

Blueprint for **SUCCESS**

Live your purpose
Become anything you want to be
Build a financial empire

UYI ABRAHAM

(Best selling Author)



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Life Vision and **Purpose** are used interchangeably by the Author and meant to be the same.

Dedication

I dedicate this book to God. Also to my wonderful, patient and scintillating wife **Faith** Chisara Abraham. *Your love humbles me, your care tenders me, your devotion amazes me and your creativity inspires me.* And to my daughter **Zoe** Esohe Abraham. *You've brought us great joy.* Here's a blueprint for success.

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Foreword

“I was pleased to be invited to write the foreword for this special book because I am a strong advocate of the philosophy of “vision” as set forth in this book. This book is not about a product that can be purchased, but about the delivery of a process through which self-investors become knowledgeable and proactive in their own futures. There is nothing here requiring a radical leap of faith. In fact, learning these methodologies will put an end to many of the myths about personal success.

The reader simply learns strategies to invest in him or herself in a way designed to enhance returns of success within the framework of acceptable levels of effort.

In this innovation-rich society, the real risk is entrepreneurs will give in to feelings of panic, remorse, or defeat during normal business activity. After reading this book, entrepreneurs and others can design strategies based on rational thought and realistic expectations according to their personal situation. They will no longer be subject to fluctuations in support. Get the advice from the latest “guru.”

-Jennifer Herrera, MBA

*Professor of Business – Capella University
Instructor of Business – Tarrant County College*

“If Uyi Abraham were an IPO, I’d buy in, if Blueprint For Success were stocks, I will own majority shares.”

-John Darski, PHD

Chairman & CEO, Darski Group, Consultant, Investor

“This book is fantastic!! I could not stop till I got to the end.”

-Kris Enemo. CEO, Digiview Security Company

Praises

“Blueprint for Success is more than a book. It is a movement. It’s revolutionary. I easily recommend it for churches, schools, organizations and anyone serious in changing their destiny.”

*-Apostle Emeka Timothy Frank
Heaven On Earth Prayer Ministries
Madrid, Spain.*

“I commend the author, *Apostle Uyi Abraham* for giving the reader a clear and precise road map to financial prosperity and Success. He let the Lord use his creative writing ability to empower the reader in attaining a firm financial and spiritual foundation. Have a note pad and pen ready while reading this book and start living the life of your dream. Don't be afraid to dream and dream big- more importantly, set attainable goals. This book will help you master that plan for your life.

I challenge you to find a quiet place, relax and read this book in its entirety because, it will reshape your life into a more prosperous and healthy way. Tell your friends, family and co-workers about this great book so that they too will experience greater Success.

This is a must read book for all who dare to reach beyond their potential and rise to greater heights. I am confident that you will say yes to Success, yes to good health, yes to purpose and yes to a book well written.”

*-Angela Dickerson Hewlett
Founder/President Mela-A-Support
Group*

“Uyi Abraham is powerfully equipped and anointed to speak encouragement, direction and truth into your life.... Listen close to what he has to say.”

*-Susan Bautista, President
Alimenta Mis Ovejas, Inc.*

Why I wrote this Book for You

I'm so glad that you're reading this book. I'm confident that your life is about to change forever. I came to the United States of America five years ago with only \$100 in my pocket (that was all I had to my name at the time.) I just dropped out of medical school, abandoned my childhood dream of being a gynecologist and saving the world; to follow my calling and passion in ministry and business. I have been a student of life and success for over ten years.

I'll be upfront with you. God has taught me some immutable principles for achieving anything in life, whether in church, ministry, business, marriage etc.

I believe that the greatest joy in life is living your purpose and finding fulfillment. A bonus section on how to start and grow a million dollar business without debt was also included just for you.

I believe Blueprint for Success will help to answer the question as Rick Warren puts it: "What on earth am I here for?" and also provide you with the tools to accomplish more than you ever thought was possible.

I believe in you. I'm excited about your destiny, knowing that as you read and apply what you read here, you will become God's blueprint for success.

You were made to be Amazing!



Introduction

One million words too few

A victim No More!

Success is the greatest revenge! Hmmm!

I reminisce on the first time it happened to me. It was like yesterday. I never saw it coming and by no means could I perceive in my wildest imagination that it could happen to me. Yes it did happen to me! In that moment my heart palpitations skyrocketed; I could feel the hot sweat forming under my arms under the breezy canopy. It was in Lagos. Lagos! A city notorious in nefarious crimes, yet miracles do happen in Lagos. Many came there alive, few returned. Now there was no escape for me- I thought! Even if I had tried to run, I knew my legs would fail me. There I was, a thin-lanky-skinny-young-man standing completely vulnerable before him- a tall handsome six- footer dressed in a creamy- white suit and a bow tie to match. He was armed!

“Why-did-I-come-here...Is this for real?” I started to philosophize within myself.

“Is this a set up?” I continued to ponder. At this point, my perspiration unrelenting. There I stood, both of my hands spread wide and high towards the heavens in total surrender. The sky was beautifully blue. It

seems the world stopped around me. I had to brace up to the challenge. The challenge to change my life forever. That was the moment I surrendered myself to the plan and purpose of God for my life. It all started to form and make sense inside of me when the man standing in front of me, armed with the bible opened his mouth and began to speak; his words had life and seeped through every fiber of my being.

That was almost ten years ago in a camp meeting. I heard a man that transformed my life forever. He is who I will call my spiritual father and I will talk more about him later. Since that time, it has become my passion and mission to help as many people as possible to discover the 'Blueprint for Success' by living the ten essentials discussed in this book.

Are you living the American dream?

I believe deep in the heart of every person is a desire to do something outstanding. To make a difference in their generation. To leave a mark that cannot be erased. To inspire a change. To light the fire of a revolution. There's much to our lives than we can discern. I read somewhere that, everyday nearly 25,000 people in the US become fresh newly- scented- millionaires.

Nothing succeeds like success. It amplifies your voice and transforms your life completely. Living a successful and fulfilled life is everybody's dream in every place, race, and nation on the earth. More individuals are realizing they must be proactive about their destiny and create the life of their dreams. Interest in entrepreneurship is growing, many people are waking up to the realization that the traditional 8 to 5 job security and pension and social security have all bowed to the biochemical principle of evaporation. In

other words, what your grandpa told your dad about getting a college education, joining a great and growing company, work very hard, stay there for thirty to thirty-five years and retire will not hold up in today's realities. Consider these facts:

- ❖ Inflation is rising yearly at an average of 3%
- ❖ Slumber in the housing market. What's next?
- ❖ Social security could go broke in fifteen years
- ❖ More companies are shying away from providing pension and retirement plans for their employees.
- ❖ The cost of war, rising influence of China could drive more US jobs to other countries.

President Reagan once said, "We must act today in order to preserve tomorrow. We are going to begin to act, beginning today." You cannot entrust your life to your job, economy or the government. We must be informed, educated and proactive.

You don't have to be great to get started, but you have to get started to be great. --Les Brown

BLUEPRINT FOR SUCCESS

This book is based on ten years of searching and research into what makes individuals, organizations and companies *great*. In it, you will find interviews and real life stories of millionaires, leaders and folks who started from scratch and became people to reckon with in their respective fields.

The blueprint is a detailed outline or plan of action, something intended as a guide. Success is a word

that many people have misconceptions about and really don't understand what it means.

Success is being effective and exceptional in what you were created to be and do, and having more than enough of spiritual and material prosperity to affect lives positively thereby making the world a better place

Good Success, Bad Success

Good success is when we positively influence our world and live effectively. Bad success is when our success does not positively benefit those around us and devoid of personal fulfillment. Warning! The Blueprint For Success will challenge you to leave a mark in your generation. You will be inspired for greatness and programmed for success. It is guaranteed to radicalize your destiny.

