no wonder then that the LORD God directly attributes the destruction of His people to ignorance. It is recorded in the Bible that:

> *My people are destroyed from lack of knowledge… (**Hosea 4:6 NIV**)*

Ignorance is at the very core of poverty and the state of helplessness so prevalent in most communities of nations today. We can never gain control of and turn around any limiting situations we find ourselves in unless through the application of the right kind of knowledge.

Don't spend inordinately long hours watching TV or browsing through social media platforms. There is a reason why SUVs such as Bugatti and Ferrari are never advertised on TV, this is because those who can afford such luxury cars have no time for TVs. Those super achievers are ever busy chasing after

knowledge and wealth as opposed to sitting idly watching some *soap operas* and cartoons.

Knowledge is Permanent

Unlike material wealth and power which are very transient, knowledge is permanent. It can only be added upon or refined but never taken away. Works of art and other innovations powered by specialized knowledge can even be patented. Patented innovations can earn their respective holders huge fortunes for life.

Personal development

Take time to invest in yourself. Become more valuable by gaining practical mastery in your given subject matter. You are the best project you can ever work on. Become so good at what you do that you can no longer be ignored. Strive to become a Key Person of Influence (KPI) in your field or area of expertise. Dr. Myles Munroe remarked that:

> *"Anyone who develops his talents and gifts shall become a commodity."*

The right investment in oneself makes a person a commodity in very high demand. Endeavor to become so good at what you do that people will pay you to do it.

The most successful investor in the world Warren Buffet said that the best investment that supersedes all is ***investing in ourselves*** since such investment can neither be taxed by the government nor be affected by inflation, it is also an investment that can't be withdrawn from you. Warren Buffet is said to have been reading a minimum of five to six hours a day.

Ideas don't come out fully formed

One thing to note as you work on your knowledge and unconventional ideas is that revelations and insights are progressive; ideas become clearer as you work on them. The American business magnate, philanthropist, internet entrepreneur, and co-founder of Facebook Company Mark Elliot Zuckerberg rightly noted that:

> *"Ideas don't out fully formed, they become clearer as you work on them"*

You will of necessity revise, refine and revisit your ideas as you work on them since new insights shall keep popping up. The secret is to continuously and consistently work on your ideas, especially the very unconventional and *crazier* ones.

The best mindset for having continuous improvement as a second nature is to always treat your inventions as rough drafts subject to improvement. This is why sages of old said that the room for improvement is the largest room on earth. Ask

yourself and others this very important question: *what else can we do to make this product better?* And then be very keen with the kind of responses you shall be given.

You must be a firm believer in the beauty of your dreams. Your dreams will not work until you work them. What insights do you currently have? What *crazy* ideas would you like to *toy* with? You will never know their full potential until you try them out.

We would not have electric bulbs today had Thomas Alva Edison given up on his *experiments;* we would not have airplanes today had the Wright brothers not been *crazy* enough to imagine that they could make flying machine; there would be no mass online supermarket today had Jeff Bezos not actualized the idea of Amazon.

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How does someone gain knowledge?

But just how does someone gain knowledge? There are many ways through which someone can acquire knowledge. These can be broadly categorized as formal education and self-education.

Formal education is obtained by enrolling in established schools and colleges. Predominantly people only acquire conventional knowledge from these establishments. This kind of knowledge

has both its merits and demerits. Its merits include the official recognition of the qualifications attained and the possible employment opportunities for the knowledge holder to do some specialized functions. One great demerit with this kind of education, however, is its great limitation of what is considered *acceptable*; further, it also produces certain fit-to-role graduates who are mostly ill-prepared for the current turbulent marketplace.

The most unfortunate thing with formal education amongst students is that they read to pass examinations rather than reading to gain understanding; they are more concerned with grades rather that the competencies they gain. Maybe this is why Bill Gates opined that he *failed* in some subjects but his friend *passed* all the subjects, today the friend is *working* as an engineer at Microsoft Inc., a company that Bill Gates *founded*.

