



BE

INSPIRED

TODAY

KOFI ADDO

2019 EDITION

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2019
EDITION

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comments to the author on:
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I take full responsibility for
any punctuation and
grammatical errors.

Unless otherwise stated,
scriptures [marked GNB] are
taken from the Good News

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DEDICATION

First of all, I would like to dedicate this book to God who gave me the strength, wisdom and understanding which really helped in completing this book.

Secondly, to my dad, mum and kid brother for the love and support.

Thirdly to my cousins,
aunties, uncles and friends for
the love and support.

PROLOGUE

This book contains 30 self-help articles, 20 motivational quotes, 20 memory verses to shape your life, 20 life quotes and 20 success quotes.

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3 Keys to
Discovering Your
Potential

“There is no heavier
burden than an
unfulfilled potential”-

Charles Schulz

Shadrach was reading
the Holy Bible when his
son approached him.

Shadrach: Why are you
sad?

Shadrach's son: I just
can't believe it. Why is
death so cruel?

Shadrach: Your uncle
wasn't able to discover
his true potential.

Potential is:

1. Having the capacity
to develop into

something in the
future.

2. The sum of who you
are that you are yet to
reveal.

3. What you can do
that you haven't yet
done.

4. Who you can
become that you
haven't yet become.

5. How far you can go
that you haven't yet
gone.

6. What you can
achieve that you
haven't yet achieved.

“The tragedy of life is
what dies inside a man
while he lives” - Albert
Schweitzer

To discover your
potential, you need to:

1. Know God (He is
your source): God is
the only one who can

reveal to you the
qualities of your
potential. Seek him.

2. Realize your
purpose: You can
never release your
potential if you don't
know the reason for
your existence.

3. Live in the right environment: A plant can never grow when it's surrounded by weeds and thorns. You can never discover your potential if you associate yourself with aimless people.

“We’ll never know our
full potential unless we
push ourselves to find
it” - Travis Rice

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You Were Created
For a “Purpose”

“God never creates us by
chance” - Kofi Addo

Rosemary was reading a
novel when his
boyfriend approached
him.

Rosemary's boyfriend:
Rose.

Rosemary: Yes.

Rosemary's boyfriend: I
need to rescue my people
from the British.

Rosemary: That's
impossible. You don't
have the resources to do
that.

Rosemary's boyfriend: It
doesn't matter. I was
created for this purpose.

“The most important
day in your life is when
you know why God
brought you into this
world” - Kofi Addo

Who is “Rosemary’s
boyfriend” in the story
that I just shared with
you? His name is
Mahatma Gandhi.

Mahatma Gandhi who
was born on the 2nd of
October 1869 studied
law in London but

moved to South Africa
in 1893. In 1915,
Ghandi returned to
India and became the
leader of the Indian
National Congress. In
1930, he led a march to
the sea to gather salt in a
symbolic defiance of the

governments' monopoly.

Britain finally granted
India independence in
1947 after Gandhi's
persistence and
determination. God
didn't create Mahatma
Ghandi by accident. He
specifically brought him

into this world to rescue
his people from the
British. You were created
for a purpose and it's up
to you to know what
that "purpose" is.

"If you fail to discover
why you are on earth,
Satan and men will

happily sell theirs to
you” - Pastor E. A.
Adebayo

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Self-Discipline

“Self-discipline is the
magic power that makes
you virtually
unstoppable” - Unknown

One day Akosua was
tidying up her room
when her son
approached her.

Akosua's son: Mummy.

Akosua: Yes my son.

Akosua's son: Uncle Sam
was the best golfer at this
year's golf
championship. Why
does he keep on winning
so many awards?

Akosua: He is much
disciplined.

What's self-discipline?

Self-discipline is the ability to control yourself and to make yourself work hard or behave in a particular way without needing anyone else to tell you what to do. Why is

Ronaldo one of the best football players in the world? Is it because he is very handsome? I guess not. He is one of the best football players in the world because of his ability to discipline himself. He starts to

train an hour before his
teammates arrives at the
training grounds and
keeps on training after
his teammates have left.
Mohammed Ali didn't
become the greatest
boxer of all time by
walking around doing

nothing. He worked so
hard.

1. Self-Discipline is the
basic foundation to
greatness.

2. Self-Discipline
comes from within.

3. A great way to develop self-discipline is to make it a habit.

4. The more disciplined you become, the easier life gets.

“The ability to discipline yourself to delay

gratification in the short
term in order to enjoy
greater rewards in the
long term is the
indispensable
prerequisite for success” -
Maxwell Maltz

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Time Management

“The bad news is time
flies. The good news is
you’re the pilot” -

Michael Althsuler

William was busy typing
when his colleague
approached him.

William's colleague:
Have you been able to
complete the task?

William: No.

William's colleague:
What were you doing all
this while?

William: I was watching
a video on Youtube. Are
you done with yours?

William's colleague: Yes.

William: Really?

William's colleague: I
know how to manage
my time.

“No, my entire life is
planned. It’s called time
management” - Sean

Haye

One of the golden skill
of life is time
management. What is
time management? Time
management is the

ability to use one's time
“effectively” and
“productively” to achieve
an objective. Successful
people are very good at
managing their time.
They create a to-do-list
and then work on the
highest value task first

before moving on to the next tasks. Tesla, Solar City and Space X's CEO Elon Musk breaks his entire day into a series of five minute slots. This helps him accomplish his tasks throughout his busy day and ensures

that none of his time goes waste. Someone might ask “so what do I gain from managing my time?” Managing your time prevents you from procrastinating. Alright. I get you. So how am I supposed to manage my

time effectively? Have a plan for the day. Write your to-do-list the night before (What are the tasks that you want to accomplish the next day? how are you going to accomplish those tasks? what are the tools that

you need to accomplish
those tasks?)

1. Time is your most
valuable commodity.

2. Time can't be
rewind, recycled or
redeemed. Use it
wisely.

“Once you have
mastered time, you will
understand how true it is
that most people
overestimate what they
can accomplish in a year
and underestimate what
they can achieve in a
decade” - Tony Robbins

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Self-Control

“A man without self-control is like a city broken into and left without walls” -

Unknown

One day Asamoah was washing his clothes when his younger brother approached him.

Asamoah's brother: So
Uncle Badu is gone. I
just can't believe it.

Asamoah: He couldn't
control his appetite for
alcohol.

One of the golden skill
of life is self-control.

What's self-control? Self-

control is the ability to
control oneself, in
particular one's emotions
and desires, especially in
difficult situation. King

David had sex with
Bathsheba because he
couldn't control his
sexual desire and even

had to murder her
husband to cover up his
sin (God cursed him
because of what he did).

You need to control:

1. The way you act.
2. Your desires.
3. Your emotions.

4. The way you react to things.

5. The way you handle yourself and others.

6. The way you think
(Negative thoughts can prevent you from actualizing your dreams).

7. The kind of food you eat (Sugary foods can affect the way your brain performs. That's why people behave strangely when they drink alcohol).

“If you learn self-control,
you can master
anything” - Unknown

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Surround Yourself
with Achievers

“You need to associate with people that inspire you, people that challenge you to rise higher, people that make you better. Don’t waste your valuable time with people that are not adding to your growth.

Your destiny is
important” - Joel Osteen

Linda was feeding her
new born baby when her
husband approached her.

Linda: Why are you sad?

Linda's husband: I have
lost everything that I
had. Just wasted my

money on drugs, alcohol
and women. I shouldn't
have followed my
friends.

Linda: Hmm.

Linda's husband: Look
at me now. I don't even
own a bicycle. I can't
even feed my family.

Linda: Hmmm.

People (friends, family members, co-workers etc) play a major influence in our lives. In one study, researchers simply asked people to think of up to seven people with whom they

talk to (that is friends,
family members etc)
about important issues.
The participants in this
study both rated their
own stance on capital
punishment as well as
the opinions of each of
their social connections.