This book is not about changing who you are. It is about helping you in finding who you really are, providing the essential tools you need to accomplish your dreams. You don't need to be the next Billy Graham, Bill Gates, Warren Buffet or Oprah Winfrey. You can be great being who you are.

Don't get it Twisted!

“Weak men wait for opportunities. Strong men make them” Orison Swett Marden.

‘Nothing stops a vision like a good excuse’ Uyi Abraham. Effectiveness is the proof of progress. You will rise by lifting others. Those who bring sunshine to the lives of others cannot keep it from themselves. Success is never final, failure is never ending. “In the end, the only

people who fail are those who do not try.” Davis Viscott.
Do something significant with your life!

Going beyond achievement to fulfillment

The Blueprint For Success brings balance to the reader. It takes you beyond achievements to fulfillment. Success is not all about making money. You could make millions of dollars and lose it all in a divorce settlement. This is why I took some time to talk about the successful marriage and how to choose a mate. Most of the so called “success books” got it flawed- they focus only on money and achievements.

I present a unique insight by melding life, financial and business issues into ten proven essentials that will help you the reader to Live you purpose; Become anything you want to be; Build a financial empire. You will also find assistance in living a fulfilling life, living healthy and longer, time management, investing, savings, retirement, raising your credit score, living generously and 101 business ideas you can convert into a profitable venture right now!

Four things was on my heart before I started writing. I wanted the Blueprint for Success to be *useful and clear, simple and engaging, fun to read and pragmatic.*

How to read this book

Please see this book as a life manual. Read it meditatively. As fresh inspiration, concepts or ideas strike you, you can jump and scream and shout- it is perfectly normal and has happened to me several times before. With each page turned, always have a pen and a journal by your side to take notes (maybe a cup of hot

chocolate with marshmallows may help too!). *Be free to write on every page- After all if it's that good you need to buy a copy for a loved one anyway!*

Each of the principles in this book will work separately and collectively. I strongly advocate that you read it thoroughly from the beginning chapter down to the end. Read it over and over again, until you have caught every treasure in it and something remarkable happens inside of you. Practice what you read.

The Successful You

It is my yearning that this book helps individuals, churches and businesses discover the essentials for their success. No matter who you are, or how flourishing you have been up till now, there is always a new dream out there for you to pursue. Once you know the blueprint for success, your revolution has begun. It will produce in you an amazing experience that will give you a reason to wake up every morning! Please shout out loud five times: **“There’s nothing wrong with me. I am born to be a success!”**

*There’s nothing wrong with you! You’re born to be a
SUCCESS!*

Who ever thought that MySpace, YouTube, or the iPod, will be the phenomenon that it is today? The good news is: *you are the next phenomenon about to happen!*

PHASE 1

Achieving Personal Fulfillment

Essential #1

GET A VISION

-See It

“Where there is no vision, the people perish...”

Proverbs 29:18 KJV

There's a purpose for your life.

I like to call it “destiny”- a glorious one.” It's what God created you to be. Millions of years ago before the foundations of the earth was laid, before the birds flew in the blue mosaic sky, before the rivers gathered and clapped its hands of mountainous waves across the ocean, before man ever breathed sweet air in his nostrils- *heaven smiled at you*, God put a special secret inside of you. It's a code that only you can crack open.

It's your purpose in life, your future, your destiny, your Life Vision. I'm going to help you to decode your Life Vision and provide the tools that you will need to achieve a lifetime of personal fulfillment and build a financial empire. God has a big vision for your life. Do you believe this? Vision is the first blueprint essential for success. I grew up poor, wounded and hungry in the

back side of Africa; in the most populous black nation on earth. Growing up wasn't fun. I wish it was. Everything seemed to work against me and my innocent ego. Not having my dad in my life as I was grew up greatly devastated me. Everyone marked me a failure. Why wouldn't they? I'd agree with them for a short season but I was hungry to be more in life. At a young age I knew exactly what I wanted in life. The passion for success was borne in my despair. A vision started to form in my heart: One day to be a millionaire. And to be happy too!

You've been wired for success. How would you live if I told you, you could never fail?

Don't roam about in life aimlessly. Where there is no clear direction, there can be no progress. You need to locate direction for your life by vision. You are destined to be a star. You will never become a star until you become a visionary. Copying another person's vision reduces you from a *Star* to a *Scar*. Referees in a game, and even spectators do not receive any trophy after a football final; so don't be one. No press no prize.

Vision is the source of life. It's God language in communicating to us. Vision shapes the world. Real vision transcends time and present condition. It is the secret of the great and mighty, without it people perish- they never attain to significance. A life without vision is an empty life. A person devoid of a vision for their life, marriage, family or business merely exists- this person is going no where. Getting a vision is the first essential in discovering the blueprint for success. It is the foundation upon which the other blueprint essentials are built. Vision is the greatest power that God has given to humankind to utilize in creating their life and

the world. I guarantee you that your life will remarkably change when you realize the magnificent vision that He has for your life.

You must have a big vision for your life. It has to be so unbelievably humongous that it scares everyone around you.

Your life is worth your vision. No army, no police, no demonic power can stop a person with a vision.

See what you want, get what you see

Visualization or “Seeing” is the act of imagining compelling and vivid pictures, ideas or expected realities in your mind or heart of what you want in your life. It may be the most underutilized success tool you possess. When you consistently visualize your Life Vision, you release creative powers to work for you to bring it to pass.

The muscle movement that helps us to physically take action in our lives begins in the mind. Mind matters! That is why all great golfers, soccer stars, tennis players, basketball players, and the like, visualize themselves making a shot beforehand.

An experiment conducted by Alan Richardson, an Australian psychologist, found that improvements in performance increased 23% among those subjects who visualized everyday for 20 days. In his paper published in *Research Quarterly*, Richardson wrote that the most effective visualization occurs when the visualizer feels and sees what he is doing. You can be successful on your own term doing what you really love. The power of vision can't be overstated. It's the antidote to attaining life's maximum.

Mary Youngblood was a welfare mum turned Grammy Award Winner. On a recent interview, she discussed how her life was transformed: "I really visualized it, too, even as a child watching those programs. I could visualize myself walking up the stage, up the stairs. For me, visualizing those dreams happening was pertinent to making that happen, because I could see it. I pictured it in my head."

Allow me to share a story. On a Wednesday evening; my phone rang. Ring ring ring! Julie was on the line. The moment I said "Hello" I knew something was wrong by the grunt in her voice. "What's going on with you" I inquired.

"I got jilted again" was her remorseful response.

"It seems no man wants me" she continued. She is 35 years old and had experienced numerous break-ups in her lifetime. My next question shocked her a bit:

"Julie, do you have a vision for your life?" I also asked her.

"What's your vision for your life partner?" The words hurried out of my mouth like a loaded machine gun. Her voice lightening up, she confirmed to me that she doesn't have a vision for her life or life partner. I explained that was the cause of her continued dilemma and proceeded to coach her. She was very receptive and continued to listen attentively. I gave her a vision assignment. I told her to visualize and write on paper, ten things or qualities that she wants to see in her vision husband, then stick the paper on her mirror where she would see it daily; and then apply Essential #5 in this book, which is "Say It". She started seeing it in her imagination and saying it out of her mouth almost daily. She wanted her vision-man to be 6 feet tall, a committed Christian man, dark and handsome and have a job. Then four months later, Julie called me

again and this time with a thunderous joy in her voice. She had just started dating a guy that met all ten qualities she wrote on her vision board. He had proposed, cooks for her, washes her car, gives her fifteen year old a monthly allowance. She could hardly contain herself, saying to me, “the vision assignment worked, I know that this is my husband.” The previous guys didn’t score more than three, when compared to her vision board.