In his bestselling book *Rich Dad, Poor Dad* Robert Kiyosaki remarked:

> *'A' students work for 'C' students and 'B' students work for the government…*

Self-education on the other hand is education through one's efforts without having formal instructors. Here an individual has the liberty to learn and acquire knowledge in any area of interest without the restriction of a formal syllabus. Highly

successful individuals and key persons of influence (KPIs) in the various fields are all self-educated. The list includes Virgin Group of companies founder Sir Richard Charles Branson, who dropped out of school at the age of 16 years; Thomas Alva Edison who only had three months of formal education before being expelled from school, he later became one of the greatest inventors of all time; American business magnate Henry Ford, Microsoft Inc. co-founder Bill Gates and Apple Inc. co-founder Steve Jobs among others.

Without prejudice to the benefits and monumental contributions of formal education, this book nonetheless advocates for self-education as the best avenue for acquiring valuable knowledge.

Getting formal education is pretty straightforward, all you need is to get admitted to an established school or college, complete the approved course, get examined, and become certified. You will be in the pretty good company of thousands of graduates with similar qualifications probably frustrated and doing menial jobs or hunting for elusive and scarce employment opportunities.

On the other hand, getting self-education will put you in the driver's seat as far as acquiring knowledge is concerned. With no pre-determined syllabus to complete, it is your appetite, interest, and determination that will define what and how far you can learn.

To get self-education, you could do the following:

1) **Read books**: American humorist, entrepreneur, and lecturer Mark Twain remarked that a man who won't read has no advantage over a man who can't read. Books are storehouses of treasures. Books contain some of the best-kept secrets in any field. The rich have big libraries because they are voracious readers of books. Read books in your areas of interest and glean filtered wisdom and invaluable insights from great minds that have preceded you on such matters of your interests.

   Leaders are readers. Nigerian business magnate, televangelist, Christian author, and founder of the Living Faith Church Worldwide (Winners' Chapel International), Bishop David Olaniyi Oyedepo said that:

   "A reader today, a leader tomorrow"

   One of the leading determinants of who you eventually become in life is the kind of books you read. In this time and era, having no access to physical books is not an excuse for not reading, we now have online bookshops and free e-books on the internet, just google it!

2) **Attend seminars**. Seminars and webinars are avenues for getting new and emerging insights in any industry. You can greatly up your game and become a front-runner in your

field by attending and listening to the authorities and key players in your industry.

3) **Surround yourself with people who are smarter than you**. You must have heard the famous cliché that *"if you are the smartest person in the room then you are in the wrong room* or its variations; this is a quote that points to the cardinal importance of surrounding yourself with people who are more intelligent than you, those who essentially push you to *"level up"*.

   There are always people who will be smarter than you, people who have done twice what you are trying to do once, and people who have achieved more than you in any area and at any time. Make it a lifelong ambition to be close to such persons and learn from them. Engage them in conversations, get their insights and learn their secrets. And use those insights to chart your own path. Not everything is found on Google.

4) **Travel the world**. Go to new places. Meet new people. Interact with different cultures. See alternative ways of doing things. Stay open to new ideas. Have a keen eye for new things and be intrigued by them. Make the world your university. You will become amazed at what great things are

taking place beyond your neighborhoods.

5) **Work with mentors and coaches.** To fast-track your progress and avoid the common career pitfalls, you should consider getting the help of either a mentor or a coach. These are individuals who have both valuable insights and foresight into the happenings in your industry or area of interest. They can handhold and guide you as an apprentice on the road to career mastery and eventual greatness.

Ladies and gentlemen, we could say more on this subject but we are persuaded that the point has been made. Knowledge is wealth. The rare the knowledge one has the more valuable they become, the more commonplace the knowledge one has the less valuable they are. Invest in yourself by gaining the right kind of knowledge in your area of passion. Endeavor to attain world-class mastery in your area of talent, and see your fortunes take a turn for the better. Only you can do that.

CHAPTER FOUR: HEALTH

***"The first wealth is health"*—Ralph Waldo Emerson**

One of the best gifts that the creator gave to humanity is the gift of good health. Being of sound health is so central to our well-being, productivity, and the enjoyment of all other things in life. The Greek legend and father of modern medicine—Hippocrates of Kos (460-375 B.C), described health as the greatest of human blessings.