These people also read a short essay that argued against capital punishment. The question was: did people change their opinions after reading the essay and who changed their opinions most? The

result showed that the more social connections agreed with them on capital punishment, the less persuaded they were by the persuasive essay. To avoid wasting time with the wrong people (friend, family member

etc) you need to ask
yourself this questions:

1. Is this person
(friend, family member
etc) adding value to
my life?
2. Does my values align
with them (friend,

family member, co-
worker etc)?

3. Do they (friend,
family member, co-
worker etc) aspire me
to reach greater
heights?

“Walk with the
dreamers, the believers,

the courageous, the
cheerful, the planners,
the doers, the successful
people with their heads
in the clouds and their
feet on the ground”-

Wilfred Peterson

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Stay Healthy

“If you think
wellness is
expensive... then try
illness” - Unknown

Richmond was
reading a book when
his son approached
him.

Richmond: Have you
eaten?

Richmond's son: Yes.

Richmond: What did
you eat?

Richmond's son:
Grilled pork.

Richmond: Watch
your diet because a
healthy mind and
body is very essential
in life.

“Health is like
money. We never
have a true idea of its

value until we lose
it” - Josh Billings

One of the things I
have studied about
ultra - successful
people is that they
try as much as
possible to stay

healthy. Former
President of the
United States of
America Barack
Obama works out for
45 minutes,
Billionaire Tech
Investor Mark

Cuban aims for at
least an hour of
cardio and Facebook
CEO Mark
Zuckerberg works
out three times a
week. So what's the
meaning of health?

Health is the state of being sound in body, mind or spirit. What am I supposed to do to stay healthy?

1. Exercise:

Researchers found that regular aerobic

exercise boosts the
size of the
hippocampus, the
brain area involved
in verbal memory
and learning. Many
studies have
suggested that the

parts of the brain
that controls
thinking and
memory have
greater volume in
people who
exercise.

2. Get enough sleep:
Scientific studies
shows that a lack of
sleep causes many
significant changes
in the body and
increases your risk
for serious health

concerns such as
obesity etc. Stop
chatting with your
friends on
WhatsApp at late
hours.

3. Drink a lot of
water: The body is

made up of 70% of
water and you need
water to survive.

Drinking seven or
eight glasses of
water a day can aid
in removing toxins
from the body

through sweating
etc.

4. Eat healthy food:
Daniel decided not
to eat the food that
was served by the
kings' servant.
Why? Because the

food that was
served at the kings'
palace wasn't good
for his health. Junk
foods can cause
obesity while
healthy foods like
coconut can

improve your
memory and
endurance.

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Make an Effort to
Read

“If you want to hide something from a black man, put it in a book” - Unknown

When Warren Buffet was asked about the key to greatness, he pointed to a stack of

nearby books and
said, “Read 500
pages like this every
day. That’s how
knowledge works. It
builds up like
compound interest.
Warren Buffet read

between 600 and
1,000 pages of books
per day when he was
beginning his
investing career and
still uses 80% of his
day to read.

Microsoft's Bill Gate

reads for an hour
every single night
before he goes to
bed. A lot of
Christians would
have known that
“pork” and “sausage”
isn’t good for their

health if they had
made an effort to
read the Holy Bible
("The pig is also
unclean; although it
has a divided hoof, it
does not chew the
cud. You are not to

eat their meat or
touch their
carcasses” -

Deuteronomy 14:8)

When we eat pork, it
affects the function
of the lung and the
heart. Pork contains

a high amount of
saturated fat which
can increase the risk
of a heart disease. Are
you willing to read a
lot from now
onward?

“The greatest gift is a
passion for reading” -
Elizabeth Hardwick

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Turn To God in
Time of Need

“Always seek him in
time of need” - Kofi
Addo

Magdalene was about to
go to church when her
husband approached her.

Magdalene's husband:
Where are you going to?

Magdalene: Church. So
when are you going to
attend a church service?

Magdalene's husband: I
am not even thinking
about that. I need to win
this case.

Magdalene: Just turn to
God.

Magdalene's husband:

Can I drop you off?

Magdalene: Yes.

Who is “Magdalene's husband” in the story that I just shared with you? His name is Strive Masiyiwa (founder of Econet Wireless and

Kwese Incorporation).

In the mid- 1990's,
Strive offered to develop
a cell phone network
with the state telecom
company but was
rejected by the Mugabe-
controlled government(
The state refused to

grant Masiyiwa a license claiming it had a monopoly). So he sued the government and at one point the Zimbabwe Supreme Court ruled against Econet, leaving apparently no chance to appeal (That's when

Strive turned to God).

His wife had been urging him to come to church for years, but had always resisted. He dropped her off one Sunday after the Supreme Court defeat, drove around aimlessly

and decided to return.
Masiyiwa finally won the
case and became a born
again Christian. Hannah
cried unto the Lord
when she “needed” a
child and God answered
her prayer. God is
willing and able to help

when you seek him in
time of need.

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Keep Your Ideas To
Yourself

“Keep quiet, work hard
and show people your
results” - Kofi Addo

Theophilus was about to
leave the house when his
daughter approached
him.

Theophilus: Why are
you angry?

Theophilus's daughter:
Sarah has implemented
my idea.

Theophilus: You
shouldn't have told her.
One key thing my father
has taught me over and
over again is not to tell
people about my "ideas".

What's the meaning of idea? Idea is a thought or suggestion to a problem. Someone might ask “so why should I keep my ideas to myself?”

1. You feel less motivated to accomplish your idea:

When you tell
someone about your
idea and they
acknowledge it, you
are less likely to do the
work necessary to
accomplish that idea.

The satisfaction
derived from telling

someone about your
idea prevents you from
actually accomplishing
your idea.

2. Your “close circle”
can discourage you:
Your “close circle” can
discourage you when
you tell them about

your idea. It might be
due to jealousy etc.

3. Your idea can be
stolen and
implemented: We live
in a competitive world
and your idea can be
stolen and
implemented by

someone who has the
resources (money,
influence etc).

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The Holy Bible is
Your Success Manual

“Almost every man who
has by his life-work
added to the sum of
human achievement has
based his life-work
largely upon the
teachings of the bible” -
Theodore Roosevelt

A lot of ultra- successful
people have once
attributed their success
upon the teachings of
the bible. Zimbabwe's
Strive Masiyiwa
(Founder of Kwese and
Econet Wireless) reads
the bible for an hour and

Boxing Legend Manny
Pacquiao reads the bible
every day. It takes:

1. 70 hours and 40
minutes to read the
Holy Bible through
“pulpit rate and
aloud”.

2. 52 hours and 20 minutes to read the Old Testament and just 18 hours and 20 minutes to read the New Testament.

3. Just 4 hours and 28 minutes to read the longest book (Psalms).

4. Mere 2 hours and
43 minutes to read the
book of Luke.

“You know what my
favorite book is? The
Bible!” - Donald Trump
(President of the United
States of America)

Someone might ask “so what are the benefits of reading the Holy Bible?

Here are some of the
benefits:

1. It will teach you how to run your business.
2. You will know how to invest (“Invest your

money in foreign
trade, and one of these
days you will make a
profit” - Ecclesiastes
11:1

3. You will discover the
weapons God has
given to you to fight
the devil.

4. You will know that
angels are assigned to
protect you.

5. You will know what
the devil (your greatest
enemy) fears. The
devil fears your
knowledge of the word
of God.

6. You will know how
to be productive in
life.

“Be sure that the book of
the Law is always read in
your worship. Study it
day and night, and make
sure that you obey
everything written in it.

Then you will be
prosperous and
successful”- Joshua 1:8

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*Always See Rejection
as a Door*

“Success is buried on the other side of rejection” -

Tony Robbins

An employee was busy reading the newspaper when his manager approached him.

Manager: You are fired.

Employee: Oh why?

Manager: You are not
“creative enough”. You
are just wasting the
companies’ resources.

Employee: Just give me
another chance. Please
don’t reject me.

Manager: You have 30
minutes to pack your

stuffs and leave my
company.

What's rejection?