"When you want to lead, start with the future." Buckingham said. "Get specific. And get vivid."

LESSONS FROM MY FATHERS

Real Dad VS Spiritual Dad

I am no Robert Kiyosaki in Rich Dad Poor Dad, but I certainly learned much from my Real Dad and my Spiritual Dad. My Real Dad is practical, hardworking, and great. My Spiritual Dad has built one of the largest ministries in Africa. Below are some of the lessons from my fathers:

1. My Real Dad loves job security. My *Spiritual Dad* believes that almost every human is an Entrepreneur inside of them and he doesn’t like “Jobs.”
2. Get an education in the medical field. Guaranteed job! My *Spiritual Dad* believes that you should get an education to “know” and then create your dream life.
3. Starting a business is risky. My *Spiritual Dad* states that “not starting a business may be the most risky decision a person could ever make”.
5. My *Real Dad* believes that hard work, determination and consistency is an essential for success. How true!
6. My *Spiritual Dad* believes that if you are exposed to the right information early on in life, you should be wealthy. Interestingly, he gave his first \$1m to God.

THE VISION BOARD

A very powerful way to dream to reality is by creating a Vision Board, also known as a “Dream Board”. Abraham in Genesis chapter thirteen in the bible is a perfect example. This is a man that was one hundred years old, childless and partially broke. But he had a dream of being a father and a master of life. He had a conversation with God. Here is an excerpt: “After Lot had gone, the LORD said to Abram, or Abraham, Look as far as you can see in every direction—north and south, east and west. I am giving all this land, as far as you can see, to you and your descendants as a permanent possession. And I will give you so many descendants that, like the dust of the earth, they cannot be counted! Go and walk through the land in every direction, for I am giving it to you.” Abraham walked the length and breadth of the land in his mind. The sky became his canvas, his mind his ink. He painted his vision board on the beautiful blue sky. In a little while, Abraham had children: Isaac and others, at a ripe age of one-hundred-years-old and was very wealthy and great. A record that has not been broken. Vision-boarding is one of the most powerful ways to put the *Principle of Attraction* to work for you. A Vision Board is a collage of words and pictures of the goals and dreams you want to magnetize into your life.

“Imagination is everything. It is the preview of life's coming attractions” - Albert Einstein

Creating your Vision Board

1. Use paper, canvas or anything that can be written on.

2. Use very specific words to describe what you want to see in your present or future life. So if you want a specific kind of car, make sure it is exactly the type, model and color you desire.
3. A very basic and fun way of creating a Vision Board is by taking a big piece of carton, scissors, glue and tons of magazines. Go through the magazines and search for images of your dream-life, or search for the right images on the internet. Cut out the images and glue them on your cardboard.
4. You will be surprised to see the things on your Vision Board show up in your life –sooner or later- providing you keep putting your intention on them and stay confident it will happen.
5. By looking at your Vision Board on a consistent (daily) basis and seeing it manifest in your life, you will manifest the life you truly desire and deserve!
6. Just Say It! You must declare, confess or scream your vision goals daily. (This is where many people miss it.)
7. Write Yourself a Million dollar check. Laminate it and include it on your vision-board. (When you receive your first million dollars. Remember to send me a “Thank You Note” and a little gift check)
8. Are your dreams large enough to get the Almighty God involved? Sometimes our dreams are just too small.
9. Don’t consider your bank account or paycheck. *You are not going to pay for it anyway!*

10. People may laugh at you or your dreams. It's Ok!
Dream it anyway!

*People may laugh at you or your dreams.
It's Ok! Dream it anyway!*

Who is running Your House? OPRAH or DR. PHIL?

Many people today are running blind. Looking for direction for their life in the wrong places and trading places. Yet no success. Several tune-in religiously to the Oprah Show and Dr. Phil Show, daily seeking some new trend, advice or perhaps discover some new vision to follow in their lives. I am not advocating that watching these shows are bad. All I am saying is that only God gives life and gives vision. Go get your own tailor-made vision from your Creator. Let Him show you the path for your own life.

Perhaps you have thought about the possibility of your life being more than what it is right now. You are right! Every thing created was designed to solve a problem. You were designed to be the answer to a question, a solution to a problem. There is something hidden in your belly that shines through your eyes. That is your vision. Everything that we see, experience and enjoy today is the direct result of somebody's vision. A life without a vision is an empty life. A person devoid of vision is literarily a 'dead man walking'.

*You were designed to be beautiful. God does not
manufacture junks neither does he sponsor flops.*

See It again

Don't give up on your vision. Hold on tight. Your vision will not lie. It will come to pass. Life will try you; circumstances will harass you, and troubles may come as a thief in the night. Yet, stay on! Have you ever dreamed of something fabulous but it never happened? You were so convinced of it materializing, giving it all you got. You were disappointed, disgusted and disenchanted. Hey my friend, don't give up on your vision- It's all you got! See it again!

Albert Einstein failed many times and had plenty of reasons to give up, but he didn't. He had learned to dream again despite the failures.

VISION! What?

*My definition of vision is the ability to **see** from within to create success and make a positive impact.*

When you look within, what do you see? How do you hope that your life turns out? What would you like to change about your life or your world around you? Answering these questions are great clues about your Life Vision. When God enables a vision He mobilizes the provision to bring the vision into fruition.

When God gave me the vision to write this book, I was in transit, on a ten hour wait in Gatwick Airport in London. I was beginning to get bored and edgy. It seemed like the hand of clock was moving in tortoise speed. I took out my pen and a paper and wrote down my vision- to write a book that will be resourceful, fun, loaded with functional information that will perk up the lives of many people and sell a million copies. Sell a million copies? That sounds ambitious! Not really! It's

vision at work. We need to give our vision room to expand. We have to see it first before we'll receive it.

See it where? In our imagination, soul, mind, spirit (heart) or whatever you like to call it. I will use imagination or spirit for the context of this book.

Imagine a person walking aimlessly. That is the life of a person without vision.

A clear vision is an immeasurable advantage to any person. Without the eyes we fumble about in darkness. Great leaders have vision burning inside them. Nobody else can hold that flame for them.

One of my all-time my favorite TV show was 'Rebel Billionaire' with Sir Richard Branson. That was the first time I met Sara Blakely, an unusual lady with a vision. Hear her story:

Just seven years ago, Sara Blakely was selling copiers and fax machines door-to-door and was frequently escorted out of office buildings for cold-calling. Like so many people, Sara dreamed of an entirely different career and life, but she was waiting for her bright idea. One night Sara cut the feet out of her pantyhose to wear with white pants and open-toed shoes and, at that moment, Sara knew she had a million-dollar idea. Seven years later, this former salesgirl turned her \$5,000 into more than \$150 million in retail sales, 55 employees, 100 different styles of Spanx, four patents, and ASSETS, a new brand at Target. And now, Sara is turning her attention to giving back by helping women globally.

Sara joins the judges' panel on American Inventor as a true inventor alongside George Foreman, Peter Jones, and Pat Croce on a mission to find...the next American Inventor. She recently gave a one million dollars check to Oprah Winfrey for her all-girls leadership academy in South Africa. That is how a clear vision can transform a life forever.