Health is wealth, is a phrase that was coined by Ralph Waldo Emerson in 1860 to underscore the importance of health. He observed that the first wealth that human beings have is health. When you have good health, you have almost everything. You can only enjoy life when you are healthy.

In describing the benefits of the collective health of the citizenry of any nation, English Statesman and Premier Sir Winston Churchill said the following:

> *"Healthy citizens are the greatest asset any country can have"*

Churchill underscored the vital need of having healthy human capital for any nation. The health of the human capital not only determines the nation's productivity, but it also has a direct

impact on the healthcare burden of the nations and their citizens. When people are healthy, they are happy and more productive; on the other hand, when people are unhealthy, they are unhappy and unproductive.

Furthermore, ill health renders the sick to be merely cost centers for their families, employers, communities, and the government, by taking up valuable resources in expensive medical care. That's why televangelist and author Joyce Mayer opined that the best gift you can give to your people is a healthy you.

Unfortunately, just like with many other good things that people are privileged to have, most people take their good health for granted until when it is gone. Furthermore, in these times in which we live, there is much pressure on the masses emanating from financial and economic hardships that have put a huge demand on people's time in the pursuit of material wealth and upkeep, at the very expense of their health. Health is often overlooked and undervalued in our rat race of life until someone falls ill.

It has been noted that most people lose their health in their mad rush to amass material wealth; they later use the same material wealth to try to regain their wealth. In most cases, such effort to regain sound health using material wealth is either rendered futile or *time-barred* so to speak. This ought not to be the case.

Without good health, there is no permanent wealth. The truth is that many of us waste our health to gain wealth. Why would you destroy your health to make wealth, and then use all your wealth to regain back your health? In truth, taking medication is not healthcare but illness care.

Taking medication is not healthcare but illness care.

In this chapter, we shall discuss the various forms of health to gain a good understanding of how we can maintain our healthy status for the long run, for our benefit and the benefit of all the other stakeholders.

We need to always maintain a healthy work-life balance and make our health a top priority. A healthy lifestyle is the key to happiness. Most people are stressed out, some are depressed, and others are experiencing burnout, all thanks to living imbalanced lifestyles. Living an imbalanced lifestyle is a recipe for health problems for the affected individuals. Let us begin by getting a basic understanding of who a human being is.

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Who is a man (or woman)?

Whereas man has made tremendous progress in exploring the universe, and in studying nature and its wide range of the flora and fauna, the knowledge of who we truly are has still escaped

the understanding of many.

To truly understand an invention's potential and purpose, the best place to turn to is the manufacturer's manual; to understand a man is not an exemption to this rule. In the case of a man, the manufacturer is God and the manual is the Bible.

A study through the Holy Scriptures shows that man was made by God as His special representative and co-ruler on the realm of the earth. Furthermore, man is the only creature who has the rare badge and honor of being made in the very image of the maker—The LORD God Himself. We are wonderfully and fearfully made by a grand designer and master architect of the universe, as His masterpiece and the epitome of His works.

It therefore follows that for us to truly understand ourselves; we need to look at the original—God, whose image has been projected in the shape and form of man. God is both Spirit and a tripartite or triune being—made up of The Father, The Son, and The Holy Spirit, who together make the God-head, but He is still one God; He is an intelligent being capable of wise thinking, with emotions and decision-making ability. These are the very attributes that God has projected and inbuilt into mankind as a masterpiece of His creation and image to boot.

God created man as a tripartite or triune being made up of the spirit, soul, and body (**1 Thessalonians 5:23**). Man is a spirit being who possesses a soul and lives in a body. We will briefly

discuss these three parts below:

Spirit: This is who we truly are; for man is a spirit being. Our spirit gives us our identity. The spirit lives in the body. The spirit is immortal, capable of living forever, spirits don't die. It is written in the Scriptures that God has put eternity in the hearts of men (**Ecclesiastes 3:11**). It is our spirits that are capable of communing with God or the spirit realm; our spirits are designed to connect and fellowship with God.

