



30 *Days'*
**BETTER-LIFE
ONLINE COACHING**
Program



Start Date: 1/1/16

Get Better in 30 Days | Study on WhatsApp | Register with +233244920845



30

Days
to

Better
Life

A GUIDE TO 30 DAYS' BETTER-LIFE
ONLINE COACHING PROGRAMME

Facilitated by,

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30 DAYS' BETTER-LIFE ONLINE COACHING PROGRAMME

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ABOUT THE 30 DAYS' BETTER-LIFE COACHING PROGRAMME.

According to Stephen Luke, “you are the CEO of your own life. Start making executive decisions today.” Yes, you are responsible for who you become; better or worse. This 30 Days’ Better-Life Online Coaching (B.L.O.C) Programme was designed to guide you systematically through a thorough investigation about yourself. It is aimed at helping you to discover better things about yourself and directs you to improve the dreams you live in a positive way. It comes with personal experiences, motivational stories, impactful quotes, thought provoking personal development questions and top ten inexcusable questions you should find answers to.

1. You will participate at your own convenient time each day. The programme is less stressful but inspirational.

2. You will answer two personal development questions about yourself each in 30 days. Answers to these 60 questions will challenge you to dream bigger, wilder, and wider.
3. Your better life success will depend on how sincere and serious you are committed to answering the personal development questions.
4. You will be awarded a Certificate of Participation for at the end of the programme upon request.

HOW TO JOIN AND PARTICIPATE IN
THE B.L.O.C PROGRAMME

- Send your name, age and country to the WhatsApp number +233244920845. You will receive an approval and get added to the Group in which the Coaching is going to take place.
- You need a pen, jotter or book in which to answer the questions asked. Feel free to answer the questions with facts. Nobody will ask for your answers. They are your own answers and you can choose to hide them from anyone if possible. Be sincere.
- The sanity of the WhatsApp Group is highly upheld. No posting of jokes, photos, news, devotions and political debates, etc. will be allowed. Anything to be posted should

be relevant. Perhaps personal development and entrepreneurial quotes and teachings from other quarters may be tolerated once a while. Feel free to ask personal questions in the group or through a private chat with the facilitators.

- The group may be dissolved at the end of the programme unless it is otherwise decided.

HOW MUCH WILL IT COST TO JOIN THE B.L.O.C PROGRAMME?

Participation is free. However members may be given some e-books for further motivation at cheap costs. This will however be optional. Members will receive Certificates they would require to print at their respective destination. A member who wishes to get his Certificate printed and sent via postal address would have to bear the cost.

GET STARTED!

DAY ONE

I have noticed this many times when consulting with medical doctors. After exchanging greetings, the patient's next words would go like, *"I am weak, my head aches, I am feverish."* Some patients who know their conditions very well would tell the doctor, *"I am a diabetic patient", "I had a surgical operation done 3 years ago"*, etc. Good or bad, you need to know who you are. You will have a good direction and make profitable relationship when you get to know yourself better. It would provide you with ideas on what you should improve about yourself. If you don't know more about yourself, you may step on gold and think it is a rock. You may allow opportunities to slip away if you have no knowledge on how they can be exploited. I love what Dr. Myles Munroe said; "purpose unknown, is purpose abused".

Q1. What is the next thing you will say about yourself after mentioning your name when introducing yourself to a stranger?

Q2. Will you be comfortable if the stranger hears that kind of description about you? If yes, why? If no, why not?

Thought of the Day: *It is expedient to know yourself better. You may like or may not like what you would get know about yourself. But it is good you know it. That is what will grant you the enthusiasm to desire change for the better and increase the speed at which you should do so.*

DAY TWO

I again noticed that some patients do feel shy to tell the truth about the underlying factors for their conditions. A young female who attempted committing abortion may refuse being open for the fear that she would be disgraced. Mostly people like alcoholics do deny having tasted alcohol in their entire lifetime. I remembered an instance where someone who was raped claimed she only fell down and hurt her private part. It took her colleague in whom she confided the truth earlier before seeking medical attention to get the real truth revealed for urgent management to be done. This case was not different from that of an arm armed robber who was shot and had the bullets sticking in his thigh. He claimed he fell off from a bicycle with the fear that if he discloses his true identity, he might be arrested and prosecuted. It took a close friend to get the

truth out. Sometimes, people tell the truth about us than we do ourselves for many reasons.

Q3. Which three (3) negative things about you will you dislike if someone uses them to describe who you are to a stranger in your absence?

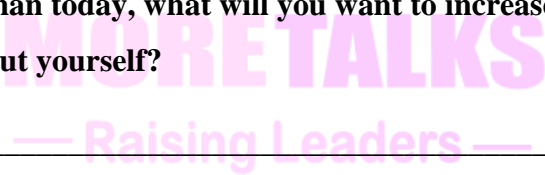
Q4. Which three (3) positive things about you will you like if someone uses them to describe who you are to a stranger in your absence?

Thought of the Day: Sometimes it takes another person to get the real kind of person you are revealed to you. Maybe you are comfortable with your actions, but people who are affected by your actions are uncomfortable. It could also be that while you think you are not useful in anyway, you have had a secret impact in someone's life you never know about.

DAY THREE

Michael Jordan was not received into the senior basketball team because of his short height despite his desire to play there. He took few months to do something everyone would refuse to do until his body responded and his height slightly increased. He did hard labour trainings which saw him jumping from one moving car to another and from high storey buildings to the floor, among others until his better and acceptable height was gained. When he was featured in the senior team, his performance was unbeatable. There is nothing called an overnight success. Even, riches don't come overnight. If it comes at all, it is for people who do illegal or immoral things or both. If you should increase, it will happen because you found something to die for and dare to go extra mile to make it happen.

Q5. If in the next 12 months, you want to define yourself in a better way than today, what will you want to increase or improve about yourself?



Q6. List as many as opportunities you will need to become the better person in the next 12 months including those that look difficult, dangerous and impossible but helpful.

Thought of the Day: *Nothing comes with ease. If your examination is easy, it does not mean you will be awarded marks even if you don't answer any of the questions. You must act before you get a positive response. Sometimes, the actions we need to take do not look honourable and we choose the alternative which is more horrible. Try the impossible; that is the only option if you truly want to get better.*

DAY FOUR

Abraham Lincoln had many opportunities to contest national elections which he attempted. He lost many of those opportunities, but still created more by going further to contest even higher positions. He eventually won the Presidential seat and found his way to the Whitehouse after failing to secure parliamentary seat in previous years. Many people may think he was hungry for power. Well, for that I don't know. But I learnt from his persistent attitude that if I don't have an opportunity, it is because I created none. If I miss an opportunity and have none again, it is because I did not create a better, bigger and broader opportunity afterwards. Three things do matter; 1. How you define an opportunity. 2. How you

approach opportunities at your disposal. 3. How you react after an opportunity produced no worthy result.

Q7. Have you had any of these opportunities listed in Q6 in the past? If no, why? If yes, how did you approach and utilize them?

Q8. If you have never had these opportunities listed in Q6, can you create them for yourself? List the ones you can create.

Thought of the Day: Sometimes the opportunities that work for us are not the primary opportunities we embrace initially. But rather secondary and tertiary opportunities that came out from the primary opportunity created and embraced for the start. An opportunity may link you to another opportunity or multiple opportunities. It does not mean only the latter is useful. The former is equally useful because it was the one that did the linking.

DAY FIVE

When he was about to contest the 2015 elections, President Mahamadou Buhari of the Federal Republic of Nigeria used a method of campaigning that he never used before in the previous elections he lost. Before he started, he apologized to the families whose hearts he hurt by staging coupe d'état in the previous regime. This made him to win the hearts that were formerly bleeding against him and he turned enemies into allies. Reports said he stopped campaigning with verbal threats and attacks and targeted visions that would deal with the high rate of corruption and terrorism in the Africa's largest economic nation. This may not be the only source of his victory, but it had made a positive contribution to it. Truth be told, if we can give up on negative methods of living life and adopt positive methods, the result will be overwhelming. But before you can quit a negative way of living you have applied for a while now, you must identify them.

