

UP
YOU!

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Up You!

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INTRODUCTION



There is an African proverb that tells how the red-headed agama lizard fell from an appreciable height and landed flat on its belly, unhurt. It looked to the left, then looked to the right and when it saw that there was no one present to applaud its feat, it nodded to itself and said, “Well done to me!”

In other words, the agama lizard gave itself a pat on the back!

In the first chapter of the Book of Genesis from verse 12 to 25, it is recorded that at the end of each day, God would review His creation and establish that what He created was good. Further along in verse 31, after creating man, His review went from being just “good” to “very good”.

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In both the analogy of the lizard and the narration of God's creation, (whichever you choose to resonate with), using present-day language, they would really be saying to themselves; "Up You!" meaning; Well Done, Good Job or Bravo!

When you succeed at any task, especially one that is in alignment with your life's purpose, you have the moral right to congratulate yourself even before anyone else does.

The intention of the book in your hands, Up You! is NOT to change who you are or alter your life's purpose, on the contrary, it will guide you in finding and revealing the real you.

The content is carefully crafted to build you and ensure that you become the very best you can ever be as an individual. It is about the real, authentic 'you' getting a high five or a thumbs up from yourself based on how well and to what extent you live(d) your life to the fullest.

It is about going upwards, onwards and forward...

I have, to the best of my ability, outlined some strategies which I have applied and continue to apply in my journey to becoming the best 'me'.

They may not necessarily be new strategies but I can assure you they are tried and tested with proven results.

Up You! is a map or compass that will guide you to finding your own path to fulfilling your desired purpose so that when all is said and done, you can stand back, look at how far you've come and how much you've achieved, then proudly tell yourself...

Up-You!



CHAPTER 1

STAND UP



*Once you make a decision, the universe
conspires to make it happen.*

RALPH WALDO EMERSON

It all begins with a decision.

Just one decision...

Yours!

Are you tired of going nowhere fast?

Does your life seem to be moving in one monotonous direction?

Does it lack spark and energy?

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Are you often confused about what steps to take in the course of your life?

Are you being tossed about and controlled by other people's life's decisions? Today you are on this band-wagon, tomorrow you jump off and join another set. All in a haze of confusion!

When will you pause and deliberately seek to find a definite direction?

When will you make that decision to discover your authentic self, and live life intentionally on your own terms?

I have news for you; THE POWER TO DO SO IS RIGHT THERE, INSIDE OF YOU!

This may turn out to be one of the toughest decisions you will ever have to make because it all starts from here. This is the point where you acknowledge that you have the responsibility to initiate the steps that can potentially change the trajectory of your life!

So, If you want to move from Point zero to Point A, you must first of all make the decision to Stand Up.

As soon as you make the choice to stand up and act on that decision by actually “standing up”, then your journey can effectively begin.

“Man know thyself” is one of the most profound sayings of all time.

Greek philosopher Plato said, “A good decision is based on knowledge, not numbers.” Without self-knowledge it is almost impossible to live an authentic life.

You are not made like any other person. No two people are exactly alike. You have a purpose like no other. It may be similar to someone else’s purpose but the distinct flavour or perspective you bring in the course of achieving your purpose, cannot be the same as someone else’s because we are each unique in our being, make-up and calling.

No one can invalidate you. Your validity comes from only God and yourself.

You need to know what you want out of life. Your emotions, your beliefs, your dreams, your ideas and your thoughts all belong to you and you owe it to yourself and to humanity to find ways to give them expression. If you are not clear on this,

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you will not be able to run with it. It is therefore very important that you set up a conference with yourself and ask some deep, self-evaluating questions.

Most of us are wary of this type of self-analysis. We are scared of what we may find out and who or what we will discover lurking on the inside of us.

There is so much power we carry but we are too scared and apprehensive to dig beyond the surface that we prefer to float through life refusing to discover our true selves and unleash that power and the potential we carry on the inside!

Why are we then drawn to success?

We hunger and thirst for success because we are hard wired to succeed. It is in our DNA! It is the singular reason we refuse to accept failure. Even when we fail, we strive to rise again.

However, if we must stand up and be counted, we must ask ourselves the following questions and answer each one satisfactorily.

Who am I?

You have an identity that perfectly resonates with your soul. An identity that both defines and fulfils you. It goes way beyond

your name, surname, race, nationality and state of origin or social security number.

You need to delve deeper to find the true answer to the question of who you really are. It will involve deep introspection and reflection as you ask yourself questions such as; Why do I like the things that I do?, Why do I dislike certain other things?, Why do my interests and passions run the way they do?.

Knowing who you are is at the bedrock of finding your purpose and going on to live a fulfilling life.

A good place to start would be to take the necessary steps to find out who your Creator says you are, and taking a cue from that to unravel your amazing self.