By God's design, our spirits can only remain alive on the realm of the earth as long as they stay in the body; if for whatever reason the spirit gets separated from the body, the spirit must exit the scene and the body dies as a result thereof.

Our spirits are fed with the Word of God and strengthened through prayer.

Soul: This is the *software* that operates our bodies. The soul comprises the mind (intellect), the emotion, and the will. It informs our reasoning, attitudes, moods, and decision-making ability. We shall explore more on this when discussing mental health.

Body: This is our physical part which we are more familiar with. This is the *hardware* portion of man.

After getting a basic understanding of man, we shall then look at the various types of health that we need to take care of, for us to keep fit and be sound at all times. These are:

- *Spiritual health*
- *Mental health*
- *Physical health*

Spiritual health

Our spiritual health is a function of our relationship with God; our spirits get nourished and refreshed by fellowshipping or communing with God. The deeper our relationship with God is, the more sound our spiritual health shall be; and the vice versa is also true.

We fellowship with God through regular heartfelt prayers; reading and meditating on the Word of God, walking in obedience to God's will as revealed in His Word, and regular and continual worship of God as a lifestyle.

Amazingly, when we are spiritually healthy, the same positively impacts both our mental and physical health. We become joyous in every situation since our life burdens are lifted off our shoulders and handed over to The LORD, and this joy brings mental soundness and healing to the body as well.

How should we take good care of our spiritual health?

To cultivate and nurture our spiritual health, we must make peace with our creator—God by accepting the lordship of His beloved Son—Jesus Christ, who alone is the way to the Father and the propitiation for our sins (**John 14:6; 1 John 2:2**). We thereafter musk seek to always please Him by living in obedi-

ence to His revealed will; for that is the whole duty of mankind (**Ecclesiastes 12:13**). We, therefore, need to regularly study and meditate upon His written Word—the Scriptures.

We must also spend time in regular prayer as a lifestyle, not just sometimes when we are in trouble, but also when we are free from troubles. We must pray not only when we feel like praying, but also when we don't feel like praying. This is because prayer is a necessity for the survival and the maintenance of daily victory for a Christian.

This world is currently under the sway and control of the evil one. There are myriads of invisible dark forces on the prowl whose sole agenda is to sabotage and destroy us. There are certain things we shall not be able to do or accomplish in our lives without getting divine help, no matter how gifted, strong or brilliant we could be. Our help is however readily available from the throne of grace and is accessible at all times through the prayer of faith.

Furthermore, God gives His children His Holy Spirit to be their resident helper to assist them to navigate through this dangerous world full of treachery, with deceitful and scheming malevolent forces on the prowl. God always delights to walk with us to give us victory over these forces of wickedness and human limitations, all the time.

Mental health

Our minds are the *software* that drives and operates our body functions. When our minds are sound, our thoughts and corresponding actions shall also be wholesome. The vice versa is also true.

Besides, the mind is the gateway to the spirit; it is the landing pad to our spirit. It receives stimuli or messages from without and feeds the same to our spirits; it also receives information from the spirit and relays the same to our senses.

The mind is principally fed with information received from our five senses of sight, hearing, touch, smell, and taste. It also receives communication from the extrasensory perception, which is the link to our spirit.

The information or stimuli received from any of the above-named sources is then interpreted through the thought process, resulting in our decisions and actions or inactions thereof.

Our mental health is a direct function of the kind of material we expose our minds to; it is heavily impacted by the kind of stimuli or stuffs it is fed on.

Our minds are like a factory that processes and converts raw input into corresponding output. If we feed it garbage, it will process the same and give us garbage out as the output; if we give it wholesome information as input, we shall get the same as

output in processed liberating thoughts form, which eventually translates into progressive actions.

Take care of your mental health because your productivity in any endeavor will of necessity require mental soundness.

How should we take good care of our mental health?