Three types of people

1. Those that are vision driven
2. Those that lack vision
3. Those that don't know how to accomplish the vision.

Vision is more than physical sight

Vision far exceeds physical sight. It is the light of life. The story of Helen Keller exemplifies this fact. Helen Keller was blind and deaf at nineteen months of age. She had several struggles in her life while growing up, but her vision of becoming somebody significant surpassed her lack of physical sight. In 1904, at the age of 24, Keller graduated from Radcliffe *magna cum laude*, becoming the first deaf and blind person to graduate from a college. Keller went on to become a world famous speaker and author. She is remembered as an advocate for people with disabilities, as well as numerous causes. In 1915, she founded Helen Keller International, a non-profit organization for preventing blindness. Keller and Anne Sullivan traveled all over the world to over 39 countries, and made several trips to Japan, becoming a favorite of the Japanese people. Helen Keller met every US President from Grover Cleveland to Lyndon B. Johnson and was friends with many famous figures including Alexander Graham Bell, Charlie Chaplin and Mark Twain.

*The size of your vision determines the size of your life.
Small vision will yield a small life; a big vision will
produce a big life.*

DISCOVERING YOUR LIFE VISION

In mathematics, an equation is a mathematical statement indicating that two algebraic expressions or quantities are the same or equal. Equations are written with an equal sign, as in $5 + X = 10$. The number 5 is the known, which could be your education background, talents, gifts skills, experience and so and so while X is the unknown- *which is your life vision*. The number 10 indicates your destiny. To solve this equation, you need to find the value of X. The value of X is the key to putting all the life puzzle together. We must discover the purpose for our lives. This is the X factor that many don't bother to uncover.

Why is a Life Vision so important? A life vision is the purpose for your life. They very reason for your existence or what you were born to being and do. In discovering our life vision, we find out not only our destiny, but also our gifts, talents, creativity and relationships that will help us to be unique.

Vision brings life to a lifeless situation, sees a fetus in the womb of the medically proclaimed barren, holds a lemon but see lemonade. It is the hope of the hopeless. The good news is that there is a huge vision for your life. Your life was meant to be meaningful. He has plans and purpose that He wants to accomplish through you. The greatest asset you can ever have is to discover God's vision for your life.

How to discover your Life Vision

A step by step Approach

Find a serene and quiet place. Carry nothing with you except a notepad (or journal) with a good pen. Eliminate

distractions such as bright light, noise or other people activities. Sit comfortably. Say a prayer to God to help and guide you. The prayer could be as simple as “ Dear heavenly father, thank you for the gift of life. Help me to know your vision for my life. Amen.” Then close your eyes and imagine the life you want. Write down what you see- the thoughts, ideas, pictures, events or occurrences that comes to your mind. Circle any three that fits with your passion and desires. Strike out the others. Those three have become your Life Vision. That’s what you want to achieve with your life.

More Applications in discovering your Life Vision

1. What you love so much, you would do for free.
2. The Mother Theresa Principle: Whose pain do you feel?
3. Write down the three biggest goals of your life.
4. What frustrates you so much you’d like to change it?
5. Have you tried some Praying & Fasting?
6. Observe your strongest gifts and strengths.
7. The problem you love to solve.
8. What profession, vocation or career excites you most?
9. Frankly, what do you want to do with your life?

Vision must be communicated

Martin Luther King, Jr. said, "I have a dream," and what followed was a vision that changed a nation. That famous speech is a dramatic example of the power that can be generated by a person who communicates a compelling vision. We must not be afraid to share our vision. I remember reading Suze Orman’s book “Women and Money”. She recounted how she was waiting tables

in her younger days. She had a dream to be financially successful. Her vision was to own a restaurant. She didn't have the money. One day a customer noticed she was moody, and inquired what the problem was. Suze shared her vision. She needed twenty thousand dollars to open her own restaurant. This generous customer gave her a two thousand dollar check to get it started. Today Suze Orman is a millionaire. Be careful who you share your vision with. That person may be the link you need to go to the next level.

What Vision Will Do In you

1. Your Life Vision is your purpose.
2. It will bring order in your life.
3. Vision will bring focus into your life.
4. Vision will generate discipline in your life.
5. Vision will develop character in you.
6. Vision will promote patience in you.

What Vision Will Do For you

1. Vision will bring you personal fulfillment.
2. Vision will cause you to choose your friends.
3. Vision inspire you to leave this world a better place.
4. Vision will push courage out of you.
5. Vision will tell you that you're unstoppable.

Finding a need and meeting it

Julie Aigner Clark was simply trying to make a video for her baby. She was unable to find any person or product that could help her. This led to the creation of Baby Einstein Company in 1997. In the first year of

operation her company made \$100, 000 in revenue without any advertising at all. Passion, enthusiasm and innovation are what drove this project forward despite the limited resources. The first Baby Einstein video took off and was an instant success. It was an entirely new concept; no one had videos for babies. During the first five years, she never ran an ad. The videos were able to make babies happy. Parents told their friends. News publicity and exposure began pouring in like the hurricane rain. She eventually sold Baby Einstein to Disney for \$25 million. Julie was successful because she saw the need for baby videos, and the need produced a vision inside her; the vision shaped a product. The rest is history.

Excusing your Excuses

There's one word in the dictionary I don't like at all. It's called: Excuse! I have had my own share of these. Excuses give people good reasons to remain in the same place all their lives. Until you excuse your excuses greatness could be as distant from you as the sun is far from the earth. Common excuses include: too old, too young, too busy, too committed, too afraid, too poor, too rich, too tired.

Nothing stops a vision like a good excuse. Stomach virus is treatable but the excuse-virus is deadly.

RSVP: Rice and Stew Very Plenty

There's so much we can do to make a difference. Everyday as we look around us we see tons of

opportunity to love, to serve, to influence and to be great. He that must lead must love, he that must be great must greet, he must be significant must serve. It's your time my friend. Do something beyond your normal ability. It's time to look beyond working for a bank to owning a bank. From day-dreaming to day-making-something-happen. I have had a lot of friends over time who were masters at procrastinating and never really putting real efforts to advancing themselves. Guess what? The bus left them. This is your time. God's grace is sufficient for you.

Write your vision on diamond glass and smash it

Review your vision every one to three years to see if it still fits into your current dreams. Philippians 4:13 "I can do all things through Christ who strengthens me." As we all grow, develop and mature so does our life goals. Do you remember when you were young and wanted to be the president of your country, a college professor, a priest, a doctor, lawyer, crime fighter or a cop? But as you grew older your desires and ambition changed too.

Your Life Vision plan is meant to be a road map, a guiding angel and not something rigid. As you re-invent yourself, your life vision may change or expand. Do not limit your destiny by sticking with the old plan.

Larry Page and Sergey Brin founded Google in 1998 and hypothesized that the search engine would analyze the relationships between websites and produce better results than existing techniques, which ranked results according to the number of times the search term appeared on a page. Currently, almost 51% of all

internet searches belong to Google. I personally use Google everyday.

On the negative side, the terrorist had a vision to fly planes into the World Trade Center and cause untold hurt and fear on Americans. This negative and evil vision has changed the way we fly today. Whenever you are about to pass through Airport security, you have to take off your shoes, your belt, your cap and just about everything else you are wearing. We didn't need to do that until they acted on their vision. With that said you can see how our lives have been hijacked and forced to succumb to the vision of someone else.

Without vision life is bare. Vision is not a material substance, so therefore it cannot be limited by physical laws. It does not respect any economic, scientific or societal laws. You weren't designed a failure. You are unique.

You can't choose your purpose. You can only live it.

Life Vision equals Purpose

As I told you earlier, God designed you a success. Before you started in your mother's womb, you existed in eternity. Christ planted dreams and desires in your belly. That seed should grow and be nurtured into your Life Vision. Our Life Vision should be homogeneous with the purpose for our lives. If Johnny's purpose is to be a gynecologist to the slum of Africa to help bring thousand of babies into the world but instead he took a detour and ends up a philanthropic billionaire real estate mogul in New York city. Johnny's success is not in symphony with his purpose and that is what I will call a failure. Only purpose brings fulfillment. This is a

mega problem today. You can't choose your purpose. You can only live it. Our visions must line up with what we are living for.

