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**PUSH UPS  
FOR SUCCESS**

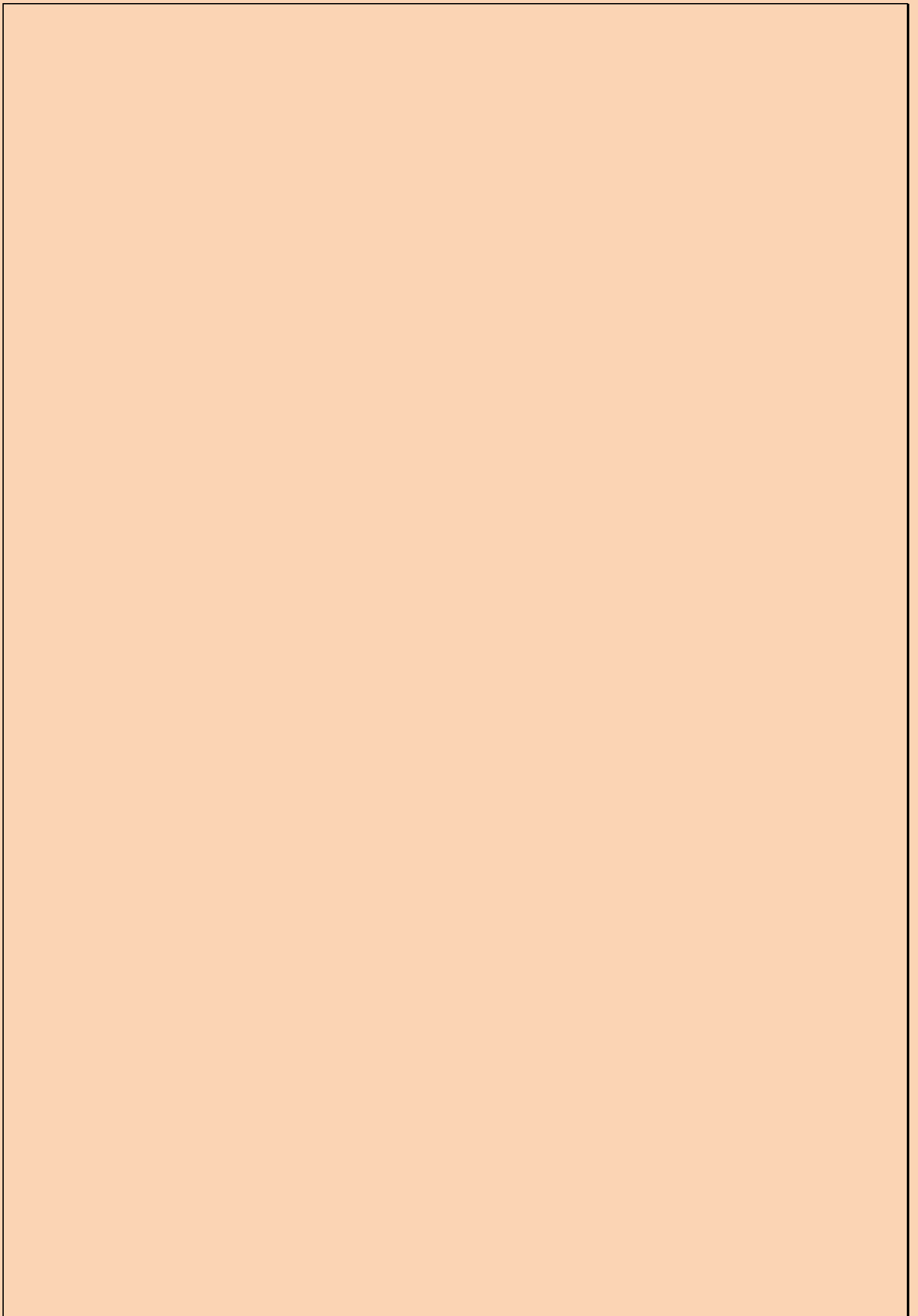
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**SUCCESS**

*in life is directly proportional to your*

**SMARTWORK**

*Livingstone Imonitie*



# 70

## **PUSH UPS FOR SUCCESS**

*Your **SUCCESS** in life is directly proportional to  
your **SMART WORK***

*Livingstone Imonitie*

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Thank you all and you know I haven't stopped loving you.

# **DEDICATION**

**This book is dedicated to every young boy and girl who wants to know the secrets of success and is ready to work towards achieving it.**

# ABOUT THE BOOK

This is a collection of inspiring words revealing to us some of the secrets of success. There are secrets on academics, business and life in general. I have applied these principles, I have seen people apply these principles and their lives have not remained the same.

This book was written to help young and old people, changing lives, motivating, inspiring and teaching people around the world.