To take care of our mental health, we must be mindful and deliberate on what we listen to or watch; we must be careful to control what kind of stimuli we expose our senses to. You must be conscious of what you feed your mind; don't allow garbage and moral filth to be dumped into your mind. Your mind should not be a dumping site for anyone and anything.

This world is filled with moral filth prevalent in both the social media space and the mainstream media. Even our backstreets are mostly overloaded with filth in such forms as nudity, vulgarism, violence, vanity, and sensuality among others.

Our thoughts impact our lives and attitudes directly. If we want to change our lives, we simply need to change our thoughts. To change our thoughts, we simply need to change the input we feed to our minds.

Physical health

This is about the health of our bodies. Our bodies are the tents that house our spirits. The body enables us to have effective

interaction with our physical environment. The body contains the vital organs responsible for our continued survival, as well as the five senses that receive stimuli from the environment—both external and internal.

Our bodies are so vital that without them, we cease to exist in this realm of the earth. Our bodies are indeed the only houses we have to live in and therefore we must take good care of them.

When our bodies are not sound, the same directly affects our effectiveness and productivity.

How should we take good care of our bodies?

Taking good care of our bodies is not as complex as some people might think, all it requires is having a consciousness of what we do with and to our bodies. It all boils down to our lifestyles in decisions and actions pertaining to our bodies. We should do these four things religiously and we shall be good to go:

- *Eat healthily*
- *Exercise regularly*
- *Rest adequately*
- *Do regular health checkups*

Let us briefly explore these four issues hereunder.

a) *Eat healthily*

Our bodies become what we eat. Our bodies receive their

nourishment from the food we feed them. The quality of the nutrition we feed our bodies with in turn directly impacts our health status. When we eat healthily, we stay healthy, when we eat unhealthily, we become unhealthy. It is that simple.

The secret to eating healthily is to keep it natural. This is why Daniel and his three companions were better nourished than their fellow compatriots after feeding only on vegetables and water for ten days, while their compatriots who feasted on the king's delicacies and wine appeared worse off (**Daniel 1:8-15**).

We should eat more organic foods as opposed to eating factory-processed foods. We should eat whole foods and not processed foods. Our bodies were designed to work best with organic foods.

We should eat our food as medicine rather than wait to eat our medicine as food. We should note that "every time we eat any food, we are either feeding a disease or keeping one at bay." The choice is squarely ours.

Every time we eat any food, we are either feeding a disease or keeping one at bay

Don't waste away your health by consuming intoxicating substances. Intoxicating substances usually impair our judgment ability thereby making us prone to damaging decisions and vulnerable to avoidable accidents.

Eat your food in moderation only as much as the body needs, and not as much as your appetite craves. Avoid gluttony which leads to obesity and increased risk to get lifestyle diseases. Whatever you do, don't destroy your body with what you consume.

Eating healthily might come at a premium, especially where we don't grow our foods, but be that as it may, the accrued benefits from eating healthily far outweigh whatever short-term savings we might get from consuming readily available junk and genetically modified foods. Eating the latter foodstuff shall eventually *slap us* with hefty medical bills in managing preventable lifestyle diseases.

Eating healthily keeps us productive for longer, boosts our immunity, and lowers the risk of getting lifestyle diseases.

Stop pumping junk into your body system simply because the food is yummy and tempting. Be disciplined and particular with what you consume. Keep it natural, keep it

organic, and you shall live a long healthy, and productive life.

b) *Exercise regularly*

Doing physical exercise keeps our bodies active and relaxed. The intensified blood flow in our bodies due to the production of the adrenaline hormone as a result of doing moderate to vigorous exercise ensures that sufficient oxygen reaches all the body parts, especially the vital organs.

Former British Statesman and three-time Prime Minister Edward Stanley opined that:

> *"For those who don't make time for exercise, they'll have to make time for illness,"*

Exercising the body helps to reduce and maintain body weight, thus keeping us fit. Physical exercise results in increased metabolism that ensures the quicker breakdown of stored body fat and a release of dangerous toxins from the body through the mechanism of sweating. This further keeps the skin healthy and *breathing* as it opens the skin pores.