Q9. I believe you have identified many bad habits you would love to quit for a better life. Write down at least 10 of them. For the sake of this programme, I define bad habits as “habitual behaviours that work against opportunities in Q7 and Q8.”

Q10. Which 10 good habits will you love to adopt in order to help you achieve a better life?

Thought of the Day: *Habits are like flats tyres. If you don't change them, you remain where you are even if you get more fuels. However, if you change them, your way will be smooth. Removing the bad tyres won't move the car anyway. It is the replacement of the tyres with good ones that will do the job. Your bad habits don't need just a quit. They need a replacement with good ones.*

DAY SIX

Ex-President Jerry John Rawlings, the first President of the fourth Republic of Ghana in a public address stated passionately that, ***“I Rawlings will not turn round and commit the very crime for which another man lost his life.”*** Decades ago, after a successful revolution and military uprising he coxswained to take over the power of governance from the political leaders of the time, he executed some statesmen who he discovered to be corrupt and unfaithful in managing the resources of the nation Ghana. Years after his governance that was transitioned into a democratic dispensation, he was accused of being corrupt as well by his

political opponents. Taking the opportunity to redeem his image, set the records straight and refuse to allow history to be falsified he spoke what he called the truth, pointing to the fact that “you cannot have justice without the truth”. His final words I repeat, “I Rawlings will not turn round and commit the very crime for which another man lost his life.”

Q11. Look around your environment. Discover 5 kinds of people who have never brought out any good thing in you. (Classmates, boyfriend, girlfriend, neighbours, teachers, etc.).

12. How do you know they never brought out the best in you? What specifically have they done or have failed to do that made them to be nominated in the list in Q11 above by you?

Thought of the Day: *If you take time to discover how badly people treat you, it should remind you of how you should also not treat other people badly. When you treat people badly the same way you were also treated badly, they will feel the pains you also felt. Sometime we need to identify bad people around us not only*

because we want to avoid their companies, but also because we do not want to repeat the very “crime” they have committed against us.

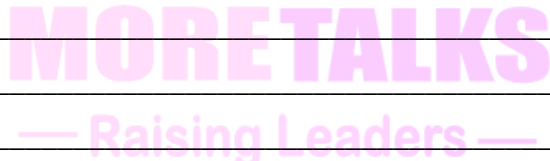
DAY SEVEN

I like Ruth, the young widow. She never wanted to give up on Naomi, the old widow. Naomi perhaps never gave Ruth a brand new dress, a brand new house, etc. But her presence alone was a hope to the young lady, Ruth. She would never give up on her. In her own words, Ruth was determined to follow the steps Naomi would take and die wherever Naomi would die. Orpah, the other young widow on the other hand never saw the great value Naomi added to their lives. Perhaps the value from the poor old widow was too tiny to receive appreciation from the young pretty lady who by her carnal judgment perceived that she had the hope of getting a new and better husband at her tender age. She left Naomi and took her way. Years later, the difference showed. Nobody heard of Orpah again. However, Ruth was grafted to the family tree of Christ Jesus. Now this is the lesson; Naomi brought the best in Ruth, but Ruth played her part by not rejecting this opportunity. Elijah gave the best to Elisha, but Elisha played his part by receiving the cloak his master left for him. When Joshua took the mantle from Moses, he did not leave it to rot. He and his family

were prepared to set example for the entire Nation, Israel. You may receive an opportunity or gift, but if you don't play your role in using them, you are not better than someone who never received these gifts.

Q13. Look around your environment. Identify 5 kinds of people who brought out the best in you. (Classmates, boyfriend, girlfriend, neighbour, school mates, pastors, etc.)

Q14. How did you know they brought out the best in you? How did you contribute to make their efforts become successful? List the roles you play to supplement the offers you received respectively.



Thought of the Day: *You will find people who can contribute to adding positive values to you. However, you have a role to play; you must put into a good use whatever positive gift (material or immaterial) you have the opportunity to receive from them.*

DAY EIGHT

Isaac Newton, one of the greatest inventors in history ones wrote; *“If I have seen farther, it is by standing on the shoulders of giants.”* Who are the giants? Do you need them at all? Why do you need them? I believe your guess is as good as mine. Sir Alex Ferguson picked an unknown Cristiano Ronaldo from Portugal and their companionship was beneficial to each other. Ferguson signed Ronaldo at an amount of 12.24 Pounds for Manchester United FC and mentored him for 7 years and the former unknown player, now popular got signed to Real Madrid Football club at 80.00 Pounds. What a difference. This player won almost every award in football, being the first player to win four main PFA and FWA awards in 2007, winning FA cup the following season after being signed and scoring the 1000th goal for Manchester United in Barclays Premier League. Aside records, being the most popular player, he was the first to celebrate 50 million “likes” on Facebook.

MORE TALKS
— Raising Leaders —

Q15. If you will make a new connection today, which five kinds of people will reach out to, and maintain for a better life? (E.g. A person who loves designing, a person who loves counseling, etc.)

Q16. Give one reason for each kind of new connection you want to make and maintain in order to achieve a better life. (e.g. A friend who has a knowledge in ICT, so that I can better my knowledge and skills in Corel Draw)

Thought of the Day: *You have the right to choose your close associates, mentors and friends. Your brothers and sisters were provided to you by nature and you have no choice whether to accept them or not; you can't choose them. But you can choose your own friends. You will determine who hangs around your porch every time.*

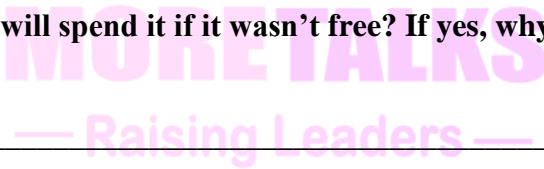
DAY NINE **MORE TALKS**

The parable of the talents teaches us about some people who were given different values of talents. Some received small while others received big. But one thing was common; they all received from the same master. However, they all used their talents based on the perceptions they had about the gift and its giver. This is how the man who received the smallest also approached the situation with his perception about the gift and its giver. About the gift; he was not grateful for the size of what he received and hence this master

would not get the opportunity to be nominated in list in Q13 if this young man would get the chance to partake in this programme. About the giver; he was scared of his master’s attitude and would choose to keep the talent as he received it. Perceptions can kill or heal you. Perceptions can make you to use or misuse your time. Perceptions can drive you into gutters or lift you to higher grounds.

Q17. Imagine you were given GHC 100,000 today for free. Write down how you will use it on your potentials. Imagine this money is not free, but to be paid back in 12 months, write down how you will spend it.

Q18. Is the way you will spend the “free money” different from the way you will spend it if it wasn’t free? If yes, why? If no, why not?



Thought of the Day: Just one bad habit that can kill your dreams. Stop devaluing what you have because you received it for free. Whether it is free or earned, you should not take any resource or opportunity you have for granted.

DAY TEN

The former President of the United States, John F. Kennedy once said; *“We must find time to stop and thank people who make a difference in our lives.”* Like it or not, you are not in the world alone. You became who you are now because of some people who appeared into the scenes of your life uninvited. They have made tremendous contributions that coloured your life positively. Their inputs could be in terms of financial support, motivational words, academic training, health management, spiritual uplifting, etc.

When you find time to appreciate people who fall into these and other positive categories in your life, you give them the chance and inspiration to do more to other people as well. Sometimes you invite them to do more to you indirectly. You don’t need to pay them in the same styles. To some of them, just a simple thing; a tiny appreciation would carry and big weight.

Q19. If you would appreciate people who brought out the best in you as you have identified in Q13, how will you do it today?

Q20. I believe you have ever brought out the best in someone before as someone also did to you in Q12. List five of these people and identify how you help them.