Vision is better than money

We need to be directed by a clear vision, not money. Sometimes, people follow after money instead of the vision for their lives; in a short while they get stranded on the highway of life. You may be struggling too in your thoughts if you should sacrifice your life vision for money anticipated. Please don't do it. There is a lot of money to be discovered and made in your pursuance of your vision.

Money does not produce vision. Vision produces money.

Your vision will transform your life and the world around you

Vision of flight inspired the Wright brothers to invent the Airplane.

The inventor Alexander Graham Bell changed the world permanently in 1876. He produced the telephone before he was 30 years old.

Vision of light possessed Thomas Edison to invent the light bulb.

The German reformer Martin Luther changes the world in his lifetime when he nailed his 95 points against the practices of the Catholic church, on the door of the Wittenburg Castle church in 1517.

The great inventor Sir Henry Ford in 1913 changes the world in his lifetime by mobilizing the world with the automobile.

The adventurer Christopher Columbus changes the world as he sails across the unknown Atlantic Ocean in 1492. He is possessed by the idea that he can reach Asia by sailing west. Our world today desperately needs new vision.

You can be good in a lot of things but can only be great in few things.

Inspire Your Vision

Inspiration is your life. You need to see it first before you attain it. It must possess every cell of your being. Inspiration will keep you fresh, renewed, energized, mobilized and keyed up to believe for your dream. Surround yourself with qualified mentors, books, cds, tapes, videos, families, friends or just anything that will keep your inspiration fervor aflame. *If you are not inspired, you will soon expire and give up on your vision.*

Let no one talk you out of your vision. It will come to pass! Invest in yourself. Spend more time and money sharpening your skills. Attend conferences, travel to different places. Get around others that are going in the same direction as you. Earlier in the book I mentioned that I have being a student of Success for a number of years. I like to invite you to join the conversation at www.BlueprintSuccess.Net.

Pay any price for inspiration. It's the easiest way to refine

Beware of vision killers

Vision Killers will always come to test your faith in your dream. Is there anyone in your life that pleasures in talking you down? Whenever you talk or be with this person, you begin to feel little; uncomfortable, incompetent or average? Stay away from anyone or anything that attacks your vision. Remember that your vision is your life.

The Sacrifice for Vision

It will cost you something to become somebody. Sadly, there are a lot of guys around running with a deceptive message of sit-and-do-nothing and become rich, attract wealth into your life by using the “Law of Attraction”, work smart not hard. I will be honest with you. Success does not happen without some form of sacrifice and hard work (see Essential #10).

The Law of Abandonment

The law of abandonment is similar to the law of focus. When you abandon yourself to your Life Vision it will produce amazing results for you. You succeed the most where you have your most investment. Where your treasure is, there your heart will be also. It is very crucial that we invest or abandon all we got into our life purpose to receive maximum success. Now you’ve got your Life Vision. Meet me in the next chapter on Essential #2.

“God didn’t give anybody everything, but He give everybody something” T.D. Jakes

Essential #2

DESIRE 201

-Want it

How much do you want success?

“Even if you’re on the right track you will get run over if you just sit there”...Will Rogers

How much do you really want the blessed life, great business or whatever you desire? *The proof of desire is in your pursuit.* It’s the second essential of the blueprint for success.

Too many people are living far below their latent potential. God has placed seeds of destiny-desires in your belly for the life and future He has for you. He wants you to only desire all that’s in line with your Life Vision (your purpose or why you were born).

Be what you are!

Too many people are frustrated trying to be what they’re not called to be. They desire to be in other people’s shoes instead of walking in their own shoes. They want the body-figure of Beyonce, nose like MJ,

Jennifer Lopez backside, Bono's influence, Oprah's power, Denzel Washington's smile, and the list goes on. The scripture says that they that compare themselves with others are not wise. There are many precious gifts, talents and treasures inside of them. Don't settle; take it to a higher level. Your best is yet to come. I like to stir you up, out of every complacency and luke-warmness.

Excuse is the enemy of success

As I travel round the world, preaching, teaching and helping people to live the life of daily success that God has for them, some of the common excuses I hear are:

“Uyi, I'm OK where I am in life.”

“If I had the help that I needed I would have done better.”

“I'm still in this situation because of a bad marriage.”

“Compared to my peers and relatives, I'm doing just fine.”

Really? But God wants you to desire more and be more. As I told you in the previous chapter, there's more to your life than you are currently experiencing. We should always be reaching for new heights, growing in our spiritual life, marriage or singleness, finances, loving larger and also in our personal life.

Weak Desire and Strong Desire

There're two types of desires -weak desire and strong desire. There're actual differences between them.

A *weak desire* is one that wants something but

there's enough reason not to pursue it. People with a weak desire generally don't achieve too much in life. They easily get complacent and settle. Sometimes they're afraid to try new ventures, check new for jobs or careers, take a risk, start a business, buy a stock, travel to an unfamiliar place, read a challenging book or even believe they can do something out of the ordinary. James 1:8 said "A double-minded person is unstable in all of his ways." Too many people fail in life not because they were born a failure but because their desires were weak. I wish I could tell you that they world is going to give you all you need like Santa or take off their hat for you like the British honor Queen Elizabeth, but that is not the same. We need to place a demand in life. We deserve more. Weak desires don't go too far. They get easily discouraged.

Now, a strong desire is what you need. It is the complete opposite of a weak desire. People with strong desires are passionate people and often successful. They know what they want in life and go out to get it. They have grown in their spiritual work with God to know the difference between their destiny needs and mere pleasure wants. They know if God wants it for them they need to have it and if it's not in the will of the creator for them, they don't need it. They will climb the mountains; go through the valleys, even the valley of the shadow of death and still fear no evil. Apostle Paul in the bible and King David are great examples of people with a strong desire. Apostle Paul was very passionate about knowing the Lord Jesus Christ. That was his only desire. He literary left all he had to know Christ. Also King David, a shepherd boy called to be a king over Israel wrote about his heart desire for God:

"As the deer pants for the water brooks, so pants my soul for you, O God. My soul thirst for God, for the living God... (Psalms 42:1-2)

A strong desire is a key essential for success. You must burn with a desire for the purpose of God for your life and all He wants you to accomplish. This passion should be in our minds and hearts when we sleep and when we wake up in the morning. It should also galvanize our lives and influence our way of living.

As we look at our world, we see men and women who had a burning desire to be somebody, be different, solve a problem and leave a mark that cannot be erased. Every one of them has done just that.

For example, Mother Theresa was passionate about helping the poor young girls in India and wanted to devote her life to helping them and she did just that. The late Princess Diana had a strong desire to help people suffering with AIDS and she did just that. Nelson Mandela wanted to change apartheid in South Africa and didn't mind spending 27 years of his life in jail to achieve that purpose. Bono feels his need to use his global influence and financial resources to help reduce the debt of Africa and he is doing just that and also motivating millions of people worldwide to do the same. Former President Bill Clinton is using his foundation to fight global poverty and hunger. What about Joel Osteen of Lakewood in Houston, Texas? He ascended the pastoral office after his father's departure into glory. A burning passion to fulfill God's purpose for his life challenged him to find his voice and he is currently pastoring the largest church in America. The list goes on and on.

Now, what are you passionate about? What are your three greatest heart desires? Does your life vision correspond with your desires?