Exercise keeps the muscles both supple and strong; it thus keeps the vital organs healthier for long. It also reduces the risk of heart diseases. Exercise also improves brain health thus enhancing our mental alertness. It also greatly

improves our moods.

Avoid sitting for long hours as it numbs the muscles and can cause back aches and general body pain. Even a simple but regular evening brisk walk can keep the body physically sound.

Addiction to social media and entertainment has unfortunately robbed the majority of people of the valuable time to do physical exercises or simply bask in the sun for the natural vitamin D.

c) *Rest adequately*

The body is designed to have regular intervals of rejuvenating rest to function optimally. Resting gives the body ample time to recover from strains caused by stretching activities; adequate rest essentially allows the body's muscles to recover from any damages sustained while doing work. Rest allows the body to refresh, rejuvenate and revitalize itself.

Besides, resting ensures that we maintain a healthy heart and sharper brain. It also improves our body's immunity and relieves stress, thus enhancing our moods.

Ensure you deliberately incorporate a time of quality rest in your schedule. Don't wait for your body to choose the time of rest by itself, for that might be too late. Having health breaks on any day of intense activity is vital to keeping healthy. Scheduling regular leave days is not a waste of time but a way of keeping oneself productive and healthy for longer.

It is recommended that we should have at least six hours of quality uninterrupted sleep every day. Sleeping time gives the body ample time to cool off, rejuvenate and revitalize itself for continued optimal performance.

d) Do regular health checkups

While you observe religiously all the above points, it is advisable to also incorporate regular health checkups in your schedule. This can be done at least once a year.

Health checkups should not be done only during times of ill health but as a routine procedure. Don't wait until your system slows down or for the vital organs to malfunction before you go for a medical checkup. Don't wait for the body system to begin a shutdown process as that can be too late to get an effective remedy.

Regular health checkups help to identify early warning signs of diseases and illnesses, which can thereafter be

properly managed or mitigated in a timely manner. The checkup is also an avenue to examine your lifestyle and identify areas that need adjustments or improvements.

Our health is our first and most important wealth; we shall do well to consciously and always take good care of it. When we lose our health, no other wealth will make sense to us, no matter the abundance of the same.

We have included hereunder several quotes from some men and women who have expertise in health, to help give some different perspectives on the importance of good health care.

Quotes on wealth adopted from health is wealth website:[8]

a) It is health that is real wealth, And not pieces of gold and silver—Mahatma Gandhi
b) Good health is a crown on the head of a well person that only a sick person can see—Rohit Sharma
c) The greatest wealth is health—Virgil
d) So many spend their health gaining wealth, and then have to spend their wealth to regain their health—A.J Materi
e) Health is a priceless wealth. Invest in it while you can—Bryant McGill
f) If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want—Elbert Hubbard
g) Health is like money; we never have a true idea of its value

until we lose it—Josh Bilings

h) Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool—Anonymous
i) Early to bed and early to rise makes a man healthy, wealthy, and wise—Benjamin Franklin
j) To keep our body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear—Budha
k) Take care of your body. It's the only place you have to live—Jim Rohn
l) Today be thankful and think how rich you are. Your family is priceless, your time is gold, and your health is your wealth—Zig Ziglar
m) Eating healthy can cost you money, but eating unhealthy can cost you your life—Anonymous
n) If you keep ignoring the whispers from your body, eventually, you will be forced to deal with its screams—Anonymous
o) True wealth is having your health and knowledge of self—Benjamin Franklin
p) Those who think they have no time for exercise will sooner or later have time for illness—Edward Stanley
q) Exercise is king, nutrition is queen, put them together and you have a kingdom—anonymous
r) Every time you eat or drink, you are either feeding a

disease or fighting it—Heather Morgan

s) Don't dig your own grave with a knife and a spoon –English Proverb

t) Fitness is 20% exercise and 80% nutrition. You can't outrun your fork—unknown

u) When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.—Ayurvedic proverb

v) The food you eat can be the safest and most powerful form of medicine or the slowest form of poison—Ann Wigmore

w) Eating well is a form of self-respect—anonymous

CHAPTER FIVE: EFFECTIVE COMMUNICATION

"Communication is the human connection; it is the key to personal and career success." –Paul J. Meyer

On July 27, 2004, during the National Democratic Convention (NDC) held in Boston, MA, a little-known democrat walked to the stage and gave an awe-inspiring speech that both ushered him into the national limelight and essentially made him the 44th President of the United States of America some four years later; this is the story of Barack Obama.