Thought of the day: *Appreciating a good effort attracts better efforts. Sometimes we need to look back at our own generosity shown to others, not because we want to show off. But because we want to know how much more we can do than we have already done, to whoever we can do so and at whichever time that will be convenient.*

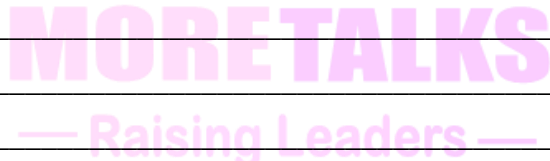
DAY ELEVEN

“The function of leadership is to produce more leaders, not followers”, said Ralph Nader. I believe this so much. This is a principle Christ used in preaching the Kingdom message. When he ascended, the gospel still lives. Why? Because he was able to produce not only listeners, but also leaders who walk in his footprints. When a boss dies, his rules end. When a leader dies, his principles begin to grow. Now get. It is not the leader, who goes influential, else once his body is interred, his influence will decay. It is his potentials he optimized to achieve his purpose. Potentials

when optimized can travel through any medium to influence someone else at any distance. However, there are deadly factors that can hinder the growth of a potential. There are many thousands of them, but the one compactible against your dreams will be the one you should discover and kill before it kills.

Q21. Target 5 categories of people you would want to bring the best out of in the next 5 years. E.g. Children with malnutrition, Students preparing for remedial exams, etc.

Q22. What are the top five factors that would make this ambition you listed in Q21 to die off? What in your opinion is likely to take you out of focus?



Thought of the day: *You are living life to an expectation when your life is helping other lives to live their dreams. Just dare to keep helping people. However, if you think you can't help them, don't hurt them. If you can let them have any gain, don't give them any pain.*

DAY TWELVE

Once upon a time, I bought a book for one young lady as her New Year gift. The book seemed to have loads of knowledge on relationship and pre-marital matters. It's entitled ***“Waiting and Dating”***, written by my role model, the late Dr. Myles Munroe. I thought she would like it. I wanted to surprise her, not knowing she gave me the biggest surprise of the year. To my surprise after revealing the book to her, she chuckled and said; “Is it book that I will eat?” She thought I bought her kebab, pie or something she would eat and be satisfied. In her mind I guess she quizzed; ***“what’s the essence of a relationship book? This guy thinks I am a student again to be reading these plenty stuffs.”*** Three years after, I met her online and we had chats as she was long distances away from me. She seemed not to be happy. I did not compel her to tell me her problems because I was also battling with my problems at the time. Days after, she freely opened up to me that her heart was broken recently by one foolish man. I did console her and motivated her that she can love and become happy again. However, after the interaction I wondered and I am still wondering; who is the fool? The one who refused knowledge into an honourable journey she should venture into or the one who drove her through the wrong direction and missed the destination in a horrible journey?

Q23. What would be the best ever gifts someone of any gender will give you that would make you happier than before? List five of them according to their essence to you. (E.g. money, book, food, advice, time, attention, mobile phone, clothes, cosmetics, television, video game, etc.)

Q24. Where would be the best place someone of any gender would take you to that would make you happier than usual? (E.g. hotel, night club, church or mosque, drinking bar, pleasure resort, seminar, funeral, comedy show, etc.)

Thought of the day: *Sometimes we don't actually know what we need. It's like the steps we are taking are toward the east while our desires are in the west. The more we move, the more we create a gap between us and what we need. The most difficult thing, someone said is "making a choice". At the end of the day, the choices we make rather make us up.*

DAY THIRTEEN

I was a very shy person during my adolescent age. That was not usual of me as a child because during our Bible recitals on Children's day celebration in my church, I did very well. But something went wrong and I couldn't find my childhood public speaking vigor again. I began to fear crowds of people. Even to face a young lady a chat together with her was something that made my heart beat faster than when I saw my father's dead body laid in state. I would dodge many choir functions because I was initially shy and afraid to face a gathering of masses to sing. Days went by and I discover new things about myself. I noticed that what I discovered about myself would definitely take me to the front of masses. I had to make the bitter choice of accepting to deal with my fear of speaking in public because that was the only option. I took the "acclaimed boldness" to engage in quiz competitions organized in my school when I got into the nursing school, sometimes on behalf of my class and other times on behalf of my denominational unit on campus. During these quizzes, I pretended all was well, meanwhile only I and my God know how I did panic and trembled to get answers out to questions asked. I remembered my determination took me to a regional and a national quiz which made me to appear live on Television for the first time. Frankly speaking, after I left the GBC studio B with a good performance, the "fear" divorced me. I noticed that my courage had a boost and that was where I think my journey to becoming a motivational speaker commenced.

Q25. What scares you so badly that you don't feel comfortable when it comes into your knowledge? What are you afraid of even if the thing has not appeared to you yet?

Q26. How did you deal with these fears in the past? Were these steps successful? How are you going to deal with them? If you would need an expert advice, would you pay the price to receive it?

***Thought of the Day:** Everything you want is on the other side of fear. If you don't break through the fears, you may forever maintain the distance between the better life you need and the average life you enjoy.*

DAY FOURTEEN

Innovation is the clock of the minds of positive people. I hope you will agree with me that everyone was created to be creative. Yes. However, it is only people who question the presence that can add

colour to the future. Many people saw mangoes fell and guess what came into their mind? ‘This fruit is gonna be sweet’; that’s all! Isaac Newton at that time was a difference thinker. When the mango fell, he asked; “how did it fall?, what made it to fall?, why didn’t it fall upwards but rather downwards?, etc.” he questioned things he could not understand and there he built his skills to invent a complex knowledge in science. When a conflict breaks, some people only look for whom to blame. People who ask “how” are those who would find solutions to bring back peace. When there is famine, people who shed tears because of hunger will never put food on their own tables, but rather people who go further to know the root cause of the famine.

Q27. If there should be a song to comfort you when you feel downhearted but it is not yet sung, what would you like to be the words of this song?

Q28. If there is a book that should change your life, but it had not yet been written, what do you think should be the title of this book?

Thought of the Day: *There is something that makes you happy, inspired and refreshed. You got to figure it out. Perhaps there was a specific thing that pushed you to wonder and you asked unanswered questions. Watch those things carefully. Something new can come out from them through you for the world.*

DAY FIFTEEN

I read an interesting story of a prisoner becoming a priest. He was a murderer who became a monk while in prison after he found God. James Tramel was 17 years old in a private military preparatory school in Santa Barbara when he participated in a fatal stabbing of a 29 years old man together with his roommate David Kurtzman. Well, Tramel and his roommate were imprisoned for a minimum of 15 years for second degree murder. While in the prison, Tramel had a conviction which led him to the gospel of the kingdom of God. The message spiked his interest and he pursued Masters Degree in Theology after his undergraduate degree in Business Studies while in prison. He was ordained in 2005 as a priest while still in prison. In a Telephone interview on that day, he said; ***“I am humbled. I feel the weight of my responsibility to justify the faith that people have put in me. I am extremely grateful.”*** After serving the 20 years in prison, he became an assistant pastor at the Church of the Good Shepherd in Berkeley.

Later on he became the rector of Trinity church. Surprisingly after years of service in the church, something happened. Trammel was involved in a sexual misconduct with a parishioner and was suspended for two years. The story continued when he repented and was received back. Then a year later, something went wrong again. The story continued.

Q29. If you could clean one dirty thing you did in the past, what would that be? It could be something you did illegally or immorally or both.

Q30. How will you prevent that dirty thing from appearing in your future? Outline 10 clear cut steps to keep this or any of its versions away from happening again.

MORE TALKS
— Raising Leaders —

Thought of the Day: *Ghosts of past appalling behaviours seem to linger around our fences often. Any slight forgetfulness on our sides may ring them to come back into our doors again. Be serious and work hard to lose these ghosts forever.*

DAY SIXTEEN

According to Bob Proctor, *“accountability is the glue that ties commitment to the result.”* The concept of accountability compels you to act right, not only with the thought of getting the result, but also for the thought of not being found wanting when time is due for accountability. At the end of the day, the result is achieved. Between your present station and your destined station, is the vehicle that should convey you. The thought of accountability is the best vehicle that never breaks on the way. Observations revealed this thought that people who believe they will one day account to God for how they spend their days of earth do not want to waste even a minute of the day. People who don't make accounts make excuses. Sometimes you may be found corrupt if you should account to your own self. However, if you get a wise partner, you will make the best happen. To deal with a bad habit, increase your commitment and get pushed to do what you hardly move into doing, you need someone to watch you, rate you and assist you to go heights. It is not only about finding one; it is about finding the right one.