Rejection is the act of
not accepting or
believing in the ideas of
someone. Who is the
“employee” in the story
that I just shared with

you? His name is Walt
Disney. Walt Disney was
an American

Entrepreneur who is best
known for developing
the character Mickey
Mouse. He was hired to
work at the Kansas City
Star Newspaper where

he was fired for his lack
of creativity. He later
pursued a career in
commercial art,
specifically animation
and started producing
short films for local
businesses in Kansas
City. He became

bankrupt, packed up his
works and relocated to
Hollywood, determined
to start afresh. He was
rejected 300 times by
bankers in Hollywood
because they thought his
idea (developing the
character Mickey

Mouse) was absurd.
Walt's persistence paid off when his animation skills were picked up by the motion picture industry in 1928. He later purchased the Kansas City Star Newspaper (The very

newspaper that fired him). Rejection didn't deter Walt from achieving his dreams. He saw rejection as a door and not a wall.

1. Rejection can't stop your future from emerging. See it as a

door to your next
breakthrough.

2. The opinions of
others have nothing to
do with your success.
They are incapable of
discerning your
greatness.

“A rejection is nothing
more than a necessary
step in the pursuit of
success” - Robert Foster
Bennet

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Everything Happens
For a Reason

“God lets everything happen for a reason. It’s all a learning process and you have to go from one level to another” - Mike Tyson

Manuel was sleeping in his bedroom when he got a call from a friend.

Manuel: Hello.

Manuel's friend: Hello
Manuel. I have some bad
news for you.

Manuel: Why. What's
the problem?

Manuel's friend: Your
daughter just had an
accident.

Manuel: Oh my God.

“Sometimes it takes the
wrong turn to get you to
the right place”- Mandy
Hale

Who is “Manuel’s
daughter” in the story
that I just shared with
you?” Her name is

Muniba Mazari. At age 21, Muniba had a car accident that left her lower body paralyzed. She discovered the skill of painting and started painting portraits of sorrow and how she felt (People found her works

absolutely amazing). 10
years since her accident,
Muniba is now a
motivational speaker,
prolific artist and a
wheelchair model.
Muniba wouldn't have
been a prolific artist,
motivational speaker and

a wheelchair model if she
wasn't involved in an
accident. Sometimes
God allows things to
happen in your life in
order to shape you.

Trials, Tribulations and
Pain is just a stepping

stone to greatness. Stay
put.

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Remember Your
Creator

“Life without God is
meaningless” - Kofi Addo

(“So remember your
creator while you are still
young, before those
dismal days and years
come when you will say,
“I don’t enjoy life” -
Ecclesiastes 12:1gnb)

One day Melvin was
about to go to work
when his father
approached him.

Melvin: You look sad.
What's the problem?

Melvin's father: I want
to end my life.

Melvin: Oh why?

Melvin's father: I don't
enjoy life anymore. My
life stopped being
enjoyable five years ago.

Who is "Melvin's
Father" in the story that
I just shared with you?

His name is David
Goodall. David William

Goodall (4th April 1914-
10TH May 2018) was an
English- born botanist
who was influential in
the early development of
statistical methods in
plant communities. So
why was David Goodall
willing to die? He saw

that his eyesight and
mobility had
deteriorated in recent
years and said that “this
life isn’t enjoyable”.
How did he end his life?
To end his life, David
Goodall travelled from
Australia to a clinic at

Switzerland where liberal
assisted dying laws is
allowed. Goodall had to
turn a wheel that
allowed a lethal infusion
to flow into his
bloodstream through a
cannula on his arm
(David Goodall didn't

believe that there was an
“afterlife”). What you
must know is that “life
without God is
meaningless” and it’s up
to you to remember your
creator while you are still
young before those
dismal days and years

come when you say “I
don’t enjoy life”. That is
when the light of the
sun, the moon and the
stars will grow dim for
you, and the rain clouds
will never pass away.

Then your arms, that
have protected you, will

tremble, and your legs,
now strong, will grow
weak. Your teeth will be
too few to chew your
food, and your eyes too
dim to see clearly. Your
ears will be deaf to the
noise of the street. You
will be afraid of high

places and walking will be dangerous. Your hair will turn white; you will hardly be able to drag yourself along, and all desire will have gone.

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Don't Lose Hope

(“But as for you, be strong and do not give up” - 2 Chronicles 15:7a)

“Anybody who has ever struggled to plant his feet onto the floor in the morning knows that life can be hard; it can be stressful; it can be

overwhelming. But each
of those negative, less
than optimal feelings
immediately takes a back
seat to the inspirational
power of hope” - Shawn
L. Anderson

Nando and his friends
decided to embark on a

fun trip. Flying over the mountain, Nando and his friends joked about the tragic day when the plane's wing hit the slope of the mountain killing 13 passengers instantly. Hoping to be rescued, Nando, his

friends and the other
survivors waited in the
freezing -37°C
temperature melting
snow. 9 days after the
crash, the survivors
called for an important
meeting and one of the
survivors suggested that

they eat the dead bodies
to survive. On the 60th
day after the crash,
Nando and 2 other
friends decided to walk
through the icy
wilderness for help.
Wearing 3 pairs of jeans
and 3 sweaters over a

polo shirt, he and his
friends trekked the
mountains with human
flesh as their ration.
Knowing that they must
find a rescue, Nando and
his two other friend's
endured exhaustion and
starvation for 10 good

days before finding their way to the bottom of the mountain. They were finally rescued after a farmer saw Nando and his two other friends lying on the bare ground. Nando and his friends didn't lose hope

(Because they knew that they would be rescued someday). Sometimes we lose hope when things don't seem to work in our lives but the verse advises us to “be strong” and “never give up” when things seem to fall

apart. You will surely
overcome the storm.

“When you’re at the end
of your rope, tie a knot
and hold on”- Theodore
Roosevelt

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Fear Not

(“For God hath not
given us the spirit of
fear; but of power, and
of love and of a sound
mind”- 2 Timothy
1:7KJV)

“Do not let fear
intimidate you”- Kofi
Addo

Joel Osteen was raised in a church which was founded by his father in 1959. While his father stood confidently in front of the congregation and preached week after week, Joel worked behind the scenes for 17

years (He always turned down his father's request to step onto the stage to preach). Then in January 1999, something bad happened. Osteen's father had a heart attack and died. Osteen was now supposed to step up

and pastor the church
but was “afraid” to speak
publicly. Fear is
something that we’ve all
struggled with at some
point in our lives. When
the men of Gerar asked
Isaac about his wife, he
told them she was his

sister. Why? Because he was “afraid” that the men might kill him to get his wife. The spies who went to the southern part of the land of Canaan spread a false report about the land they had explored. Why?

Because of fear (They thought the people at Canaan were stronger than them and might end up defeating them).

Fear:

1. Causes you to sin (Isaac had to “lie” to the men at Gerar).

2. Causes you to be
“unproductive” in life.

3. Creates uncertainties
in your life.

4. Deters you from
becoming what God
wants you to become.

Fear shouldn't prevent
you from:

1. Achieving your
dreams in life.

2. Achieving your full
potential in life.

“Resist your fears
because it will never lead
you to a positive end”-
Unknown

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Be Patient in Life

“All good things comes
to he who waits” -
proverb

One day Jake was
walking home when he
saw a very nice car
parked beside a gutter so
he decided to get closer

to find out if there was
anyone inside the car.

Jake: why are you
crying?

Owner of the car: I
don't want to die.

Jake: No. You aren't
going to die. What's the
problem?

Owner of the car:

Hmmm.

Jake: Please tell me.

Owner of the car: I
joined an occult group
two years ago.

Jake: And why did you
join an occult group?

Owner of the car: To
become rich and now I
have only a day left on
earth.

Jake: You should have
being patient.

“One moment of
patience may ward off
great disaster. One

moment of impatience
may ruin a whole life” -

Chinese Proverb

What’s the meaning of
patient?

Patient simply means the
ability to wait. Another
definition says that being
“patient” is the ability to

accept delays, problems
or suffering without
becoming annoyed or
anxious. Let's look at a
story that best explains
why we need to be
patient in life. There was
a man named Job who
worshipped God and

was careful not to do anything evil (He had seven sons and three daughters and owned 7,000 sheep, 3,000 camels, 1000 head of cattles and 500 donkeys). But do you know what happened?