In another scenario on a different date and under different circumstances, August 28, 1963, a young Baptist Minister, Reverend Martin Luther King Jr, delivered his famous speech christened '*I have a dream*' that pricked the conscience of a then callous nation, gave hope and promise of liberty to the negroes and cajoled the great nation of USA to live up to its national creed that *All men are created equally*. The promise for this equality of all men came to fulfillment when a black American became the president of the most powerful nation on earth some five decades later, long after Rev. King had passed on thanks to an assassin's bullet.

What the then senatorial candidate for Illinois, Barrack Obama

in the first case, and the crusader of human rights and Minister Rev. Martin King in the second case, deployed with such great success is the power of effective communication. They were able to communicate so persuasively in a manner that not only resonated very well with their respective audiences but also provoked the desired responses from the listeners. These great speeches were the bare tools that these great men deployed to catapult them to their desired destinies.

One of the most powerful and unique abilities that God has given to humanity is the power to communicate effectively with fellow mankind. From time immemorial, great men and women have used the power of speech to rally nations to worthy causes, to lift the hearts of masses in dark times, to give hope to the disillusioned populace, to build organizations and their people to enviable greatness among other worthy feats; demagogues have equally employed the power of persuasive communication to set communities at variance, to incite ethnic violence and cause genocides, to tear down national fabrics just to mention but a few.

The import of all these is that as individuals, we all have within us both the capacity and the power to communicate with fellow human beings in ways that can either improve or worsen our lot, to uplift and inspire others to worthy causes, to direct and influence the course of history.

We consider effective communication as an aspect of wealth

within an individual because its effective use can usher a person to greatness and true riches; on the other hand, when a person cannot communicate effectively, they limit their advancement in life regardless of their other endowments.

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What is effective communication?

Effective communication is the process of successfully exchanging information, ideas, opinions, and other types of messages between two or more persons in a way that ensures that the recipients understand the message as intended by the communicator. Both the communicator and the recipient must arrive at a shared meaning, and the communication must also elicit the desired effect or impact on the receivers. Moreover, effective communication is essentially about understanding the emotions and intentions behind the information.

Effective communication must of necessity meet the criteria of the 7C's of communication. These include clarity, correctness, completeness, concrete, considered, conciseness, and courteousness.

Whether the communication is oral (verbal), non-verbal, written or visual, the above criteria should be satisfied for the same to be considered effective. This is where most persons fall short when attempting to communicate with others and

thereafter become frustrated that their message has neither been understood nor well received.

To become successful in any human venture, we must master the art of effective communication. There must be a deliberate investment of effort, time, and other resources on our part to perfect this invaluable discipline.

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Words are powerful

Words are neither neutral nor devoid of impact. Whether intentionally or unintentionally spoken, whether recklessly or carefully spoken, words have effects. Some cause immediate impact while the impact of some other words usually comes to pass later.

To start with, we need to understand that words carry life and in some cases death. Words are never neutral; they either build or destroy something. Wise King Solomon wrote in his Proverbs that *"Life and Death are in the power of the tongue, and they that love it will eat its fruit"* (Proverbs 18:21 NIV). Words are powerful. Words either create or destroy. Words once spoken assume a life of their own, independent of the speaker.

The outcome of our lives to a great extent is a result of the words that have been spoken over us and the words we have spoken by ourselves about us and the situations we often find

ourselves in. When we speak limiting or negative words, the same creates similar situations for us, but when we speak empowering or positive words, the same lifts us and creates the corresponding possibilities for us. When we change our words, we essentially change our lives.

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Pitch for Success

We all have something valuable that we can offer to the world. Successful entrepreneurs are successful because their businesses offer real solutions to real problems affecting people, communities, and other businesses. But even more importantly, they have learned to make powerful pitches for their missions.