Q31. Who do you think can assist to prevent you from repeating the illegal or immoral dirty thing you mentioned in Q29?

Q32. Why did you choose this particular person? Identify the hidden reason for your choice.

Thought of the Day: *Life they say is like a trolley. It cannot go the right way on its own. It must be guided, monitored and sometimes redirected to reach its destination. Dreams are prone to getting out of hand if they don't get watched and guided.*

DAY SEVENTEEN

I read this on the internet and have not yet proved its authenticity. But I think it's much of a lesson.

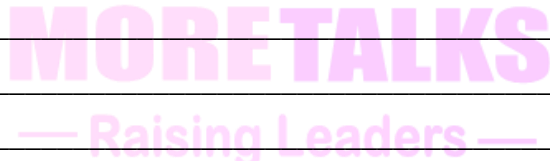
Aliko Dangote needs no introduction to any African who is current. Well, he is the 23rd richest person in the world and is said to be the second most powerful African alive in terms of wealth. The question is how did Dangote attain such a height? The answer may not be found in the Forbes Magazine or on Wikipedia. ***“If you are willing and obedient you will eat the good of the land”***, said

the Holy Bible. Sometime in the early 90s Dangote had an encounter that set his foot on the path of destiny. Archbishop Benson Idahosa had some guests who needed to travel back urgently from Benin to Lagos to catch up their flight to the US. Unfortunately by the time the Archbishop took his guests to the airport they were told that the last flight for the day was overbooked and not a single seat was available. As a matter of fact, the passengers have boarded and were about to take off. Idahosa asked for the plane to be delayed a few minutes and walked to the tarmac where he was allowed to address the passengers. He pleaded with them about the desperate situation of his guests and asked that two persons should donate their seats for his guests to get to Lagos. Everyone in that plane was believed there is God. But none of them bothered. Some pretended to be asleep, some pretended to be praying and the man of God stood waiting. From the back of the plane, a young man asked the person sitting next to him to get up and together they vacated their seat for the American visitors. Idahosa stopped him in the aisle of the plane and asked, “Young man, what is your name and what do you do?” “My name is Dangote, Aliko Dangote and this is my assistant. I am a trader, a businessman.” It was there and then, that Idahosa prophesied to him that “the World will get up for you”. He prayed that God should take his business beyond Africa and bless him beyond measure. Today we see that prophesy manifesting. God destined that blessing for someone seated in that plane that evening. But

there was a condition attached to it – Isaiah 1:19; “If you will only let me help you, if you will only obey, then I will make you rich! Dangote’s wealth today was not meant for a Christian businessman who was too proud, too fixated in his mind to offer the “fellow man” a seat.”

Q33. How do you show appreciation to your Creator? How do you prove your love for Him?

Q34. Is your answer in Q33 similar to how you prove your love to your fellow human beings, especially those you fellowship together with? If yes, how? If no, why?



Thought of the Day: *If how you prove your love to God is different from how you prove your love to man, God’s definition of love is different from your definition of love.*

DAY EIGHTEEN

Everyone had a turning point in his life; a moment with great opportunities that changed everything forever. The turning point for Dr. Myles Munroe was a trip to attend a religious program in Tulsa, Oklahoma. On one of the program nights, the scheduled speaker, the late Archbishop Benson Idahosa, wasn't able to make it. Like a bolt out of the blue, Munroe was chosen to replace him. He spoke at 7:30 p.m. that evening; it was the only evening that week when the media, including TBN and some radio stations, were present. He was at the right place at the right time. He preached about the same Kingdom principles he preached till he died. From that night, his life story was rewritten and his international ministry was born. Book publishers, radio, and TV stations began approaching him. ***“If you refine who you are, the Lord will expose you when you are ready”***, Munroe said as he told this part of his testimony. Munroe admits he is angry at things not being the way they ought to be and churches not reaching people the way they should, and that has been the propelling force behind Munroe going before world leaders, kings, queens, governments, church leaders, and many others. The core points of his words read; “Leadership is birthed out of anger!” he said. “I was angry at things that are not the way they should be. In life, purpose is defined by the thing that makes you angry. Martin Luther was angry; Mandela was angry; Mahatma Gandhi was angry; Mother Teresa was angry. If you are not angry, you do not have a ministry yet. “I am still angry at the oppressive spirit, a byproduct of

colonization that exists in Third World countries. Many people are leaders trapped in a follower's body. A leader can transform an army of frightened people into fearless people. A leader does not have stinking thinking. We came to earth to be the answer to a question--the solution to a problem." I want to believe that you can live a better life if only you are angry at the good life you have lived for a while now.

Q35. Do you like how you lived your life in the past five years? If yes, would you like to live the same life in the next five years? If no, what makes you think so?

Q36. If God asks to change some things about you today, which five things would, you give him the chance to change about you?

Thought of the Day: *You can't change whatever you are comfortable with. You can't improve whatever you are content with. Like the four lepers at the gate of Samaria, being angry at*

*worse situations is the tool to lift you up to go extra miles,
transforming them into better situations.*

DAY NINETEEN

Imagine you are at the funeral ground of a loved one,
As you walk inside the building, last respect to be done.

*You feel the sympathy of losing a very dear person,
And you start to think, memories teaching you a lesson.*

As you walk into the mourning room, to see the body finally,
But you came face to face with yourself on the bed suddenly.

*Imagine it is your funeral, 70 years or more on earth,
With loved ones expressing feelings at your untimely death.*

Imagine you took a seat, waiting for the ceremony to commence,
And you pick and read the outline, five tributes are to dispense.

*One speaker from your family and one from your congregation,
The other from your friend and another from your occupation.*

The final speaker to be your spouse (spouses) you left in trouble,
Now think, think, think deeply very about this period in double.

What will your friends read about you?

What will your church tell about you?

Who will your boss at work say you were?

What about your wife (husband) and children?

Now what will you rather like to be said about you?

Yes! You can make that real tribute by the life you live today!

Let your life count in the life of someone else!

Live life so well!

Q37. If you get the opportunity to read your own biography at your own funeral, which one big thing will you say you have achieved? List just one dominant thing. Just one!

Q38. What would be the value of the dominant achievement you have listed in Q37 above? How did it benefit your community in a positive way?

Thought of the Day: *Everything you do, every word you speak, every step you take and everything you failed to do together brand your life. This means whether you do deliberately or not, you*

are branding yourself. So why not try to create a better brand intentionally?

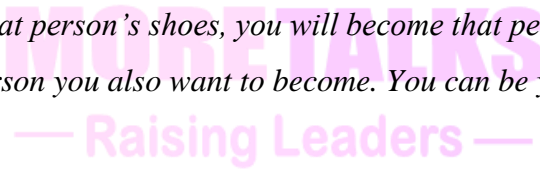
DAY TWENTY

Age is just a number. It is no too late; neither is it too early for you to start living your dreams. Your lateness is in your ability to discover your dreams and still remain idle for someone to give you an approval. If you want someone to open the gates for you before you go out to make a difference, you may forever remain indoor. One thing I found to be easy about life is “giving advice to other people”. One thing I found to be very difficult about life is “giving advice to myself”. It is easier to address other people’s situations than dealing with your own. When I found this, I decide to deal with it because it had been a great challenge of old days. King David could tell Prophet Nathan that a man who has many animals but still laid hands on his friend’s single animal for sacrifice deserved to die. Meanwhile he never thought he (David) laying hands on his fellow man’s wife should deserve death. The positive lifestyle here is that, we are good at giving advice to others. The negative lifestyle in this regard is that we don’t see the need to give this advice to ourselves. For a better life, we need to put to test the action plan to practice some of them things we tell people to do.

Q39. If you get the opportunity to start life as a kid, which one thing will you want to be remembered for below 10 years of age?

Q40. Give three pieces of advice you would give to an under 10 years old child you want to train to achieve what you want to achieve.