Job lost everything. “I was born with nothing and I will die with nothing” - Job 1:21gmb.

But that was not the end. Satan made sores break out all over Job’s body. What would you have done if you were

Job? I guessed you would
have either cursed God
or committed suicide.

But he didn't curse God
or commit suicide. He
endured the suffering
and God blessed him
twice as much as he had
before. Let me end this

article with a quote by
Jean- Jacques Rousseau.
It says that “Patience is
bitter, but its fruit is
sweet”.

Be patient in life. Your
time would surely come.

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Choose Your Friends
Wisely

“Be careful the
environment you choose
for it will shape you; be
careful the friends you
choose for you will
become like them”-

Clement Stone

Who is a friend? A
friend is a person with

whom one has a bond of
mutual affection,
typically one exclusive of
sexual or family
relations. Let's look at a
story in the Holy Bible
about how Amnon
heeded to the advice of
his friend. "David's son

Absalom had a beautiful unmarried sister named Tamar. Amnon, another of David's sons, fell in love with her. He was so much in love with her that he became ill, because it seemed impossible for him to

have her; as a virgin, she was kept from meeting men. But he had a friend, a very shrewd man named Jonadab, the son of David's brother Shammah. Jonadab said to Amnon, "You are the king's son, yet day after

day I see you looking
sad. What's the matter?"

"I'm in love with Tamar,
the sister of my half-
brother Absalom," he
answered. Jonadab said
to him, "Pretend that
you are ill and go to bed.
When your father comes

to see you, say to him,
‘Please ask my sister
Tamar to come and feed
me. I want her to
prepare the food where I
can see her, and then
serve it to me herself.’”

So Amnon pretended
that he was ill and went

to bed. King David went to see him, and Amnon said to him, “Please let Tamar come and make a few cakes here where I can see her, and then serve them to me herself”. So David sent word to Tamar in the

palace: “Go to Amnon’s house and prepare some food for him.” She went there and found him in bed. She took some dough, prepared it, and made some cakes there where he could see her. Then she baked the

cakes and emptied them out of the pan for him to eat, but he wouldn't. He said, "Send everyone away" – and they all left.

Then he said to her, "Bring the cakes here to my bed and serve them to me yourself". She

took the cakes and went
over to him. As she
offered them to him, he
grabbed her and said,
“Come to bed with me!”
“No,” she said. “Don’t
force me to do such a
degrading thing! That’s
awful! How could I ever

hold up my head in
public again? And you –
you would be completely
disgraced in Israel.

Please, speak to the king,
and I'm sure that he will
give me to you." But he
would not listen to her;
and since he was

stronger than she was, he
overpowered her and
raped her” - 2 Samuel

13:1-14gnb

“Tell me whom you
associate yourself with,
and I will tell you who
you are” - Johann

Wolfgang Von Goethe

Amnon raped Tamar
because of the “advice”
that was given to him by
his friend. He was later
killed by Absalom
because of what he did
to his sister. “Don’t be
afraid. I will take the
responsibility myself. Be

brave and don't
hesitate!" So the servants
followed Absalom's
instructions and killed
Amnon"- 2 Samuel
13:28b-29g. Someone
might ask "so why do I
need to choose my
friends wisely?"

1. Your friends
influence your
emotions, actions and
decisions.

2. The people around
you determines what
you will become in
future. You are likely
to become a drunkard

in future if you
associate yourself with
drunkards.

“You are the average of
the five people you
spend the most time
with” - Jim Rohn

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Discover Your Gift

“God has given each of you a gift from his great variety of spiritual gifts”-

1 Peter 4:10a

What’s the meaning of gift? A gift is a thing, given willingly to someone. Let’s look at a story in the Holy Bible

about how God blessed
Manoah and his wife
with a son. “There was a
man named Manoah
from the town of Zorah.
He was a member of the
tribe of Dan. His wife
had never been able to
have children. The

Lord's angel appeared to her and said, "You have never been able to have children, but you will soon be pregnant and have a son. Take care not to drink any wine or beer, or eat any forbidden food; and after

your son is born, you
must never cut his hair,
because from the day of
his birth he will be
dedicated to God as a
nazarite. He will begin
the work of rescuing
Israel from the
Philistine". The woman

gave birth to a son and
named him Samson” –

Judges 13:1-5; 24-

25gnb. God gave

Samson the “strength”

(gift) to defeat his

enemies even before he

was born. God has given

you a gift, and you need

to know what that gift is
so that you can use it to
help people. I discovered
the gift of “writing” five
years ago and have used
it to inspire a lot of
people. Are you willing
to discover your gift?

“God has given you a
gift. Discover it”- Kofi
Addo

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Failure is Part of Life

“Failure is part of life.
Embrace it” - Unknown

One day Raphael was
thinking about how to
fix his radio set when his
brother approached him.

Raphael: Why are you
sad?

Raphael's brother: I
closed all the two car
companies that I created
yesterday.

Raphael: Failure is part
of life. You wouldn't
learn if you don't fail.
Don't give up.

“Failure is the
opportunity to begin
again more
intelligently” - Henry
Ford

What's failure?
According to the Collins
dictionary, failure is the
lack of success in doing

or achieving something,
especially in relation to a
particular activity.

Another definition says
that failure is an act or
instance of failing or
proving unsuccessful;
lack of success. Who is
“Raphael’s brother” in

the story that I shared
with you. His name is
Henry Ford. Henry Ford
was an American captain
of industry and a
business magnate, the
founder of Ford Motor
Company and the
sponsor of the

development of the
assembly line technique
of mass production.

Henry Ford started two
car companies that failed
before creating the Ford
Motor Company in
1903(He manufactured
and developed the first

automobile that many middle-class Americans could afford).

“Failure is part of life. If you don’t fail, you wouldn’t learn. If you don’t learn, you’ll never change” - Unknown

Failure should be
embraced because it
helps you gain
knowledge and
experience (Henry Ford
learnt a lot from the
failure of his two
companies and used that
information to create the

Ford Motor Company
which became one of the
most admired companies
in the 19th century). Let
me end with a quote by
Robert Kiyosaki. It says
that:

“Don’t bury your
failures, let them inspire
you”

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How to Obtain Wisdom

“Wisdom outweighs any
wealth” - Sophocles

One day Clarence was
drinking water in the
kitchen when his son
approached him.

Clarence's son: Daddy.

Clarence: Yes.

Clarence's son: Why are
you so knowledgeable?
How did you "obtain"
your "wisdom"?

Let's define the two
keywords in the story
that I just shared with
you which is wisdom
and obtain. What's

wisdom? Wisdom is the
quality of having
experience, knowledge
and judgment. Another
definition according to
the Webster's new world
dictionary says that
wisdom is the power of
judging rightly and

following the soundest
course of action based on
knowledge, experience
and understanding.

What's obtain? Obtain
simply means to get
something. Someone
might ask "so how am I
supposed to obtain

wisdom?” “Ask God”
and he would fulfill your
wish. Let’s look at how
King Solomon
“obtained” his wisdom.
“That night the Lord
appeared to him in a
dream and asked him,
“What would you like

me to give you?” Give me the wisdom I need to rule your people with justice and to know the difference between good and evil. Otherwise, how would I ever be able to rule this great people of yours?” The Lord was

pleased that Solomon
had asked for this, and
so he said to him,
“Because you have asked
for the wisdom to rule
justly, instead of long life
for yourself or riches or
the death of your
enemies, I will do what

you have asked. I will
give you more wisdom
and understanding than
anyone has ever had
before or will ever have
again”- 1 Kings 3:5-
9gnb. King Solomon
asked God for wisdom
and he fulfilled his wish.

Let me end with a quote
by Joseph Smith Jr. It
says that:

“The best way to obtain
wisdom is not to ask
from books, but to go to
God in prayer, and
obtain divine teaching”

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How to Overcome Self-Doubt

“Whenever you find
yourself doubting how
far you can go, just
remember how far
you’ve come. Remember
everything you’ve faced,
all the battles you have
won, and all the fears

you've overcome” -

Unknown

One day Ishmael was
about to leave the house
when his mum
approached him.