Until we master the art of making powerful pitches for ourselves, our mission, and our vision, we shall remain non-entities living in the shadows of oblivion. Learn to make a captivating pitch for yourself and what problems you can solve for others. The answer we give to the question we are often asked by others of *what you do in life* makes all the difference in our successful journey or lack of it thereof.

We all have stories of our lives; stories of triumph over adversities and limiting circumstances, stories of resilience in the face of hardships, stories of innovations of new ways of doing things, stories of helping others achieve their goals, stories

of mobilizing fellows to certain worthy causes, and such others.

Our success is anchored on how well we can weave our life stories into the collective story of our people and our nations. How we tell our stories in relation to the general or unique circumstances of fellow mankind of our time, especially in regards to providing solutions to their pain points, is the true determinant of our success and the golden key to unlocking our wealth.

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Great leaders are effective communicators

Great leaders are effective communicators. They deploy both persuasive and convincing communication styles to sell their vision and rally their people to achieve common desired goals.

As a leader, your communication will either make or break your career. What and how you communicate will either earn you ardent followers or turn people against you. You cannot afford to be casual with your communication if you are desirous of advancing in life.

To be a great leader you must learn and master the art of effective communication. You need to study the speeches and styles of the great orators who have gone before us such as former POTUS Barrack Hussein Obama, Rev. Martin Luther King Jr, President John F. Kennedy, George Washington, and

Sir Winston Churchill among others. You also need to read books and articles by great authors to master the art of effective written communication.

Effective communication will help you to build and perfect these essential five **Ps** in your journey to greatness:

- *Pitch*
- *Publish*
- *Product*
- *Profile*
- *Partnership*

Let's discuss these Ps hereunder:

1) **Pitch:** This is a summarized and powerful presentation of your mission customized to get you new business opportunities in a given situation or interaction. It is your summarized answer to the question: what do you do in life? It is the greatest determinant of whether you shall land a business deal or you shall be politely ignored by your prospective customers.

2) **Publish:** This is either the written or the audiovisual communication about you and your work available either online or via traditional media. These include the books, essays, and articles you have written, and or the audios and videos you have done depicting your work.

3) **Product:** These are the formal vehicles through which you

offer solutions to your target customers. These could include online courses, training manuals, e-books, paperback books, beauty therapy services, bookkeeping services, tax consultancy services, herbal medicine, event planning and management, outside catering, whole foods restaurant, etc.

4) **Profile:** This is how you are known out there, your persona, and how people perceive you. This is how google *describes* you. Your profile is impacted greatly by the levels and effectiveness of your communication about you, either from you or from those associated with you. You cannot leave your public profile to chance since many opportunists will gleefully fill in the void and tell *your story* the way they think it is, which may sometimes work against you.

5) **Partnerships:** Finally effective communication will help you to build valuable partnerships with other stakeholders who share similar aspirations, thus creating synergy and efficiency. Partners work well with those they understand; they get to understand one another through the effectiveness of their communication.

Kindly note: Whatever your passion or talent, whatever your mission and vision, whatever your aspirations and dreams, the realization of the same can only be achieved when you incorporate effective communication as an inalienable

component of your success journey.

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ABOUT THE BOOK

You are a unique package of divine possibilities, the epitome of God's works, the very best of The Master Architect and Grand Designer of the Universe who purposed to make little versions of Himself complete with a mandate to have dominion on the earth.

Unfortunately, many people continue to live in their limiting comfort zones despite such precious endowments and inbuilt capabilities chiefly on account of ignorance, fear, and self-doubts. The brave minority, who through the right application of knowledge, personal discipline and consistent effort pay the requisite price to unlock their innate potential, ultimately enjoy a life of abundance with personal freedom to boot. They essentially become the Key Persons of Influence in their various fields.

In this book, we show you how you too can ***unlock the wealth within you*** and live unlimited life of abundance. You too can purpose to join the elite minority club of the super achievers and live an inspiring life of lasting positive impact. Welcome on board.

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