The most interesting thing is that this e-book is totally free of charge. All I want from you is to download it and read it. Don't just keep it in your laptop, tablet or phones. Read it every day, you must succeed.

Thank you for downloading this book. I love you.

# **70 PUSH-UPS FOR SUCCESS**



## **1. LEARN FROM EVERY BAD SITUATION**

Most persons feel bad when they are rejected, sacked or lost something. I know how it feels but try to learn from what life has to teach you because there is always a lesson in every situation.

If you don't learn from the past mistakes, there is a high possibility that you will repeat the same mistake. Life is a wonderful teacher; learn from her so you can be a better person.

Always see the bright side of every bad situation and at the end, you will be glad you pass through it.

## **2. WHAT WILL YOU BE REMEMBERED FOR?**

Don't just pass through this life without impacting into someone. Be the reason behind the smile on that boy's or girl's face. Don't think about what you will be but think about what you will do.

Please don't leave this planet without impacting lives, someone's destiny is attached to you, look for that person and change his life forever.

Don't wait till tomorrow before you start, start now and do something worth remembering.

What will you be remembered for?

### **3. THE YOU THAT WINS**

It is the you in you that wins. It is the unseen you that make the 'seen you' worth while and makes you do things that have commercial value, which makes you do things that the world is waiting to have done.

He lives inside of you and he has been trying to fight his way out. Please do not stop him.

Let the unseen you come out and rule your world.

#### **4. YESTERDAY'S SUCCESS**

**Do not linger too long at the table of yesterday's SUCCESS because it will hinder tomorrow's BREAKTHROUGH – Smith Bam.**

**Most of us no longer try to do anything again because we have achieved something in life, forgetting that it was because you tried at first that brought you to where you are today. The only person you should be better than is who you were yesterday.**

**Everyday whatsapp keeps bringing new features, making it better than the previous one. Facebook does the same too. They do all these to be better.**

**What if Dangote closes down all his enterprises and say to himself, 'I'm ok now, I don't need more money. I can feed up till my 7<sup>th</sup> generation'. Think about it.**

**Don't stop trying to be better than what you were yesterday and please don't live in yesterday's success. Fight for today's own.**

## **5. DON'T LISTEN TO THEM.**

Hello guys, in life when you are trying to do something different, there are persons who will discourage you. Who will tell you 'you can't do it, others tried and failed. You are in this part of the country, no one will encourage you.'

I just want to tell you that not all advice is needed. They said you can't do it. That's their view about you but that's not the reality.

Keep doing what you are good at. Be diligent and at the end you will succeed. Don't let their talks stop you. I believe in you.

## **6. OUR COUNTRY NIGERIA**

For some time now I have been thinking about our country Nigeria and where we are going to. With the present situation of our country, what's the way forward?

Some persons say this is the 'end time'. Well to me, I think this is the time we need to wake up and do something or think of a way out. Complaining and pointing of fingers won't solve anything.

I urge us all, both young and old, let's work together to make this country a better place. Prayer is something we can start with and ideas.

We should not focus on the money but the ideas. Let's start thinking and stop complaining. Together, we can make it happen.

## **7. MISTAKES**

“Would you like me to give you the formula for success? It’s quite simple, really: double your rate of failure. You are thinking of failure as the enemy of success. But it isn’t at all. You can be discouraged by failure or you can learn from it, so go ahead and make mistakes. Make all you can. Because remember, that’s where you will find success” – Thomas J. Watson

Albert Einstein said, ‘if you haven’t made mistakes before, then you haven’t tried anything new.’

Don’t feel discouraged anytime you make a mistake. Use that mistake as a stepping stone to climb higher.

## **8. TWO KINDS OF PEOPLE**

**“There are two kinds of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed” – Ray Goforth**

**Now, they telling you isn't the issue, but you letting what you have been told determine your destiny, your next move is. I tell people that not all laws are meant to be obeyed, the same way not all advice are meant to be followed. Sometimes you just have to do the opposite of what you've been told. Please don't get me wrong here.**

**Believe in yourself, God believes in you. Go out there and be MAD – Make A Difference. If you succeed, beautiful and if you don't, learn from your failure and do it AGAIN AND AGAIN.**



## **9. DREAMS VS PLANS**

A clear vision, backed by definite plans gives you a tremendous feeling of confidence and personal power. It's not enough to have visions or dreams, if you don't plan or work towards achieving it, it will forever remain just a dream.

Never forget that a man is not old until regrets take the place of dreams.

What are you doing? Still dreaming or planning?

## **10. FRIENDS WITH SAME VISION**

If you want to go far in life, go alone. But if you want to go farther, go with a friend who has the same vision.

Making friends is wonderful, you motivate each other, learn from each other, repeatedly encountering the person and opportunities to share ideas.