Ishmael's mum: What's
the problem?

Ishmael: Nothing.

Ishmael's mum: Are you
very sure.

Ishmael: I don't think I
can become an athlete.

Ishmael's mum: Don't
doubt your abilities.

“Don't ever doubt
yourself. You can do
anything you put your

mind to. All you have to
do is to believe in you” -

Jenny Charbonneau

Self- doubt is one of the
major obstacles that
prevents you from living
the life that you desire.

What’s self-doubt? Self-
doubt is the feeling of

having no confidence in
your abilities and
decisions. Let's look at
how Sarah doubted her
ability to have a child.

“One of them said,
“Nine months from now
I will come back, and
your wife Sarah will have

a son. Sarah was behind him, at the door of the tent, listening. Sarah laughed to herself and said, “Now that I am old and worn out, can I still enjoy sex? And besides, my husband is old too”-
Genesis 18:10; 12gnb.

Sarah doubted her ability to have a child at her age. Someone might ask “so how am I supposed to overcome self-doubt?” Believe in yourself. Actor, producer and comedian Tracee Ellis Ross was

about to leave her office
when someone
approached her and
asked her about how she
was able to overcome
self-doubt. This is what
she said:

“I remember when I was
dropped by my agents

early, early on in my
career. They said I didn't
pop when I walked into
a room. At the time,
maybe I didn't pop
when I walked into a
room or maybe I didn't
know who I was, but it
was one of those

moments of my life and
in my career where I
remember crying to my
sister and thinking, “I
don’t know that I can do
this as a career. This is
too hard. “and if [doing
this] means that people
get to make a comment

on who I am, I took it
very personal and it was
the beginning of a lot of
growth for me”. Things
changed in Elli’s life
when she believed in her
abilities. Let me end
with a quote. It says
that:

“Believe in yourself!
Have faith in your
abilities! Without a
humble but reasonable
confidence in your own
powers, you cannot be
successful or happy”

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How to Persevere in Life

“Believe in yourself and
you will be
unstoppable” - Unknown

Let me start this article
by defining the word
“life” as I did in my
previous articles. What’s
life? Life is the period
between the birth and

death of a living thing.

As you believe in
yourself, you need to
know how to persevere
in life. Let's now go into
details.

1. Perseverance

“Perseverance is falling
19 times and succeeding
the 20th” - Julie Andrews

One day Martha was
sewing a dress when her
husband approached her.

Martha's husband:

Martha.

Martha: Yes.

Martha's husband: Can
we talk?

Martha: Of course yes.

Martha's husband: I
have decided to vie for
presidency.

Martha: Aren't you tired
of failing in life?

Martha's husband: No.

Martha: There is no way
you are going to become
the president of this
country.

Martha's husband: I am
going to become the
president of this country.

Martha: Alright. I wish
you the very best.

A year later...

Election Day...

Martha: Good morning
Hun.

Martha's husband: Good
morning. Have you
voted?

Martha: No.

Martha's husband: Why?

Martha: I don't think
you can become the
president of this country.

Martha's husband: Just
go and vote.

Martha: Alright.

And Martha went to
vote.

Evening time...

Phone rings...

Martha: Hello Hun.

Martha's husband:
Guess what? I'm now
the president of this
country.

Martha: Wow.

“Don't be discouraged.
It's often the last key in

the bunch that opens the
lock” - Unknown

What's Perseverance?

Perseverance is the
persistence in doing
something despite
difficulties or delay in
achieving success.

Another definition says

that perseverance is to
persist steadfastly in
pursuit of an
undertaking, task,
journey or goal even if
it's hindered by
distractions, difficulties,
obstacles and
discouragements. Who

is “Martha’s husband” in
the story that I just
shared with you? His
name is Abraham
Lincoln. Abraham
Lincoln was an
American Statesman and
lawyer who served as the
16th President of the

United States of America
from March 1861 until
assassination in April
1865. Abraham Lincoln:

1. Lost eight races for
various political
offices.

2. Failed twice in
business.

3. Was denied
admission into law
school.

4. Had a total nervous
breakdown (spent 6
months in bed)

5. Ran for state
legislature- lost.

6. Wanted to become the speaker of the state legislature- lost.

7. Ran for re-election to congress- lost.

8. Wanted to become the land officer of his home state- lost.

9. Wanted to become
the vice-presidential
candidate for his party
– He got less than 100
votes.

“I am a slow walker, but
I never walk back”-
Abraham Lincoln

Abraham Lincoln was determined to achieve success in spite of dejection. Someone might ask “so how am I supposed to persevere in life?” Never give up. Abraham Lincoln “never gave up” in life. He

believed in his
capabilities, skills and
knowledge. Follow your
dreams, believe in
yourself and never give
up in life. Let me end
with a quote by Beecher
Stowe. It says that:

“Never give up, for that
is just the place and time
that the tide will turn”

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How to Solve a Problem

“We should not give up
and we should not allow
the problem to defeat
us” - A.P.J Abdul Kalam

One day Kofi was
watching the television
when he saw his son
sitting outside.

Kofi: Mensah.

Kofi's son: Yes daddy.

Kofi: You look sad.

Kofi's son: Hmmm.

Daddy.

Kofi: Yes.

Kofi's son: I have this
problem. How am I
supposed to solve it?

Let's first start this article
by defining the word
“solve”. What's the
meaning of solve?

According to the
Merriam-Webster's
dictionary, solve simply
means to find a solution,
explanation or answer

for. Someone might ask
“so how am I supposed
to solve a problem?” I
am going to use what I
call the LFT system to
show you how to solve a
problem.

L stands for – Look for
the root cause of the
problem

F stands for – Find an
ideal solution

T stands for – Take
action

1. Look for the root
cause of the problem

“You need to find the
root cause of the
problem that you are
experiencing in order to
solve that problem” -

Kofi Addo

What's the meaning
of root cause? Root cause
can be defined as the

fundamental reason for
the occurrence of a
problem. The first thing
that you need to do to
be able to solve a
problem is to find the
root cause of the
problem. Ask yourself
this question “Where is

this problem coming
from?”

2. Find an ideal
solution

“A solution to a problem
must always be ideal”-

Kofi Addo

What’s the meaning of
ideal? Ideal can be

defined as a conception
of something in its
absolute perfection. The
second thing that you
need to do to be able to
solve a problem is to find
an ideal solution to the
problem. For example,
let's say that you have a

problem switching on the television. What's the ideal solution to this problem? Simple. Just send it to the television repairer and he would fix it perfectly for you.

3. Take Action

“Solve it. Solve it quickly, solve it right or wrong. If you solve it wrong, it will come back and slap you in the face, and then you can solve it right. Lying dead in a water and doing nothing is a comfortable

alternative because it is
without risk, but is an
absolutely fatal way to
manage a business”-

Thomas J. Watson

What's the meaning of
action? Action simply
means to deal with. The
last thing that you need

to do to be able to solve
a problem is to deal with
the problem. In other
words, by using your
“ideal solution” to solve
your problem. Get Busy.
I am going to teach you
how to overcome fear in

my next article. God
bless you.

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How to Stop Making Excuses and Achieve Your Purpose in Life

“No one will ever blame
you for trying to get it
right” - Lorii Myers

What’s the meaning of
excuse?

Excuse simply means to
try to give reasons for.

Let’s look at how Moses
gave so many “reasons”

when God asked him to
lead his people out of
Egypt.

“Now I am sending you
to the King of Egypt so
that you can lead my
people out of this
country” - Exodus
3:10gnb

Excuse number 1- “But
Moses said to God, “I
am nobody. How can I
go to the King and bring
the Israelites out of
Egypt?” - Exodus
3:11 gnb

“God answered, “I will
be with you, and when

you bring the people out
of Egypt, you will
worship me on this
mountain. That will be
the proof that I have sent
you” - Exodus 3:12gnb

Excuse number 2- “But
Moses replied, “When I
go to the Israelites and

say to them, ‘The God
of your ancestors sent
me to you’, they will ask
me, ‘What is his name?’