If your strongest desires do not correspond to your life vision, there's a problem

My friend, it's okay to desire to be a success- an enviable one. It's all right to want a better life. It is very legal to dream large and big and wide. The only free nation on earth is **imagination**. No passport or visa is required to visit this beautiful nation. Let your desires go there right now as you're reading the pages of this life-changing book. Also remember as a matter of safeguard that your desires should line up with the word of God and also the plans and purposes of God for your life. Every of our heart desires may not be right or divine in source. There are certain things that are nice and good that I don't desire because they do not fit into my calling and life vision. For example, I once wanted to be a medical doctor more than anything else, because I thought that I could help people that way. I struggled to pursue a medical career for a long time until God had to convict me beyond any reason for doubt that he has a better calling and plan for me to be able to reach more people.

Today I'm comfortable, fulfilled and happy being in the ministry, business, writing, coaching and doing other things with more audience and opportunities to reach, help and elevate people than I could ever imagine. It's so imperative that we surrender our desires to God. Psalms 37:4 "Delight yourself also in the Lord and He shall give you the desires of your heart." (NKJV)

I have met people who got broken-hearted trying hard to make things happen in their life. Only God Almighty, the creator of the whole earth, your Maker can make this happen. So why not rest in Him and let Him guide you all the way!

A strong desire is unstoppable. Passion is greater than money and influence

Success Is Yours Today Everyday!

Somebody said that the enemy of great is good. Some years ago, when I was still in Africa, I had an organization for the youths called *World Impact Army Outreach* and was making a difference in my community and beyond. We were having a big program and I needed some free media publicity and a television interview.

One of them said “Look, that’s not going to happen.” Surprised, I asked, “Why?”

“Because you have no money and no influence and these television stations have better things to do than pay attention to your little organization,” he said.

I knew I had to operate in desire 201, which says a strong desire is unstoppable-passion is greater than money and influence.

Two days later, I walked into the corporate office of a local television station. I introduced myself to a morning show producer and told him what I was about. He showed some interest but turned me down. Knowing that “No” is not always final, I left and went back the following day to speak with station manager in person. It was difficult to get to him but I did. After turning me down twice, the third time he agreed to give me a spot for fifteen minutes of air time plus a five minutes interview on the morning show. My relationship with this television station lasted for several months. My friends were flabbergasted to see me on TV.

How many successful people failed a dozen times before striking gold with their heart desires? I read the autobiography of Conrad Hilton, the founder of the Hilton Hotel chains and it inspired me. The global financial empire of the Hilton Hotels is the result of a man with desire 201, who failed many times, and even filed for bankruptcy during the Great Depression of the

1930's. This man believed that success belongs to him everyday, failure is only temporary. I think that his accomplishments are a result of his great faith in God. He went to pray at his church every morning at 6:00am to seek spiritual direction for each day and he got more blessings than he bargained for. We are shaped for significance. Hold on your prayers, it shall surely come to pass if you don't quit.

"No" is not always final

Don't Let the Negatives Flatten You

Negativity is an obstruction to desire. You must learn to bounce back. Romans 8:28 "For we know that all things work together for the good of those who love God, to those who are called according to His purpose."

If everything in life is handed to you on a fine minted china platter, you never have that sense of accomplishment, the fulfillment of having achieved so much against all the odds. I have always ensured that I have a success attitude at all times. Don't let bitterness or negativity creep into your life, like a thief in the night. Guard your heart with all diligence for out of it flows the issues of life. I remember one time a friend of mine in Spain owed me a substantial amount of money during a crucial time. He knew I needed the money but somehow refused to pay. Day and night, I was mad by his refusal to pay and my heart was getting bitter and sour over the ordeal. Six months later I was in Spain preaching and a hard time hit my friend. My heart felt vindicated, yet I knew the scripture says do not repay

evil for evil. To rise against the negative in my heart, I had to do the opposite of what I was feeling so that God will bless me even more. So I cancelled the full debt he owed me, prayed for him and gave him money to assist him in his situation. I had the opportunity, a good reason to never give him money again but I wouldn't let the negative flatten me. The additional money I gave him opened up doors of great blessings for me, which could have been missed if I remained upset. Don't miss opportunity of blessing for petty stuff. Money comes and goes but true character always shines.

Divine Overtaking is allowed, even in Texas

God wants you to be more blessed today than you were yesterday. He wants to release his favor to flavor your life. Why go for the small life? The scripture says in Jeremiah 29:11: "For I know the thoughts that I think towards you, says the Lord, thoughts of peace, and not of evil, to give you a hope and a future." That means, your glorious future in Christ is guaranteed. It's time to get your hopes up, enlarge the place of your tent and get ready for the new things that God has in store for you. We have to keep pressing forward, getting better, yearning for more of the things of God. Get rid of low expectations. Low expectation only means a low desire. *Want your best life now! You're a child of God. Heaven has smiled on you.* You can do it.

I'm hopeful for many things of the future. Some people are afraid of the future. They go around thinking: *I wonder what my life will be in twenty years. I may never make it. I don't have good luck. My peers have done better than me and have done better in life.*

No, get rid of those lies. You're still in the game. Divine overtaking is allowed, you'll get to top in no time.

Looking Beyond the city

Janet Wilkar is a skilled and gifted entrepreneur at heart and a pharmacist by academic training. For years she struggled with working at Walgreens, made good income but never fulfilled, her heart was really in starting her own business. One day she decided to quit her job to launch her ladies cosmetics products. Two years later she is a major force in her line of business and made a million dollar in sales. My friend, Janet had to respond to her heart desire, even though she is a trained pharmacist, she looked beyond her city- her walls of profession. I wrote this book to help people respond to the higher calling of their destiny.

Robert Kiyosaki said in Rich Dad Poor Dad, a *“problem with school is that you often become what you study. So if you study, say cooking, you become a chef. If you study law, you become an attorney, and a study of auto mechanics makes you a mechanic.”* And I will add also that some go to seminary and become a Pastor. What about if what God has for you is bigger and better than your academic and vocational training? Are you supposed to only be what you studied in school?

Rewire and live passionately.

Desire the Blessed Life -the great career, the best guy or girl, wonderful kids, remarkable income, you're rich and famous, grand friends, nice neighborhood, voluptuous cars, a rich a growing Spiritual Life and everything else you've ever wanted!

Essential #3

SET GOALS

-Dream It

"Everyone is susceptible to some kind of temptation to compromise values. But there is a greater satisfaction that comes from not crossing the line. Sometimes you have to wait for [that satisfaction], but it always comes." John Maxwell

What is your biggest dream in life? How do you make it happen? Where would you like to be in the next five years, ten years or twenty years? The third essential for success is to set goals. A big dream that seems insurmountable becomes small and attainable when it is broken down into smaller action chunks called goals. People give up on success because the vision seems so large and far away. Through the instrument of goal setting, I believe that no dream is beyond your reach.

Many of us make a shopping list but very few of us have goals list for our lives. You were not born to do everything. You can't be successful at everything. That

is why you should craft goals that drive you in the direction of your personal fulfillment. The simplest way to hit a goal is to give yourself a goal to hit.

The American Society for Training and Development released this study on goal completion:

Of people who consciously decide to set a goal, 25% achieve their goal.

Of people who decide when they will do it, 40% achieve their goal.

Of people who plan how they will do it, 50% achieve their goal.

Of people who commit to someone else they will do it, 65% achieve their goal.

Of people who have a specific accountability plan and set their goals, 95% achieve their goal!

Coming to America

In some ways Eddie Murphy and I share some traits in the classic movie, 'Coming to America', except that I came to America few years ago not as a prince but with \$100.00 in my pocket. I came with so much fire in my bones burning with a passion fueled with God-given determination to be a success.

I had been born in a well-to-do family until my parents divorce. The osmosis effect took me from one place to the other until I found a safe haven with my grandma- my hero. I don't remember all about my early childhood except that my grandma who had been a successful African woman trader, built five houses debt free, suddenly went bankrupt. We were now poor! The number of housemaids in the house reduced from four to one. I still feel the pain as I type these words. Parents divorce or separation is never right for the children. I often tell parents- nobody wins in a divorce- it often leaves the children shattered and vulnerable.