Anais Nin put it beautifully when she said, “each friend represents a world to us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born”. Though some natural loners are happy without them, most of us depend greatly on the company of true friends. As with any relationship, friendship brings support and joy and occasionally strife.

Go out today and make friends if you don't have one. But if you have, keep them. We all need one another to move forward. Make new positive friends as often as possible and ensure you keep the communication line open.

## **11. NEVER MAKE DECISIONS WHEN YOU ARE ANGRY**

Its normal for some persons to piss you off, I get that almost every day. People asking questions they already know the answer to, some making comments that will make you want to plant a bomb in their head.

And sometimes I do it, I make my close friends angry, I've lost great friends with the words I say to them even when I don't mean it.

Please no matter how angry you are at someone for the actions they do or the words they say. Don't do anything or say anything back at them at that moment or else you might regret it later in life. If you ever get in such a situation, just walk away and cool yourself down. Do something else and think things through. After you are calm, then make your decision. It's safer that way.

Remember, don't let your anger go down with the sun; always learn to control your anger.

## 12. MY LAST DAY

Imagine today was your last day being alive, what will you do?

Only few persons will continue living the way they've lived, without being worried. But many of us will panic; that's when some will show love to their neighbour, help the needy and even preach the gospel.

#smh, but why?

Why haven't we done all this before? Because we think that there is enough time. No time my dear.

Start living your life as if it's your last day on earth, show love to the people around you, listen to that challenge of your friend and offer advice to him, spend time with your family, help the poor and I tell you, you will live a happy life.

### **13. F.E.A.R**

FEAR is actually False Evidence Appearing Real.

The reason many people fail in life isn't because they are naïve or weak but because of FEAR.

Even before they start something, they conclude that they won't succeed.

I wrote an examination some days ago and initially I was scared because my older colleagues have complained about the course. Even my classmates were like, 'if we fail, we fail. If we pass, we pass. Last last, I go come back next year'. But I just believed that I would make it and when I saw the question paper, the questions were simple. I wrote the exam with a smile on my face.

Don't speak failure about something you haven't even started. Your words are spirit and life. Start speaking positive and success into your life and destiny.

## **14. ALLOW GOD TAKE OVER**

Sometimes, certain things don't go well as we planned, it's as if we are moving slowly or just in one spot. We've applied all the available principles but nothing seems to change.

All these occur because we tend to carry the load all by ourselves, I'm sorry but you will break down.

Allow God take over and I promise you that you will go far.

## **15. NEVER ALLOW PEOPLE MAKE DECISIONS FOR YOU**

Have you ever wondered why things are the way they are?

Why your life looks as if it's not moving forward? It all boils down to the decisions you make.

Most people's life is what it is today because they allow people make decisions for them. Sometimes it's our parents, teachers, friends or neighbours that make decisions for us. It's so wrong. Don't forget that it's your life and not theirs.

What if Michael Jackson's parents had forced him in going for football instead of music or Messi's parents had forced him into playing volleyball instead of football, or Ben Carson's parents forced him into studying engineering instead of medicine. They would have turn out to be a total failure.

Most of us allow other people make vital decisions for us and sometimes it not what we want, it's not our calling but theirs and at the end, we are the ones that get hurt. These persons should stop making decisions for us rather give us advice that will enable us make the right decisions.

**Let us not continue in error, rather let us be guided. Remember, the decisions you make today will surely affect your future.**

**Make the right one.**



## **16. IMPROVE YOURSELF**

If you want to make a difference in your life, if you want to rule your world, then you need to work on yourself. You need to improve yourself, cook yourself.

The world changers you see today didn't just start changing the world overnight. They started by changing themselves. If you keep doing what you've always done, you will always get what you've always gotten. Nothing changes unless you make things change.

If you want people to hear your success story, then work on yourself. Don't do it because every other person is doing it, do it because nobody has done it.

## 17. **CREATING OPTIMUM BALANCE**

Do you know that when some students fail academically, they begin to blame some of the activities they were involved in like; fellowship work, politics, dance, music and the likes. But the truth is that these activities didn't fail them, they failed to balance things.

Some other students are also involved in these same activities and even more but they still do well academically.

A great man once said that as students, we have more than 10,000 hours free from our year one to our final year. The question now is; how do you make use of these free hours?

There is time for everything, time to read, time to play, time for politics, time to gym, etc. just plan and manage your time.

When you want to read, read. When you want to play, play. When you want to work, work. Don't ever mix them together. Create an optimum **BALANCE**.

Nobody wants to hear your **EXCUSES** of **FAILURE** rather your **STORIES** of **SUCCESS**.

## **18. ACTIONS SPEAK LOUDER THAN WORDS**

Don't be the guy in the room that is always talking, saying things that can only be imagined. The world is tired of too many people talking and only few actually taking actions.