So what can I tell
them?” - Exodus 3:13gnb

“God said, “I am who I
am. This is what you
must say to them: “The

one who is called I AM
has sent me to you”. Tell
the Israelites that I, the
Lord, the God of their
ancestors, the God of
Abraham, Isaac and
Jacob have sent you to
them” - Exodus 3:14-
15gnb

Excuse number 3 –
Then Moses answered
the Lord, “But suppose
the Israelites do not
believe me and will not
listen to what I say.
What shall I do if they
say that you did not

appear to me? - Exodus

4:1 gnb

“So the Lord asked him,

“What are you holding?”

“A stick,” he answered.

The Lord said, “Throw
it on the ground”. When

Moses threw it down, it
turned into a snake and

he ran away from it”

The Lord spoke to him again, “Put your hand inside your robe.” Moses obeyed; and when he took his hand out, it was diseased, covered with white spots like snow.

Then the Lord said, “Put

your hand inside your
robe again. He did so
and when he took it out
this time, it was healthy
just like the rest of his
body. The Lord said, “If
they will not believe you
or be convinced by the
first miracle, then this

one will convince them.

If in spite of these two miracles, they still will not believe you, and if they refuse to listen to what you say, take some water from the Nile and pour it on the ground. The water will turn into

blood”- Exodus 4:2-3; 6-
9gnb

Excuse number 4 – “But
Moses said, “No, Lord,
don’t send me. I have
never been a good
speaker, and I haven’t
become one since you
began to speak to me. I

am a poor speaker, slow
and hesitant” - Exodus

4:10gnb

“The Lord said to him,
who gives man his
mouth? Who makes him
deaf and dumb? Who
gives him sight or makes
him blind? It is I, the

Lord. Now, go! I will
help you to speak, and I
will tell you what to
say”- Exodus 4:11gnb

Excuse number 5 – “But
Moses answered, “No,
Lord, please send
someone else”- Exodus
4:13gnb.

Moses gave so many
excuses and God even
became annoyed at some
point.

“At this the Lord became
angry with Moses”-

Exodus 4:14gnb

Someone might ask “so
how am I supposed to

stop making excuses and
achieve my purpose in
life?” Believe in your
capabilities and take
action. Moses didn’t
believe in his capabilities
and that’s why he kept
on making excuses. Let

me end with a quote. It's
says that:

“Believe in your
capabilities. That's what
is going to help you
accomplish your purpose
in life”

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It's Never Too Late
to Chase Your
Dream

“The time for action is now. It’s never too late to do something”-

Antoine De Saint-Exupery

One day Richford was playing table tennis with his son when he got a call from a friend.

Richford: Hello.

Richford's friend: Hi
Richford. How are you
doing?

Richford: I am doing
great. What about you?

Richford's friend: I was
sacked today.

Richford: Oh.

Richford's friend: Yeah.

But I am not going to
give up. I am would start
my own business.

Richford: You are too
old to start a business.

Richford's friend: I am
not. I would start my
own business.

Richford: You are going to fail. You are too old to start a new business.

Richford's friend: I am going to start my own business.

Richford: So how much did you get from the government?

Richford's friend: \$105

Richford: \$105? That's
not enough to start a
business.

Richford's friend:
Someone would surely
invest in my business.
Have to go now. Take
good care of yourself.

Richford: You too.

And Richford hanged
up.

3 years later...

Richford's friend: Hello
Richford. Guess what? I
have opened a
restaurant.

Richford: What. You've opened a restaurant at the age 88? This is unbelievable.

“My father used to say that it's never too late to do anything you wanted to do. And he said, ‘You never know what you

can accomplish until you
try’”- Michael Jordan

Who is “Richford’s
friend” in the story that I
just shared with you. His
name is Colonel
Sanders. Colonel
Sanders (September 9,
1890- December 16,

1980) was an American
businessman, best
known for founding fast
food chain “Kentucky
Fried Chicken” (KFC).

Born into poverty,
Colonel started working
at a very young age,
picking up meager

paychecks as a
blacksmith, painter,
streetcar conductor,
janitor, insurance
salesman etc before it
occurred to him to start
a business after receiving
a paycheck of \$105 from
the government. He

started his business by
selling fried chicken to
his neighbors in
Kentucky. The rest, they
say, is history (There are
18,875 KFC outlets in
118 countries and
territories around the
world). It's never too late

to pursuit your dreams
in life.

“It’s never too late. Go
out there and make
things happen” -
Unknown

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Nothing Can Hold
You Back

“Anything is possible.
The word itself says I’m
possible” - Audrey

Hepburn

One day Susan was
hanging her clothes on
the clothesline when her
brother approached her.

Susan’s brother: Hi.

Susan: Have you eaten?

Susan's brother: Not yet.

Can we talk?

Susan: Sure.

Susan's brother: I want
to become a theoretical
physicist.

Susan: That's not
possible. You are

paralyzed. You even use
a device to communicate
with people.

Susan's brother: I don't
care. Nothing can hold
me back from becoming
a theoretical Physicist.

“However difficult life
may seem, there is

always something you
can do, and succeed at” -

Stephen Hawking

Who is “Susan’s
brother” in the story that
I just shared with you?

His name is Stephen

Hawking. Stephen

Hawking (8th January

1942- 14th March 2018)

was an English
theoretical physicist,
cosmologist and author
who was the director of
research at the center for
Theoretical Cosmology
at the time of his death.

Hawking had a rare

early- onset slow-
progressing form of
motor neurone disease
(also known as
amyotrophic lateral
sclerosis) that gradually
paralyzed him over the
decades. He gained wide
recognition for his

groundbreaking work on
black holes and
relativity, changing
humanity's
understanding of the
universe. Apart from his
research, he wrote several
popular science books
including A Brief

History of Time, selling
more than 10 million
copies. Amyotrophic
lateral sclerosis couldn't
hold Stephen Hawking
back from becoming one
of the best theoretical
physicist in the world.
The Egyptians couldn't

hold the Israelites back
from crossing the red
sea. “But the Israelites
walked through the sea
on dry grounds, with
walls of water on both
sides” - Exodus

14:29gnb. You possess
the qualities needed to

be fruitful in life and
nothing can hold you
back from becoming one
of the best writers in the
world, nothing can hold
you back from becoming
one of the best actors in
the world and nothing
can hold you back from

becoming one of the best
comedians in the world.

“Nothing can hold you
back from creating the
life that you’ve always
wanted” - Unknown

Positive Thinking

“Once you replace
negative thoughts with
positive ones, you’ll start
having positive results”-

Willie Nelson

Let’s look at a story in
the Holy Bible about
how Moses sent spies to
explore the land of

Canaan. “The Lord said to Moses, “Choose one of the leaders from each of the twelve tribes and send them as spies to explore the Land of Canaan, which I am giving to the Israelites”. Moses obeyed and from

the wilderness of Paran
he sent out leaders as
follows: Reuben,
Simeon, Judah, Issachar,
Ephraim, Benjamin,
Zebulun, Manasseh,
Dan, Asher, Naphtali,
and Gad- These are the
spies Moses sent to

explore the land. He changed the name of Hoshea son of Nun to Joshua. When Moses sent them out, he said to them, “Go north from here into the southern part of the land of Canaan and then on into

the hill country. Find out whether the land is good or bad and whether the people live in open towns or in fortified cities. Find out whether the soil is fertile and whether the land is wooded. And be sure to

bring back some of the fruit that grows there”.

So the men went north and explored the land from the wilderness of Zin in the south all the way to Rehob, near Hamath Pass in the north. After exploring

the land for 40 days, the spies returned to Moses, Aaron and the whole community of Israel at Kadesh in the wilderness of Paran. They reported what they had seen and showed them the fruit they had brought. They

said to Moses, “We explored the land and found it to be rich and fertile; and here is some of its fruit. But the people who live there are powerful, and their cities are very large and well-fortified. Even worse, we

saw the descendants of
the giants there.

Amalekites live in the
southern part of the
land; Hittites, Jebusites,
and Amorites live in the
hill country; and
Canaanites live by the
Mediterranean Sea and

along the River Jordan.”