It is my belief that every human being is born fully loaded with all the resources required to become who they are meant to be. However, all these resources remain untapped; lying dormant inside of us until we are ready to seek, explore, unlock, and channel them in the right direction and for the benefit of all mankind.

It is at this stage of actively seeking that a lot of us miss it. This is simply because we do not know who we are and we do not know

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what we seek, so we go amiss or go off on an entirely different tangent and start drifting and life becomes hazy. The end result is usually great dissatisfaction with our lot but we remain lost as to how we can fix it.

On the other hand, if you really know yourself and discover your purpose, it becomes easy to define and fashion out what you want to do with your findings. In other words, moving from self-discovery or self-knowledge to self-realization and actualization!

It all begins with you making a decision to stand up for yourself.

What do I really want out of life?

Now that you know yourself and are comfortable and familiar with who you are let's progress to the next questions to ponder on.

What occurs to you about you?

What pictures does your mind paint about you?

How colourful a life can you paint for yourself?

This is where your imagination and creative ability both come into play. If you can think it, then you can be it. Conversely, if you cannot think it, then you cannot create it. Creativity is,

after all, making something from nothing but you must first of all, harness the “nothing to become something” in your mind before your will, your brain, hands, eyes, legs, etc. work together to bring your dream to reality.

What is my mission/vision statement?

It is very important to write your dreams down and fashion out a vision for where you are headed. It is also of equal importance that we be focused and intentional about our dreams and vision for our lives.

Do you have a mission statement for your life?

Do you have a vision statement?

Perhaps you were under the impression that only corporate organisations have those?

Well, let me clearly point out that you are also a corporate entity.

You are the dreamer, visionary and worker that drives this corporation (You) to achieving your dreams and goals. You are the one that is in charge of realizing or even surpassing the goals or dreams that were set at the beginning.

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Explorers of old always used a map or compass to guide them and set them on the right course for their journey. Even up to this day, you must have a destination in mind before you can effectively use your google maps to direct you. As an individual headed to a desired destination, your vision and mission statement are like your map or compass, serving to guide you on your life's journey. Like all maps, it will help you detect when you are on course and when you are going off course or totally off tangent!

Our progress or lack of it, also becomes easier to track and measure.

What are my strengths and weaknesses?

Now that you know yourself, have a dream for yourself and have written down your vision, the next step is to strategize on how to go from point zero to point A and elicit an Up You! from all and sundry.

We all seem to know our strengths or at least we have a reasonable inkling to the things we do well and effortlessly. We can safely consider those to be our strengths. I have discovered that it is our weaknesses that we are more likely to be unaware of or indeed, outrightly blind to. In view of this, we may need to ask

a few trusted family members and friends to help us with a list of our weaknesses.

Do not get flustered if the list turns out to be a long one, just focus on working on them with a view to minimizing or completely eliminating them over a period of time.

Life as we all know is a journey and a process which requires that we constantly have to do house cleaning to take out what is not needed and acquire what is needed per time.

Think of it a decluttering your life!

One sure way of standing firmly, is to build continuously on our strengths while minimizing our weaknesses.

What are the possible threats and opportunities I could encounter?

This question brings us to the Planning stage.

There is a popular saying that goes thus: “If you fail to plan, then you plan to fail”.

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Bearing this in mind, we should endeavor to plan our lives, our strategies, and our specific routes in order to realize our desired outcome.

We need to be intentional about this. Big dreams do not just happen. The other person's life you covet did not just happen. It occurred as a result of a series of planning and intelligent, intentional execution.

Most of what goes on in creating that, beautiful, productive life you admire is actually done behind the scenes.

It is a well thought out dream and vision with proper execution, that leaves us open mouthed, and wondering just how this fellow accomplished this feat...'

How do I move from where I am now to where I want to go to?

Execution is the final key that unleashes your potential.

It is one thing to dream big, and quite another to execute and implement the strategies required for the big dreams to become something tangible.

Something that can be seen, felt and admired...

The one tested and tried route is hard work! You have to put in the work to execute the plans that will deliver your big dreams and deliver the Up You! life.

There are no shortcuts!

To live the 'Up You!' life, you must get in the trenches and dig (or however you choose to define your own particular hustle).

Success, they say, is opportunity meeting preparedness. Now, if that be the case, the trenches prepare you to meet success and the Up You! life.

KEY POINTS...

- † The power to do so is right there, inside of you!
- † As soon as you make the choice to stand up and act on that decision by actually “standing up”, then your journey can effectively begin.
- † Knowing who you are is at the bedrock of finding your purpose and going on to live a fulfilling life.
- † Life as we all know is a journey and a process which requires that we constantly have to do house cleaning to take out what is not needed and acquire what is needed per time.
- † It is a well thought out dream and vision with proper execution, that leaves us open mouthed, and wondering just how this fellow accomplished this feat...’