I must pause to tell you- It is important that marital vows be taken seriously. I offer some practical steps in the section on setting marital goals to help your marriage work.

Now back to my story. I was raised by my grandma. I learnt determination, hard work and courage from her as well. In my teenage years, I got confused on what I wanted to do with my life. Finally I decided to be a medical doctor and focus on gynecology. After two years in the biological sciences I got a transfer to 200 level of the medical school. I dropped out in the process and came over to America. While in America I briefly considered following the medical path. God continually made it known to me that that wasn't what He has for my life- it is not Life Vision. My passions are different now. I am accomplishing more than I ever imagined. Your Life is more than what you study in the University, **it's about fulfillment.**

SETTING MENTAL GOALS

Your mind is a goldmine. It is your second richest treasure house following after your heart (spirit). There is enormous potential in your mental faculties. The mind is a genius. It is usually where success ingredients -goals, visions, ideas, strategies, start to form after being borne in your spirit man. The scripture says in Proverbs chapter twenty three verse nine "*For as he thinks in his heart (mind), so is he.*" Setting mental goals will be a great investment with time.

Some researches believe that humans only use about one fourth of their mind capability. We under utilize our minds. Your mind is more valuable than the oil fields of Saudi Arabia.

Start thinking success

You never become more than your thoughts. I used to spend a lot of time meditating on my failures and shortcomings and at the same time wondering why things weren't changing for me. Then one day I was converted by a biblical message from my spiritual dad, based on Joshua 1:8 "This book of the law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it. *For then you will make your way prosperous, and then you will have good success.*"

Rich mind rich life. Poor mind poor life! TM

Good success is what God gives. He also gave us a special key in activating the good success. This key is called meditation. Meditate daily, using your mind and imagination to think the thoughts of your creator for you. The state of your mind will eventually determine the state of your life. Rich mind rich life. Poor mind poor life! When you have conquered your mindset the world opens up to you. What you think about most of the time will manifest in your life. When you think success, prosperity will answer to you, the same way failure and lack follows anyone that think thoughts of failure majority of the time. We need to set mental goals for our lives. Just like we nourish our bodies with good food, the same way we need to nourish our mind with good information. Lay down your mental goals. Feed your mind with great books, messages, magazines, enriching conversations, cds, videos, podcasts, and the like. When I started studying on success ten years ago, one of the first decisions I made was to set my mental goals, which

at the time was to read three great books a week and listen to five audio messages. Through books like *Blueprint for Success*, *Rich Dad Poor Dad*, you will be able to transform your mind from thinking like a poor person to thinking like a rich person. Allow new methods and thoughts processes to change your life.

Think your way to the top!

The top is where you belong. Your imagination is a gift from God. Use it. Put it to work. He says that you're the head and not the tail. If you found yourself at the bottom of the ladder at your job, start thinking upwards. If your marriage is not working, think upward. If your life seems out of control, think upward. *If life circumstances knock you to the ground, make sure that you fall on your back, because if you can look up you can get up.*

When the majority of your thoughts are focused on "my relatives have failed me, and my close friends have forgotten me...nobody wants me," you delay the greatness waiting to manifest in you. Abraham in the bible was looking downwards and frustrated due to his inability to have a child. One day God called him early in the morning and told him to look at the sky and count the stars, for his children will be as innumerable as the stars. This spiritual exercise changed Abraham's life forever. All he needed was a change of focus.

SETTING TIME GOALS

Life is measured by time. If you live to be seventy-five years of age, that means you've lived for 900 months, 3900 weeks, and 657,000 hours. Your time is your life, it

is valuable, use it wisely. Every one hour counts. Imagine if a person waste hours of their time that will equate to wasting hours of their life. I've learnt to esteem my time. Every day I literally take an inventory of my life and look into different ways to make every second count. I try to reduce my wasted time and better invest it on profitable ventures.

Making every second count

a. *Lime the Time:* To lime the time means to take ownership of your time. The scripture says in 1 Corinthians 7:29 "But this I say brethren, the time is short..." If we're going to become the success that God has made us to be, we need to stop the distracting voices and things that trespass on our personal time. For instance, when someone brings a gossip to you, or an idle conversation that leads nowhere, you need to stop them in their tracks and not let your time be sucked into a worthless endeavor.

b. *Mind your Time:* One of the easiest ways to be frustrated in life is to mind other people's time. I used to have a friend that was always about other people's time and intruding in it. As I got busier, it wasn't long before we both parted ways. Time is very precious. Take some time for yourself this week. Take time to read, play, rest, dream, sleep, love, serve, be happy and smile.

b. *Time can't be created or destroyed:* God has given us all the time that we need. He knows that twenty four hours for a day is sufficient for us. Time is like matter - it cannot be created or destroyed. Think about those things that is taking your life away or should I say "your time." Each day we face challenges, events and life

situations that all cramp for our time like the lion on a young antelope prey. *Some things just don't deserve your time or energy.* We need to be able to set our priorities and know the things that do not deserve our time. We truly can't make or compensate for lost time.

c. *Time can be saved.* I have seen people complain so much about their time getting out of control. One lady complained bitterly, saying "I don't know what is happening to my time? I don't seem to have any time for myself, my husband, children or family. It's running me crazy." I empathized with her, knowing that there are many people that feel exactly the same way. They feel that their life is tragically disoriented. They cry out for more time, when they get it, more time they need. I will summarize to you what I shared with her. I told her that her "time can be saved." First, you watch where your time is going. Then you stop doing the things that are irrelevant to your destiny. Apostle Paul says that "all things are permissible, but not all things are expedient" to you.

d. *Time is to be invested.* Time invested is time multiplied. Galatians 6:7 says "Do not be deceived; God is not mocked, whatever a man sows that shall he also reap." When you plant an orange seed, do you expect to see an apple tree? No! The same way when we sow more time to God, ourselves, family and other things that matter, we superbly gain more free time in our lives. For instance, I don't watch shows like the Jerry Springer show or Beyond; as far as I am concerned, it is my waste of time. I rather invest that time on some bible reading, daily exercise (still don't enjoy it) or working on my life vision everyday.

Who is Taking your time?

- 1
- 2
- 3
- 4

What is Wasting your time?

- 1.....
- 2.....
- 3.....
- 4

The changes you will make?

- 1.....
- 2.....
- 3.....
- 4.....

SETTING HEALTH GOALS

What good is material success if the body is sick and diseased? There are “almost 700,000 people who die of heart disease in the United States annually. That is about 29% of all U.S. deaths. Heart disease is a term that includes several specific heart conditions. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack” according to *Centers For Disease Control and Prevention*. This disease can be controlled through regular and *consistent* exercise and a healthy diet.

Women, particularly African American women, die at the highest rates from heart disease.

You Are What You Eat

Eating the right foods and the right amounts of foods can help you live a longer, healthier life and enjoy the amazing life awaiting you in your future. Experts agree that good fitness-cardiovascular activities can increase a life span by 5 to 6 years

Jack LaLanne is a 93 years old Fitness Expert. He has been teaching exercise and nutrition for over sixty years. Some of his favorite quotes are:

“Exercise is King, nutrition is Queen, put them together and you've got a kingdom.”

“Your waistline is your lifeline.”

“Don't exceed the feed limit.”

“If man makes it, don't eat it.”

“If it tastes good, spit it out.”