Thought of the Day: *If you can write down how you can train someone to become who you also want to become; and you put yourself in that person's shoes, you will become that person who is the direct person you also want to become. You can be your own teacher.*



DAY TWENTY ONE

Many people have dreams that have become nightmares. Indeed they are dreams; they just stole the apparels of nightmares to appear so. When time is taken for them to strip and get broken

down, there you will see their true nature as dreams. The words of P.G, an anxious friend I met after speaking at a conference; ***“I want to write a book, but I can’t. Anytime I start, I become fed up because the book I dream about is too big....about 200 pages”***.

P.G was trying to face a big load squarely and carry it at a go and look at her; miserably depressed. It is predictable that P.G will continue to worry over her hanging dream every day until one faithful day comes when she realizes the need to break down her dream into chewable sizes. What could be the solution? Perhaps she could break the 200 pages into chapters and tackle each chapter individually until she combines the dismantled fragments and there she will go, from anxiety to joy. My words to P.G; “If you can’t write long story, you can write a short one! If you can’t write a short story, you can write a short article! If you can’t write an article, you can write a sentence! If you can’t write a sentence, you can write a word! If still a word will fail you, you can still write an alphabet”. Yes. If you can combine sentences you write hourly together for a month, you have done a great job. However, before you can stay committed to writing these sentences hourly, you need laws or commandments that you should obey to guide you make it happen. You need to quit doing something you are used to doing and you must task yourself accountably to stay on that dream so it does not become a nightmare

Q41. Which habitual mistakes do you always make? E.g. Buying what you don't need, spending time with people you who add no values to you, listening to critics, etc. List five.

Q42. Write down ten personal commandments that will guide you to correct these mistakes in Q41 above. Let each commandment start with "Thou shall..." E.g. Thou shall spend only 30 minutes on phone call each day, Thou shall write down tomorrow's plans before you sleep, etc.

Thought of the Day: *A dream without commitment is a nightmare. It is like a house without a fence. Any two legged or four legged living thing can enter it at any time and do its own thing. Regulations you draw and obey to see your dreams tow the right direction will protect them till they become realities.*

DAY TWENTY TWO

Researches revealed that about 98% of people who die in the USA out of cardiovascular diseases including hypertension do die on Monday mornings between 7:00am and 9:00am. The cause was not known for many years until it was proven later that Monday mornings between 7:00am and 9:00am are the busiest hours of the week and people become worried about going to a place called work which they hated most. The thought of going to a place hated most after enjoying a weekend of freedom creates an undue anxiety which worsens people's health conditions. No wonder the high rate of mortality within these tension hours. The work you hated to do but because of its wages stick you to remain there can easily kill you. You will do it out of compulsions, not out of compassion.

Q43. Which work or job are you doing? Is it the kind you love to do? Sincerely rate your love for the work you do. E.g. 30% Love, 50% Love, 70% Love, 100% Love, etc.

— Raising Leaders —

Q44. If you do love your work, why? If you hate your work, what is the cause? If you would love to change your work, what would be the alternative? If you would love to continue your work, what will be your vision for the next 10 years?

Thought of the Day: *You can't improve what you are not good at doing. You can't progress in what you hate doing. You can't excel in what you have no interest in. You can only excel in doing what you love and are motivated to do regardless whether it pays or it pays not.*

DAY TWENTY THREE.

Few days ago, a young man introduced himself to me online as a “juju man” who can make people rich through casting of spells. According to him, he multiplies money for people through spiritual means. He also added that he could go to steal money from banks by going there as an invisible person to get what he would want. I wasn't surprise because I do see these ads often. Before I blocked him, I asked him if he can multiply “time” also because I see time to be more valuable than money. I added that, I would be interested in knowing if he can go somewhere being invisible to steal time? My guess was right. He said; “that is impossible”. As funny as it sounds, I learnt my lesson; valuable things never come cheap. Money is what makes time. Whatever makes something is greater than that something. Money is not greater than time; money is not everything. If you lose your genuine money and still get time to

live, you can make more genuine money. But if you get money and lose the time you need to enjoy it, you have done nothing.

Q45. What makes you to waste your time most? 1. People around you. 2. Events you attend. 3. People you are around. 4. Your own laziness and other negative attitudes. 5. Any other (Select one)

Q46. Outline as many as five commandments that will guide you to counteract the tactics of the time waster you identified in Q45.

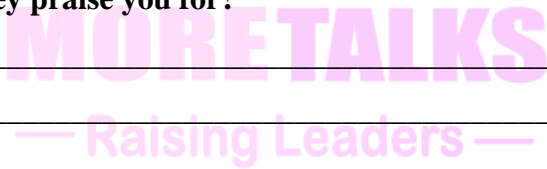
Thought of the Day: *They say time is money. I think time makes money. This makes me to think time is more valuable for than money “time wasters” are dangerous than “money thieves”.*

DAY TWENTY FOUR

I do ask questions my junior staffs (student nurses) to know how they think about me. This usually gives me the chance to improve

on upon my interpersonal relationship with them and others. Some sincerely tell the truth while others get scared of telling me the truth. However, when I explain the need of knowing this for my better life, they do comply. It's an exercise everyone should do regularly. You will be amazed at the difference between how people see you and how you thought they see you. Compliments people give me do inform me that I am doing something good. However, rebukes and corrections I receive inspire me to understand than I can do something better than I have done which I left undone. Compliments don't always grow you; but they will make you to know you are growing. Corrections grow you because they make you do something you have not done yet and thereby increasing your output in untouched territories.

Q47. What do you do and people admire you for it? Which five things do they praise you for?



Q48. What do people rebuke you for? Which 5 things are you corrected every often to do right before you succeed in them?

Thought of the Day: *Whatever you have achieved will give you an experience. But whatever you are yet to succeed in will give you growth. Take corrections seriously; they make you clock additional achievements above your normal achievements.*

DAY TWENTY FIVE

Every citizen of France was hopeful that after the political leadership role of President Nicolas Sarkozy, Dominique Strauss-Khan (DSK) should become the next President. Hopes were on him and his victory was just a matter of passing of dates. His political party trusted him so much and his followers multiplied. Even the opposition party did love him. His experience as a former member of parliament and many countless political achievements put his name on the lips of many. However, something dangerous happened that had watered his political ambitions and he became the most hated criminal in the news at the time. On 14 May 2011, Nafissatou Diallo, a 32-year-old maid at the Sofitel New York Hotel, alleged that Strauss-Kahn had sexually assaulted her after she entered his suite. A semen sample was found on the maid's shirt, and on May 24 it was reported that DNA tests showed a match to a DNA sample submitted by Strauss-Kahn. While they were prosecuting the case at the court, Tristane Banon, a journalist came forward with a claim that Strauss-Kahn had

attempted to rape her some years ago. In September Banon stated that if there is no criminal prosecution, she would bring a civil case against Strauss-Kahn for his attempt to rape her. In March 2012, Strauss-Kahn came under investigation in France over his alleged involvement in a prostitution ring. The allegations relate to his supposed involvement in hiring prostitutes for sex parties at hotels in Lille, Paris and Washington. These and many more allegations, some of which he admitted were true contributed to the fall of his brand and nobody wanted him for any position again. Analysts concluded that the former managing of the International Monetary Fund had a personal weakness when it comes to sexual affairs and this brought his closer to his downfall every day.

Q49. List five weaknesses you discovered about yourself. If you have not discovered by yourself, contact a trust friends and close relatives to help you discover some.

MORE TALKS
— Raising Leaders —

Q50. Which of these 10 weaknesses can easily bring you down when you are careless about managing them? For instance making too many friends can including bad friends can destroy your relationship.