Caleb silenced the people who were complaining against Moses, and said; [“We should attack now and take the land; we are strong enough to conquer it.”] But the

men who had gone with
Caleb said, [“No, we are
not strong enough to
attack them; the people
there are more powerful
than we are”.] -

Numbers 13:1-21; 25-
31gnb

“There is a way to turn
negative thinking to
positive thinking. It
means seeing the
positives and not
focusing on the
negatives” - Byron
Pulsifer

What's positive thinking? Positive thinking is a “mental attitude” that expects good and favorable results. Caleb exhibited this “mental attitude” (“we should attack now and take the land; we are

strong enough to
conquer it”). But his
friends said “no, we are
not strong enough to
attack them; the people
there are more powerful
than we are” (They were
obviously negative
thinkers). Thinking

positively is one of the
skills that you need to
incorporate into your life
if you really want to
achieve something.

Hollywood actor Denzel
Washington got over his
drinking habit and all
other problems that was

holding him back from
achieving greater things
with the help of his
mindset (He started
turning his life around
by thinking positively).

This is what
Muhammed Ali said
about positive thinking:

“I never thought of the possibility of failing, only of the fame and glory I was going to get when I won. I could see it. I could almost feel it. When I proclaimed that I was the greatest of all time, I believed in

myself, and I still do”.
Muhammed Ali believed
in his knowledge, skills
and gifts (“I believed in
myself”) and never
dueled on his negatives
(“I am not good
enough”. “I am not a
good boxer”). Things

start to change in your
life when you think
positively. Let me end
with a quote by Buddha.

It says that:

“The mind is everything.
What you think you
become”

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Be Bold

“Be bold when others are
scared” - Thomas J.

Powell

One day, Ama was
cooking at the kitchen
when she got a call from
a close friend.

Ama: Hello.

Ama's friend: Hello

Ama. Guess what? I saw
Kwame sitting beside a
very beautiful lady at the
night club yesterday.

Ama: Really? What's the
name of the night club?

Ama's Friend: Deon.

Ama: Hmmm. I really
like Kwame.

Ama's friend: Be bold
and ask him out if you
really like him.

One of the 2 B's of life is
bold. What's the
meaning of bold? Bold is
the act of showing a

willingness to take risk.
A lot of people are where
they are in life because of
the lack of taking risk.

Mark Zuckerberg is
where he is today
because of the bold step
that he took while he
was in the university (He

created Facebook in his dorm room). Be bold in life.

“Take bold decisions. Don’t let doubts fumble decisions in your mind and make you confused over them. Pursue what you are convinced to do;

else set yourself up where
you do not belong” -
Israelmore Ayivor

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Betrayal is Part of
Life

“The saddest thing
about betrayal is that it
never comes from your
enemies” - Unknown

Kofi was on his way
going to church when he
saw a close pal buying a
dress.

Kofi: Hey.

Kofi's friend: Kofi. I
hope you slept well
yesterday?

Kofi: Yes. What about
you?

Kofi's friend: Hmm.

Kofi: Why. What's the
problem?

Kofi's friend: A close
friend of mine betrayed
me yesterday.

Kofi: Why did he do
that?

Kofi's friend: We sell
illegal drugs and I was
supposed to give him his
share of our daily sales

yesterday but was
inpatient and decided to
lodge a complaint at the
police station.

Kofi: Wow. I never
knew you were a drug
dealer.

Kofi's friend: It's not my
fault. I have to cater for

my family. And the worse thing is that, he told the police that I am a drug dealer. I don't know what to do now.

Kofi: That guy has really betrayed you.

What's betrayal?

Betrayal is the violation

of trust between two people. One thing that you must know is that people are always going to betray you. Get used to it.

“Life has taught me that you can’t control someone’s loyalty. No

matter how good you are
to them, doesn't mean
that they will treat you
the same. No matter
how much they mean to
you, doesn't mean that
they will value you the
same. Sometimes the
people you love the

most, turn out to be the
people you can trust the
least” - Unknown

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Try Again

“Fall seven times – stand
up eight” - Unknown

One day Aishatu was
about to leave the house
when her husband
approached her.

Aishatu’s husband:
Where are you going to?

Aishatu: Church.

Aishatu's husband: I
failed my exam.

Aishatu: Don't worry.
Just try again. You
would make it this time
around.

“Get up and try again”-
Unknown

Let's look at how J.K Rowling was able to publish her first book. "J.K Rowling (British novelist) first had the idea of writing the Harry Potter fantasy series in 1990. She stated in one of her interviews that the

idea came into her mind
while she was on a train
from Manchester to
London. In 1992 she
moved to Portugal to
teach Basic English
where she got married
and had a daughter. In
1993 she divorced her

husband and moved to
Edinburg Scotland to be
closer to her sister (At
that time, she had three
chapters of Harry Potter
in her luggage). In 1995,
12 major publishers
rejected the Harry Potter
manuscript. But

Bloomsburg decided to publish the book and gave her an advance of 1,500 pounds. In 1997 and 1998, the book won two awards (Nestle Smarties Book Prize and the British Book Award for Children's Book of

the Year). J.K Rowling
tried, tried and tried
again (Bloomsburg
finally decided to
publish her manuscript).

Let's look at what the
Eagle does when it finds
it difficult to fly when
it's old. "At about 30

years old the eagles' body starts to weaken making it difficult to fly. During this time, the eagle retreats to a mountain and begins to pluck all her talons and feathers.

Once it's done, she crashes her beak against

a rock until it breaks.

Once this is
accomplished, she stays
isolated in the mountain
until her feathers, talons
and beak grows back and
she is once again ready
to fly up the sky. The
eagle tries to fly again

though it is of age and
weaken. Keep on trying
until you achieve
whatever you want to
achieve. Failed to pass an
exam? Try again. Was
denied a visa to abroad?
Try again.

“If at first you don’t
succeed – Try, try, try
again” - Unknown

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Watch Your
Environment

“Life outside your ideal environment will destroy your potential because a wrong environment always means death”-

Myles Munroe

Once upon a time, a lion was searching for a prey when a hunter “caught

it” leaving its cub behind. Seeing the poor cub and having pity on him, a group of goats took him in and raised it as one of their own (The young cub thought it was a goat and started behaving like them).

One day as they were looking for food, a huge lion appeared on a hilltop and started roaring with all its might (The goats run away leaving the young cub behind). The huge lion approached the young

cub and asked him what he was doing with the goats to which it replied “I am a goat”. The huge lion laughed and roared: “you are not a goat, you are a lion!” He then took the young cub to a nearby pond and told it

to look into the mirror-
like reflection of the
water. The young cub
saw his face for the first
time and roared: “yes I
am a lion”.

“Your environment can
affect your progress in
life” - Kofi Addo

What's the meaning of
environment?

Environment can be
explained as the
surrounding in which a
person lives or operates.
The young cub thought
it was a goat because of
the surroundings in

which it was living in.
Will a plant grow if it's
in the midst of weeds
and thorns? I guess not.

The environment in
which you live in can
affect the way you
“speak”, “think” and
“act”. That's why a

person is likely to
become a thief if his
close friends are thieves.
Always surround yourself
with people who have
dreams, desires and
ambition. They will help
you realize your own.

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Inspire Yourself Arena

20 Memory Verses to Shape your Life

1. “You may be wise,
but if you cheat
someone, you are
acting like a fool. If
you take a bribe, you
ruin your character” -
Ecclesiastes 7:7GNB

2. “Don’t spend all
your energy on sex

and all your money
on women; they
have destroyed
kings”-Proverbs
31:3GNB

3. “If you get more
stubborn every time
you are corrected,
one day you will be

crushed and never
recover”-Proverbs

29:1GNB

4. “It is a foolish waste
to spend money on
prostitutes”-

Proverbs 29:3GNB

5. “Better to be poor
and honest than rich

and dishonest” -

Proverbs 28:6GNB

6. “Arrogance will
bring your downfall,

but if you are
humble, you will be
respected” - Proverbs

29:23GNB

7. “You will never
succeed if you try to
hide your sins.
Confess them and
give them up; then
God will show mercy
to you” - Proverbs
28:13GNB

8. “Never boast about tomorrow. You don’t know what will happen between now and then”-

Proverbs 27:1 GNB

9. “Don’t promise to be responsible for someone else’s debts.