Our daily nutrition intake should include fiber, fruits, vegetables, grains and proteins. Calcium helps build strong bones. Avoid saturated fat, high sodium foods like pizza. **Drink plenty of water.** Water has zero calories. Coke is 150 calories. That means for every can of coke that you drink, you need to run for 20 to 30 minutes to burn it off. Dearly beloved, health is king. *A sick person with influence and a million dollars in his bank account will gladly give it all away to get his health back.*

FITNESS 101

Taking a physical education class some time ago was a humbling experience for me. I stepped on the treadmill, overrated myself. It wasn't long before the treadmill, along with other tests stated that I wasn't as physically fit as I had previously believed. This section of the book will discuss health-related fitness and the things I learnt from the class. We eat everyday, we sleep everyday, and our body was made to exercise everyday. The numerous benefits of both diet and exercise include a healthy heart and lungs (cardio respiratory fitness), increased flexibility, energy, muscular strength and endurance.

Make physical activity a regular and essential part of your day, just like brushing your teeth or going to work. Start slowly and be sure to talk to your doctor first, especially if you aren't active at all or have health challenges.

Activity throughout the day burns calories and helps maintain body weight. Small activities such as taking the stairs instead of the elevator or parking far away and walking to your office or the grocery store can add up quickly to increase your activity and burn extra calories. Instead of e-mailing or calling a coworker, get up and walk to his or her desk. If you don't have time to take one 30-minute walk, break it up into three 10-minute walks.

If you want a more structured way to exercise, consider joining a health club or community center that offers fitness activities. Find an activity that you enjoy and feel you can stick with, and then contrast it with other activities so you don't get bored. The more you can find activities you like, the greater your chances for success. Research shows that fitness is a strong measure of health. In a study of more than 25,000

volunteers, researchers at the Cooper Institute recently established that a person's fitness level was more important than body weight. Men in the study who were overweight or obese but who were physically fit had a lower risk of death than men who were a healthy weight but were not physically fit.

Avoid:

* *Using alcohol, tobacco and drugs.* Using tobacco is one of the most dangerous things a person can do to themselves. One out of every 6 deaths in the United States can be blamed on smoking or drug use. More preventable illnesses are caused by tobacco than by anything else.

* *Staying out of the sun.* The human skin uses the energy from the sun to manufacture vitamin D for the body. But too much is not healthy.

* *Going to bed after midnight.* Most scientists agree that the more hours that you can sleep before midnight the more rest and replenishing you get in your sleep.

* *Buddy with your Doctor.* A recent studies shows that people that visit their doctors often remained sick over time compared to those that made less frequent trips.

How to Set your Health goals

1. What is your current exercise goal this month?
2. What is your target weight and the plan and timeframe to get there?
3. How can you improve upon getting more quality rest?
4. Would a personal trainer help you to develop and

reach your goals more effectively?

5. How can you eat more healthy meals?

6. What books, audiotapes, and classes can you take to improve upon your health?

7. Is it time for you to go in for a complete physical?

Write down your health plan

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Marriage will work for anyone that works it, using scriptural principles

SETTING MARRIAGE GOALS

Marriage works. It is beautiful. The most exciting institution ever created by God. The scripture says in Genesis 2:24 *“This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.* Hey, don’t turn this page too quickly. A healthy marriage is a large part of success.

7 Myths about Marriage

1. *Marriage will only work for a select few.* This is a big deception. Marriage will work for anyone that works it, using principles from the word of God. If God instituted marriage like the bible said, then why not let Him show you how to build your marriage.

2. *Marriage ties you down and sucks the life out of you.* A new survey by the Journal of Social and Personal Relationships says “married couples, whether happy or unhappy, have a higher sense of well being, more than singles, even those in causal relationships. The experts have come to an agreement that married couples are happier because they live longer, they're healthier (physically and mentally) and they're wealthier" says marriage and family therapist Blanche Flores.

3. *I will be happier being single than being married.*

The scripture says that two are better than one. Two often achieve more than one person can. Yet, I am not claiming that a single person cannot be happy. That will simply not be true. There are a lot of single and successful people all around us.

4. *Marriage does not work in America.* This also is not true. Marriage is a God idea. It works in every nation.

5. *Being married means you will never feel lonely.* I'll tell you: Marriage is not the solution for loneliness. A lonely single person before marriage will be a lonely married person; except something changes.

6. *A healthy marriage happens overnight.* There may be instant coffee or instant pancake. There's nothing like an instant-strong-marriage. Any healthy and fulfilling marriage is a result of dedication, team work, trust, love and other ingredients that cooks up a good marriage.

7. *I am independent and I am going to have a great marriage.* This is not only a myth, it is also a lie. Two cannot work together except they agree. Independence

in marriage often leads to selfishness and pride. Two will be one not two. Learning to die to self interests and prefer your mate before you is very crucial to a successful marriage. I hope the media agrees with me! Scripture says that we should submit to one another in love. Trust me on this one- your marriage can work fine.

How to choose the right mate

1. Do not marry someone you think you love. Marry someone you think you love too much and can't live without.
2. Do not marry anyone out of pity or emotions.
3. A growing relationship with God is a must if you're seeking a blessed marriage. During tough times you'll need something stronger than yourself to rely on to remain committed.
4. If a person cannot love God, how will they love a person?
5. If a person consistently cheats and lies to God they will do likewise to their spouse.
6. A woman was created to be a helpmate to the man. *If a man has not discovered his Life Vision, he is not ready yet for marriage.*
7. An abusive person before marriage will not automatically become a saint after marriage.
8. Pray and ask other's for confirmation.
9. Values and vision for the future need to be in unison to have a united marriage.
10. See if he/she fits into what you want. He/she needs to meet your minimum requirement for marriage. (remember earlier in the book)
11. Don't pick someone if you don't feel a sense of trust, full acceptance, security and safety with the person.

12. Don't make finding a partner your primary goal. Your own well-being should be your primary goal. God will take care of you and bring the right person to you.
13. Don't live a lie. If he/she is bad mannered, please don't think marriage will change that. Be realistic about what you see before marriage because that could be a preview of what could happen after marriage.

BRINGING PASSION AND FULFILLMENT TO YOUR MARRIAGE

If you and your partner are a good match, it can be easy to have a long-term fulfilling, relationship. A good match is similarity in spirituality, faith, values, vision, and ethics.

The greatest need of a man is honor. If you like, you can call it *respect*. The greatest need of a woman is *love, security and affection*. When a man acts like a child, it forces his wife to act like his mother. Likewise when the wife acts like his mum it threatens his sanity. Success in marriage can be yours today. Don't criticize your partner. Always encourage and offer support. Your marriage can be heaven on earth for real.

Ten Ways to Restore a Broken Marriage

1. Get real with your spouse. Talk about the real issues you have with the marriage.
2. Try "**I am sorry.**" Sometimes that's all that's needed to bring the spark back to the marriage.

3. Weekly date nights. A regular date night will add to your love life.
4. Learn active listening skills. One rule of marriage is: Blessed are those who listen more than they talk.
5. Ask your spouse, "*What five things can I do or say that will make you feel safe, respected and loved?*"
6. Check the scriptures, study it together and apply its content in your marriage.
7. Give physical intimacy your highest priority...you know what I mean!
8. Compromise is golden. Selfishness and ego will shatter any marriage.
9. Schedule time to play, laugh and have fun. Marriage should be fun. It's Ok to be kids again.
10. Pray, PRAY, Pray! A couple that prays together, stays together and connects on an emotional level. You unite in your beliefs and values; therefore you bond emotionally and spiritually.

Setting goals is so crucial for success. Goals show us the marks to hit. You are going to make it.

Proverbs 12:24 (NLT) "*Work hard and become a leader; be lazy and become a slave.*"

Dreaming is beautiful. Leaders are dreamers. Take out your pen and plan your life. What would you like to accomplish in the next five, ten or twenty years? How do you plan to do it? What areas of your life would you like to improve the most?