DAY TWENTY SIX

The day I had the greatest frustration in my life was a particular day in my childhood. It all happened when my friends and I were watching an interesting football match through the window of someone's sitting room in the evening. We were not allowed to get into the room. The only way was to arrange blocks that would give our heights a boost and we stretched our heads to view the screen far away in the room. We were so kind to one another in such a way that nobody watched the scenes for too long. Your friend must come up and also watch some until it's your turn again. When it was my turn for the fourth time, something weird happened. One small boy in the living room, who was younger than us boldly came closer to the window and mercilessly sprinkled chilled bowl of water he took from their refrigerator on us. He then closed the window against us immediately and we couldn't see him again. The opportunity to watch the TV did not only slip away; we were also wet with cold water and had nobody to report the matter to. As I turned back and took my foot path to the house, I felt so sad within and was extremely frustrated due to the small boy's wicked behaviour. I whispered to myself; "one day I will also buy

television and watch it in my own room. I will buy 10 televisions so that if the first TV spoils, I will pick second one. If the second TV spoils, I will go for the third one. If the third TV spoils, I will go for the fourth TV, etc... and so on.” I became serious with my studies at school because I had a dream of buying many televisions when I grow. I even went to ask for the price of television at that time and nodded when the price was mentioned to me. I told one of the televisions lying on the shelf; “one day, I will buy you, okay?” That’s not the end of the story. Few months after holding onto this dream that I dreamt out of frustration, I discovered that my results in school improved drastically. Nobody could predict the cause of my excellent marks except me. I was the only one who knew that “this television thing must happen”!

Q51. What had been your biggest frustration in life? Perhaps it was a day when something took away your personal joy and you regretted having lived that day. Please, recollect this day.

— Raising Leaders —

Q52. How have you contributed towards this frustrating event happening to you? If the same circumstance should erupt today, how are you going to learn from it and prevent it from happening the next time?

Thought of the Day: Frustrations can either break you or build you. They can either trash you or train you. They can either link you to get appealing results or sink you to get appalling consequences. The next time you get frustrated in life over relationship issues, financial matters, etc., think wide. You will get a clue to better your life.

DAY TWENTY SEVEN

In the first year of my Senior High School days, I was careful about which senior student to visit to obtain explanations to lessons I found difficult to understand. This was because some of my seniors I guess knew very little and could not give me much. Going to them multiplied my confusion. Some of them also did underrate me and discouraged me from studying some topics. They doubled my ignorance. I would better do my own wrong physics calculations than going to a senior who would tell me; “Nuclear Physics is a difficult topic. Why don’t you concentrate on learning Mechanics so that you can pick only questions related to Mechanics in your exams and get some marks?” Michael Jordan after identifying his talent in playing basketball did the next best thing; he identified someone who had an experience in playing the

game and this man, Phil Jackson mentored him till he (Michael Jordan) even played better than Phil himself ever played. If Michael Jordan, as a talented basketball player had gone to pick someone who was a very good goalkeeper, Oliver Khan to train him, I believe you are already calculating where would have been his hundreds of basketball goals by now.

Q53. List as many as people who also do either of the one thing you listed in Q51 and Q52. Separate them into two categories; (a) those who know you and (b) those you don't know.

Q54. Which of these people in Q53 (a) and (b), will you want to get closer to, to obtain a help? If it's impossible to get closer to any of them today, which lessons will you pick from their lifestyles.

Thought of the day: If you don't know things you can do on your own and things you can do very well by the help of other people, your presence with these people will not bring out any good thing

out of you. Lack of self-knowledge would make you abuse the availability of your unfound mentor.

DAY TWENTY EIGHT

At a conference, I asked a question which Dr. Myles Munroe often asks his congregation. Imagine a lion looks at an elephant in the bush, what would come into the mind of the lion? I got varieties of answers. Some people said; “The lion would say this elephant is too big to devour”. Another person said; “The lion would be frightened because it had met an animal bigger than itself.” Someone also said; “The lion will stop looking at the elephant and walk away because there is nothing it can do to defeat the elephant.” I was still not convinced when someone answered; “the lion would try its teeth on the elephant to see if it can’t eat it up.” Just like the way the renowned speaker would say, anytime the lion sets eyes on the elephant, it whispers to itself; “this is lunch”. It attacks the elephant regardless of its size and weight and gets its lunch without questions. This is a leadership lesson. The moment something looks wilder than you, you are not yet a hungry leader. Only hungry people go for what they want without thinking of tall challenges on their ways to this success.

Q55. Write down three ways you want to live a better life, and accomplish better things than your parents never did. Let this

three areas of your better life be related to what you are hungry for. What are you hungry for?

Q56. If tomorrow supposed to be the last day of your life, which one thing will you do today before tomorrow comes? How hungry will you be for this thing you want to do? Rate yourself in percentages. E.g. 40% hungry, 60% hungry, 100% hungry etc.

Thought of the Day: *You are attracted to whatever you are hungry for. If you don't take that attraction for granted, you will solve your problems. Hungry people are attracted to you because of what you produce to solve their hunger. If you take that attraction for granted, you lose that attention. No hungry person goes to the mango tree to pick only mango leaves and goes home. Everyone wants fruits.*

DAY TWENTY NINE

I walked out from Springboard Road Show, a seminar for all dreamers in Ghana about four years ago with four goals I set for

myself having been inspired grossly. I was fully loaded with inspirations in such a way that if inspirations were measured in kilograms, maybe I may not have walked home. These four goals I elaborate here;

1. When my first name “Ayivor” is searched in Google anywhere in the world, I should be the first to appear among many other people with the same surname.
2. In the next 10 years I should be paying school fees for about 10 people in schools, seeing to their social welfares, health, spiritual and academic needs.
3. I would write down whatever inspiration that drops in my mind at any time and compile these inspirations into self-help books to liberate the masses from their states of lack of direction, inadequate motivation and ignorance.
4. I would write articles, quotes and inspire other people who are willing to know how to do this also. I will teach, train and mentor people and inspire other people who are willing to do this also. I will use any venue be it a canteen, beside the hospital bed, in cars and buses, churches, conference halls, and anywhere online or offline to achieve this.

Four years gone by, I can say, I did not go to this conference in vain. Truth be told, all these that I have listed as personal goals are the paths I am walking on till today by the grace of God. I am not doing this tell you that I am better than you. I just wanted to say,

you too can set goals which will become realistic through your determination and untouchable concentration.

Q57. In summary, list 10 things you have discovered over the 29 days journey of “Better-Life Coaching Programme.

Q58. Which of these 10 things have you already started doing during the course of the programme? Which ones did you intend doing from tomorrow onwards? Highlight the ones you haven’t started and set goals toward achieving all the ten (10).

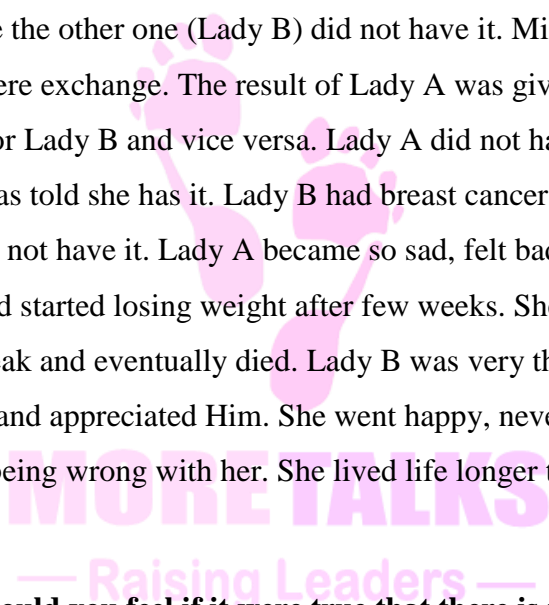


MORETALKS

DAY THIRTY — Raising Leaders —

Mary Kay Ash taught that *“aerodynamically, the bumble bee shouldn’t be able to fly, but the bumble bee doesn’t know it so it goes on flying anyway.”* What this mean is that the bumble bee according science is not supposed to fly. It doesn’t have good features to enable it fly like other bees. Its body shape, its type of wings and generally nature shouldn’t make the bumble bee a flying

insect naturally. But you know the good news here? The good news is that the bumble bee does not know science. It hasn't read physics and biology before. It doesn't know that it can't fly. So as other insects are flying, it also tries to fly and there it goes flying! I learnt a lesson from this story of two ladies once going to the hospital for a test to check if they had breast cancer. Originally, the results of the test revealed that one person (Lady A) had the disease while the other one (Lady B) did not have it. Mistakenly, the results were exchange. The result of Lady A was given and interpreted for Lady B and vice versa. Lady A did not have breast cancer but was told she has it. Lady B had breast cancer but was told she does not have it. Lady A became so sad, felt bad, became depressed and started losing weight after few weeks. She became very sick, weak and eventually died. Lady B was very thankful, praised God and appreciated Him. She went happy, never thinking of anything being wrong with her. She lived life longer than Lady A.