If you should be
unable to pay, they
will take away even
your bed”-Proverbs
22:26GNB

10. “If you have to
choose between a
good reputation and
great wealth, choose

a good reputation”-

Proverbs 22:1 GNB

11. “Plan carefully and
you will have plenty;

if you act too

quickly, you will
never have enough”-

Proverbs 21:5 GNB

12. “Get good advice
and you will
succeed” - Proverbs

20:18GNB

13. “Be loyal and
faithful, and God
will forgive your sin.
Obey the Lord and
nothing evil will

happen to you”-

Proverbs 16:6GNB

14. “Keep Company
with the wise and
you will become
wise. If you make
friends with stupid
people, you will be

ruined”-Proverbs

13:20GNB

15. “Be generous, and
you will prosperous.
Help others, and you
will be helped”-

Proverbs 11:25GNB

16. “Being lazy will
make you poor, but

hard work will make
you rich”- Proverbs

10:4GNB

17. “Never let go of
loyalty and
faithfulness. Tie
them round your
neck; write them on
your heart. If you do

this, both God and
people will be
pleased with you”-
Proverbs 3:3-4GNB

18. “Remember the
Lord in everything
you do, and he will
show you the right

way”- Proverbs

3:6GNB

19. “The more you
talk, the more likely
you are to sin. If you
are wise, you will
keep quiet”-

Proverbs 10:19GNB

20. “Be careful what
you say and protect
your life. A careless
talker destroys
himself” - Proverbs
13:3GNB

20 Life Quotes

1. “Life is like riding a
bicycle. To keep your
balance, you must
keep moving” - Albert
Einstein

2. “Rise above the
storm and you will
find the sunshine” -
Mario Fernandez

3. “Life is about making
an impact, not
making an income” -

Kevin Kruse

4. “The two most
important days of
your life are the day
you are born and the

day you find out
why” - Mark Twain

5. “Life is ten percent
what happens to you
and ninety percent
how you respond to
it” - Charles Swindoll

6. “Go confidently in
the direction of your

dreams! Live the life
you've imagined"-

Henry David
Thoreau

7. "Only a life lived for
others is a life
worthwhile"- Albert
Einstein

8. “The greatest glory in living lies not in never falling, but in rising every time we fall” -

Nelson Mandela

9. “The only impossible journey is the one you never begin” -

Anthony Robbins

10. “You will face
many defeats in life,
but never let yourself
be defeated” - Maya
Angelou

11. “If you would only
recognize that life is
hard, things would be

so much easier for
you” - Louis Brandeis

12. “We must accept
finite

disappointments but
we must never lose
infinite hope” -

Martin Luther King

13. “When everything
seems to be going
against you,
remember that the
airplane takes off
against the wind, not
with it” - Henry Ford

14. “Don’t pray for
an easy life, pray for

the strength to endure
a difficult one” - Bruce
Lee

15. “Our greatest
weakness lies in
giving up. The most
certain way to succeed
is to try just one more

time” - Thomas
Edison

16. “Obstacles doesn’t
have to stop you. If
you run into a wall,
don’t turn around
and give up. Figure
out how to climb it,
go through it, or

work around it”-

Michael Jordan

17. “When you have
exhausted all
possibilities,
remember this: you
haven’t”- Thomas
Edison

18. “Only those who fail greatly in life can ever achieve greatly”-

Robert F. Kennedy

19. “Be not afraid of life. Believe that life is worth living, and your belief will help

create the fact” -

Henry James

20. “Many of life’s
failures are
experienced by people
who did not realize
how close they were
to success when they

gave up” - Thomas
Edison

20 Success Quotes

1. “The path to success
is to take massive
determined action” -

Tony Robbins

2. “A strong positive
image is the best
possible preparation
for success” - Dr.

Joyce Brothers

3. “It’s never too late to be what you might have been” - George Elliot

4. “Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of

all, love of what you
are doing or learning
to do” - Pele

5. “The only place
success comes before
work is in the
dictionary” - Vince
Lombardi

6. “Belief in oneself is
one of the most
important bricks in
building any
successful venture” -
Lydia M. Child

7. “There are people
who make things
happen, there are

people who watch
things happen, and
there are people who
wonder what
happened. To be
successful, you need
to be a person who
makes things
happen” - Jim Lovell

8. “Success is 99%
failure” - Soichiro
Honda

9. “A person has to
remember that the
road to success is
always under
construction. You
have to get that

through your head. It
is not easy becoming
successful” - Steve

Harvey

10. “The size of your
success is measured by
the strength of your
desire; the size of your
dream; and how you

handle
disappointment along
the way” - Robert
Kiyosaki

11. “Success seems to
be connected with
action. Successful
people keep moving.
They make mistakes

but doesn't quit"-

Conrad Hilton

12. "The difference
between a successful
person and others is
not a lack of strength,
not a lack of
knowledge, but rather

a lack of will”- Vince
Lombardi

13. “Success is a state
of mind. If you want
success, start thinking
of yourself as a
success”- Joyce
Brothers

14. “When it comes to success, there are no shortcuts” - Bo

Bennett

15. “Success is a journey, not a destination” - Ben

Sweetland

16. “You don’t have to
be a genius or a
visionary or even a
college graduate to be
successful. You just
need a framework and
a dream” - Michael
Dell

17. “Achieve success in
any area of life by
identifying the
optimum strategies
and repeating them
until they become
habits” - Charles J.
Givens

18. “Take up one idea.

Make that one idea
your life- think about
it, dream about it,
and live on that idea.

Let the brain,
muscles, nerves, every
part of the body, be
full of that idea, and

just leave every other
idea alone. This is the
way to success”-

Swami Vivekananda

19. “Put your mind
and soul into even
your smallest acts”-

Swami Sivananda

20. “If you want to be truly successful, invest in yourself to get the knowledge you need to find your unique factor. When you find it and focus on it and persevere, your

success will blossom” -

Sydney Madwed

20 Motivational Quotes

1. “Every great story on the planet happened when someone decided not to give up, but kept going no matter what” - Spryte Lorianano

2. “You don’t have to be great to start, but you

have to start to be
great” - Zig Ziglar

3. “You can have
anything you want if
you are willing to give
up the belief that you
can’t have it” - Robert
Anthony

4. “Desire is the starting
point of all
achievement, not
hope, not a wish, but
a keen pulsating
desire that transcends
everything” -
Napoleon Hill

5. “Optimism is the one
quality more
associated with
success and happiness
than any other” -
Brian Tracy

6. “Definiteness of
purpose is the starting
point of all

achievement”- W.

Clement Stone

7. “We become what we

think about”- Earl

Nightingale

8. “The only person you

are destined to

become is the person

you decide to be”-

Ralph Waldo

Emerson

9. “Whether you think
you can or think you
can’t, you are right” -

Henry Ford

10. “The only limit to
our realization of
tomorrow will be our

doubts of today” -
Franklin D. Roosevelt

11. “The future
belongs to the
competent. Get good,
get better, be the
best” - Brian Tracy

12. “Things work out
best for those who

make the best of how
things work out” -

John Wooden

13. “Today’s
accomplishments
were yesterday’s
impossibilities” -

Robert H. Schuller

14. “There are no
limits to what you can
accomplish, except
the limits you place
on your own
thinking”- Brian
Tracy

15. “Never give up on
a dream because of

the time it will take to
accomplish it. The
time will pass any
way” - Unknown

16. “The best way to
predict the future is
to invent it” - Alan
Kay

17. “The secret of
getting ahead is
getting started” - Mark
Twain

18. “Challenge
yourself with
something you know
you could never do,
and what you will

find is that you can
overcome anything”-

Unknown

19. “Fight for your
dreams and your
dreams will fight for
you”- Paulo Coelho

20. “Don’t fear
change. You may lose

something good, but
you may also gain
something great” -

Unknown

About The Author
Kofi Addo (Founder of
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