Q59. How would you feel if it were true that there is nothing called failure? How would you feel if it were true that there is something called failure?

Q60. Compare your two answers in Q59 above and outline the different. Think as though there is nothing called failure and set attainable goals for your discovery in Q58.

Thought of the Day: *The truth is that failure isn't what the dictionary says it is. In the mind of successful people failure is even an opportunity to try again with an intelligent approach. Too many limitations we put ahead of us are just limitations of the mind. It would have been better if we have not heard those negative things that gave us negative limitations.*



You have made it...

TOP SEVEN QUESTIONS ASKED BY PARTICIPANTS DURING THIS PROGRAMME

While doing this programme, some participants deem it necessary to contact the facilitators privately to ask many questions that they found answers to. There were about 93 different questions asked, but out of these, some seem to be similar and others also seem to be more frequent. I compiled seven (7) of the most common questions asked. For the sake of simplicity, the questions were edited as below:

How I do I deal with my challenges?

Challenges are necessary and you can avoid them. Each and every dream, journey, goal or purpose has its own challenge and it would be difficult to give a common step to dealing with every challenge a person may face. However I believe the first step towards dealing with challenges is to develop a positive attitude with which anything become possible;

- Accept the reality of the challenge and don't pretend the way is smooth. Don't convince yourself that you are never going to be challenged and that no such word exists. You must first admit the reality of challenges before you can deal with them.
- See every challenge as breakfast and be bold while confronting each. When you see a challenge as a mere ramp, the spirit of

courage will ramble around you and you will act without thinking it's impossible.

- Challenges could be financial, relationship wise, marital, social, academic, religious, spiritual, emotional, and even sexual. Identify the particular kind of challenge you face. Look for someone who is an expert in counseling in regard to your kind of challenge to offer you a helpful guide to come out of your challenges. Asked questions and you will find answers to use.
- Take actions and act right. Having accepted the reality, and taking a bold step to draw a clear guide to deal with the challenge step by step, move into action. Put into action whatever positive step was given to you by a trusted expert.

Accept things you cannot change as they are; do all that you can to change what can change. Know the difference between the two. Depending on the type of challenge you are confronted with, take gradual steps to overcome them. You may not be able to accomplish this in a single day. Persistence counts.

How can I quit bad habits?

Just like challenges, every habit has its own solution or remedy. Someone who has the habit of going to work late will need a guide different from someone whose habitually fornicate. Some habits

are physical and easy to deal with, but others who are spiritual and emotional are difficult to deal with. When something becomes a habit it has grown above being behaviour and you can't take an hour to deal with it. You can take that hour to do something about it anyway.

- Identify which kind of bad habit you want to quit. If they are in multiples, outline which one you want to deal with first and which one next. Prioritize them and deal with the ones that threaten your dreams most.
- Still on multiple bad habits, look for similarities and see if you can combine twin bad habits together to deal with at a go. For example, someone whose habit is hatred may probably have the habit of easily getting angry. Hatred and anger should be the focus. Excuses and procrastination can also be twin bad habits to deal with collectively.
- Deal with the root cause of the bad habit. A person may habitually drink alcohol because he /she have a personal problem he/she thinks drunkenness may make him/her to avoid. Look for the edifice which is producing that bad habit and demolish it right away.
- Take an expert counseling depending on which kind of habit you have identified and want to quit. E.g. if you are a habitual spendrift, you need to talk to an expert investor or someone who counsel on how to use money. A bad habit you discovered

in relationship should get the attention of a relationship expert or counselor.

- Find an alternative. The alternative should be a good habit you need to use to replace the bad habit. One of the good habits you can adopt to stop you from becoming moody is to greet everyone you meet on the street with cheers. You can never get your car going by merely removing the bad tyres under it. But you can do so by replacing the bad tyres with a good one.
- Find an accountability partner who should monitor you to gradually let go of the bad habit and cling to the alternatives you have discovered and listed.

Dealing with bad habits takes time. Don't be discouraged because you have not seen quick results. Frustration sets in when you desire quick results that didn't come. By being consistent, you will achieve your dreams. Take time and keep working on these habits steps by steps and you will notice the difference over a period of time.

— Raising Leaders —

How can I deal with fear and anxiety?

Fear is an unpleasant feeling because of an impending threat or danger. Most times this danger does not even exist, but the fear appears real and weighs down the individual into failure. Anxiety on the other way is an unpleasant worry about something

happening dangerously or something not happening expectedly. There are different types of fear. Some are normal and are helpful while others are abnormal and harmless. For instance, you see a snake on the floor and you begin to jump, scream and run away. That is not the kind of fear we are addressing here. The good news is that you can deal with the kind of fear that becomes a threat to your dreams.

- Be aware of what you are afraid of. It could be talking in public, meeting strange people, riding a bicycle, asking questions during classes (lectures) or swimming in the pool. Don't be taken by surprise. Be conscious of yourself and know what can easily bring about that fear. You may not be able to control what brings about your fears, but you can prepare yourself to act in the presence of your fears.
- Don't take fatal risks. Challenge yourself doing only what will not threaten your life. The desire to deal with the fear of driving a car should not convince you to take to the steer to drive at top speed. You can't say something like "I want to deal with the fear of swimming", and then go to the sea to venture it. That is no wise risk to take.
- Talk to yourself positively. Always speak in the affirmative; e.g. I can do this; I can do all things, it is possible for me and by me, etc. The hidden truth is that, your fears are like big walls with weak foundations; their fall is just a matter of time

when blows hit them. Encouraging yourself will give you the zeal to give such a terrific blow.

- See yourself being afraid and still doing what you feared. Do it while you are afraid. Don't let the fear stop you even though it is real. If you fear speaking in public, the only way to deal with it is going to speak in the public. The only way to grow your fear of speaking in public is to run away when this opportunity calls on you. To deal with your fears, do your normal assignments in the presence of your fears and they will flee.
- Don't hide yourself from what you fear. Get exposed to them as at when it is necessary. You will become used to them and while still pursuing your dreams in that state, you will get the upper hand.

Someone said FEAR Stands for False Impressions Appearing Real. That's great information. FEAR appears real, but it's a false impression. Be true to yourself and courageous and they will flee!

— Raising Leaders —

What are the qualities of a good mentor?

A mentor is a person whom you are familiar with, who knows your ambitions and guides you systematically to achieve your dreams. The relationship between you and your mentor enables you to tap knowledge and skills from him//her to empower your own self.

When you understand the role of a mentor, you know what to look for in someone you want to pick a mentor.

- A good mentor first and foremost will lead by example. He is always ahead and should know better than you do. He is not only knowledgeable, but also trustworthy.
- A good mentor is experienced in what you lack or have inadequate experience in. He has something need and you are willing to get. He will give and you take.
- A good mentor will have time for you. It doesn't mean he should abandon his dreams and chase you only all the time. But he makes time and listens to your quests.
- A good mentor will not always make decisions for you. He will boost your ability to become good at making right decisions. He will not give fishes to you, but will teach you how to fish.
- A good mentor invests in you, support your dream and challenge you to grow greater than you have ever been. It is not obligatory, but some mentors do pay for your dreams kindly.
- A good mentor may rebuke you profitably and correct you wisely when necessary. He doesn't praise you when you are going wrong or compliment you when you fail to be right.
- A good mentor is welcoming, approachable, and above all available to learn from. He communicates with you positively and doesn't treat you like a threat.

- A good mentor will not discriminate and live a bias life. He may have many mentees under him, but does not underrate the dreams of any to the mockery of the others. He shows fairness.
- A good mentor acknowledges your limitations. He encourages you to deal with the ones you can deal with and inspires you to manage the ones you cannot change.
- A good mentor is sensitive to diversity and will not impose principles on you. He will inspire you and not manipulate you to do whatever he said under compulsion.

When looking for a mentor, watch out for these and many more qualities. Some may be present while others get missing. Use your discretion in this case. Only you know what you want.

How do I know I am making impacts?

Impact is an impression, visible or invisible. Visible impacts are easily noted, but the invisible ones are only felt within. Depending on which ever dreams you pursue, you are likely to make any of these two impacts. Let me give you two examples. A sweeper in the hospital setting would be impactful if he cleans and sweeps and ensures that tidiness is maintained as long as he is alive. He would do his work diligently and anyone trooping into the hospital setting can testify that the hospital setting is neat. A counselor who gives

guidance to patients is also working hard to ensure that emotional matters are settled. However, only the counseled individual would know if there had been any impact created at all. People who move in and out of the hospital may not know his work. To measure your impact, you need to take note of these.

- Take note of the kind of dream you are pursuing and that will give you the knowledge of how you can measure your success. Know if your impact could be a visible one or an invisible one.
- Some of the dreams will require that you ask people you come into contact with through written appraisal questionnaires and verbal questions.
- Observe closely to listen to what people try to say about you. Listen carefully and deduce whether they are complimenting you or they are condemning you.
- Don't always take compliments of people seriously until you are convinced within yourself that you have done your best. Some people are compliment drunk and would praise you for anything you do; good or bad.

Set standards for yourself and reach them. If possible surpass them. Set newer and higher standards and reach or surpass them too. Your impact may not be felt or seen when you act averagely. However, as you reach higher standards by consistent improvement on your dreams, your impacts will flood you.

How can I discover my potentials?

As we know, when a seed falls on the ground, it germinates, sprouts grows and bear flowers which become fruits under certain conditions. It means every seed is a potential tree and every tree is a potential forest. Potential is a hidden greatness; a success that is greatness yet to be established and will become established when conditions and principles are obeyed. About potentials, everyone has some. No one is seedless. Perhaps what someone might be is fruitless. But when you take time to discover your potentials, and optimize them, you will change your fruitlessness into fruitfulness. There are many ways of discovering potentials, some I list below.

- **Divine revelation:** God can reveal to you what you have and what you can do with it. Through a sincere fellowship with the source of your life, you will discover the meaning of your life. If you disconnect yourself from this source, you will lose the meaning. E.g. God revealed to Moses what the rod he carried in his palm can do to river the Israelites were about to cross before leaving Egypt. When Moses obeyed, you know what happened. You may carry something visible or invisible, but when you don't know the use of that thing, you will abuse it.
- **Personal assessment:** You can study your own life through self-assessment and self-coaching to know what you are

capable of doing, how helpful it can be and which problems it will solve when you do what you are capable of doing. This will give you a clue. E.g. Since my early days as a writer, I discovered that there is a burning desire that pushes me to write which I can't resist. Sometimes I try to control it, but the more I control writing, the more the desire grows. I discovered that I can do something meaningful with my writings and there I kick started.

- **People's observations:** Someone can observe you doing something right and suggest that you can do something meaningful from that skill. E.g. when Mohammed Ali revealed his bravery to policemen after his bicycle was stolen, one of the policemen "arrested" him and begun training him as a boxer. He might not have thought of becoming a boxer, but his bravery revealed it to the policeman. He used his potential to the fullest.
- **Trial and error:** There are some people who also exploit everything in general in order to find their tune. It's like tuning the radio; you keep turning the knob until it lands on whatever station you desire to listen to. E.g. I had a one-on-one chat with a friend who is a good goalkeeper of a football team. When I asked about how he became a goalkeeper, he informed me that he tried many things only to find out that goalkeeper is what he could do best. He tried being a footballer, but could not do

much; he tried basketball, tennis, in fact anything in games.

When he found his real tune, his excellence begun to show.

There are many ways of discovering your potentials. However, no matter the step, event, opportunity or chance that directed you into knowing your potentials, you must through a divine fellowship and prayer to your creator seek His will about whom you are and what you can do with what you have discovered.

How do I become a change maker?

Becoming a change maker is the desire of everyone. But how can it be? That is the challenge. Surprisingly enough, when people listen to what it takes to become a change maker, they coil back and say, “I can’t do this, it is impossible”. Many people want to become successful, but they would never want to pay the price to become success. As long as you desire success but dislike the responsibility that can make you successful, your success will forever be a nightmare. I give you these keys and urge you to learn more to know more and do more;

- **Assess the value of your potentials:** The kind of change you will make will rely on the type of potentials you have. You can’t be successful in doing what you are incapable of doing. Assess your emotions and understand your limitations. E.g. If

you are empathetic and sympathetic about the problems of the less privileged, you can become a good humanitarian and make a great change in your community.

- **Be clear about the change you want to make:** Be circumspect and simplify the particular thing you want to do. Write down your goals and make it simple. If you pursue everything in general, you may not achieve anything particular. Don't generalize your inputs. Target something specific. It can even be just one thing. Stick to that thing.
- **Assess what it will take you to do this:** No change is made without purposeful investment. You may need to invest your time, money, energy and other resources. Without assessing the value of what will be needed, you may end up becoming broke along the way and get frustrated. You know how it feels when your vehicle goes out of fuel in the middle of the journey? Yes that is how it feels. You will become stranded, not reaching your destination and not even being at your start zone.
- **Find a mentor and seek for expert advice:** Get someone to mentor you to make this happen. Your mentor should have an expert knowledge on what you want to do and be available to offer you directions you will not regret. Many great people in history did not just jump up to become achievers overnight. Somebody spoke to them, somebody directed them, somebody taught them how to make it and they heeded and succeeded.

Examples were Martin Luther King, who was mentored by Dr. Benjamin E. Mays, Hillary Clinton who was mentored by Rev. Donald James and Hugo Chavez, whose mentor was Fidel Castro. In the Bible, we heard of Elijah who mentored Elisha; and also Samuel, who was mentored by Eli and all their dreams were duly fulfilled.

- **Read about people who made great change:** You need to obtain additional lesson about how other people made it. You will be able to discover the challenges they faced and how they dealt with them. you will also be able to discover new things they have not tried when you think through what they have done and that can give you a new dream to pursue.
- **Build or join a team:** I advise you not to act alone. Some people do this because they want the credit for themselves. Having credit isn't a bad thing, but if it is the reason for your change expedition, then you are totally wrong. Build a team to take your ideas from coast of dreams to the shore of realities. If you can build a team, join a team. However be sure that team is made up of like-minded people. I remembered how fantastic it was when Big Brain Consult, a team I join celebrated many positive dreams after our exploits and planned to do more exceeding things. It happened because the people who made up the team were positive people.

Take actions and remain focus. Nothing will happen when no action is taken. Remember after the rehearsals, you must perform. After having a mentor, you must obey instructions and advise. After assessing the value of your potentials, you must make a plan. Don't make the plans, set the goals and stay at home. Go and make it happen.

Congratulations!

Thank you for your participation in the 30 Days' Better Life Online Coaching Programme. I trust that you have discovered new things about yourself through the personal assessment questions. I challenge you to set a goal for yourself in order to make this *new you* get realized. If you have a problem setting these goals in better ways and get right things done, let me know. I will help you to get your dreams improved through goal setting and other mentorship programmes.

— Raising Leaders —

HELP US TO REVIEW THIS PROGRAMME

Did you find this programme helpful? If yes why? If no, why not? What are some of the challenges you faced with this 30 days' journey? What will be your sincere suggestion that would make this programme better than you have experienced it? Write down a

short message (of about five lines) with answers to these questions and send to;

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Your review will be published in the book for the next participants of this programme. Do well to write your name, email, and country to the above e-mail. Thank you for your time.

In my final words, I charge you live life with passion, be ready to do whatever seem to be difficult for you and stretch yourself to reach out to whatever seem far from you. Nothing comes in life with ease. If you want things the easy way, you may wait for the rest of your life. Take charge of your life and leave a lasting footprint wherever you pass. May your dreams come true! Enjoy the success of your dreams.

Thank you!

MORETALKS
— Raising Leaders —

_____ Israelmore Ayivor.

(Inspirational Writer, Motivational Speaker, Youth Leadership Coach, CEO and Founder of Moretalks)

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