If you don't like the situation of things around you, stop complaining and do something about it, something positive. It is much more powerful to get others to agree with you through your actions, without saying a word.

**WELL DONE** is always better than **WELL SAID**.

## **19. HAPPY NEW YEAR**

I believe you must have said that this year is going to be great, awesome, stress free, wonderful, etc. I'm sorry to say but it's not going to happen. You need to see beyond SAYING it to MAKING it happen.

If you want a wonderful, then work towards it. If you want a great and wonderful year, work towards it. Let's your actions speak louder than your words.

I know some of you will say, 'God will take care of things'. Sir/Ma, that's not how it works, even the bible says He will bless the works of your hands.

See..., you have to WORK.

If you want to be a star, if you want to be great in what you do, if you want to be better this year, you have to work. Apply the right principles, use the right methods, believe in yourself and most especially trust in GOD.

I want a situation where at the end of the year, you will say, 'I made it. I accomplished my

dreams'. I want to see you at the top with me because I will be waiting for you there.

**PRAYER, HARD WORK AND DISCIPLINE (PHD)** is what you need to succeed this year.

## **20. STAND OUT**

Never let yourself get lost in the crowd, then, or buried in oblivion. Stand out.

Why do you try to fit in when you are made to stand out? You are special and unique in your own way. Others are doing it doesn't mean you should join them. When you stand you, men will look for you.

Whatever you find yourself doing, be the best there is. Let people get attracted by your works, your words. Let them marvel at you.

## **21. SELF ESTEEM**

What people think of you does not matter. What really matters is what you think of yourself and what God thinks of you. Don't look down on yourself because a lecturer in school said you are worthless or your boss at work said you are not useful.

Whenever you wake up, say to yourself, 'I'm the best, I'm the reflection of God's image, nothing can stop me'. Get your spirit high. The opinion of others should not determine your reality. Get out of your shell and shine brighter than the sun.

## **22. LEARN TO SHUT UP**

Sometimes it better to just keep quiet and let others do the talking even if you know better. Most of us have told the wrong set of persons our secret ingredient, which ought not to be so.

Even if you enjoy talking, you derive joy from talking; sometimes you need to shut up. Wise people don't talk too much. They listen more and talk less. Don't talk away your life.

One fascinating fact about talking less is that people tend to respect you more. Speak when you have something to say and think about what you have to say before you open up your mouth to talk.

Learn to SHUT UP.



## **23. DON'T BE THE OBSTACLE**

In life, the only thing standing in your way to the top is YOU. Not until you overcome yourself, you will not be able to overcome anything in life. You don't need to be scared of who you are. Stop telling yourself that you cannot do it and start asking yourself, 'how can i do it?' don't be the mountain blocking your way to success.

Believe in yourself; don't look down on yourself because others are looking down on you. Stop saying negative things about your ability. Even if they don't believe in you, I believe in you. Don't be the obstacle.

## **24. DON'T OVER STRESS YOURSELF**

In the process of our journey to success, many of us over stress ourselves. You don't need to kill yourself because you want something so badly. With this you might miss the important moment of life, of living. Just relax and you will get there.

I know I always tell people that your success in life is directly proportional to your hard work, I don't mean you should work the whole 24 hours or 7 days. Take a time out and relax. Sometimes you get great ideas when you relax than when you stress yourself.

## 25. GOD OR MAN?

What keep you going in life? God or Man?

Who do you put your trust in? God or Man?

Who do you respect the most? God or Man?

Who do you fear the most? God or Man?

See, a lot of us believe there is God but think that he's not with us. That is why we believe that we need connection to get job, promotion or admission into college. You must have prayed to God concerning a situation and it looks as if there is no God. No answers to your prayers and you are beginning to lose your faith in him.

Have you ever heard of God's time is the best?

He knows the end of a matter right from the beginning. I tell people that even if He comes late, He's coming to make you the latest. Just let him have his way.

We fear and respect man above God. We fear the substance instead of the source. We respect the creation instead of the creator; we honour the gifts instead of the giver of the gifts. We have full confidence in man and none in God.

I'm not saying you should disregard man. I'm trying to tell you not to place man above God. Let God take his place in your life.

**For I tell you today, he is always thinking of you  
and he is always there with you. Trace back your  
steps and make things right. It's never too late.**

## **26. WHOSE IMAGE ARE YOU?**

Whose image are you?

What does your life reflect?

Anytime I stand in front of a mirror, I don't see 'STONE', I see the image of God.

(Hey! why do you look surprise, stone is my name). That's my reflection; I'm his glory, his masterpiece. That's me.

Not until you know and understand who you are, you can do nothing.

Not until you see a **SOMEBODY** in yourself, you will remain a **NOBODY**.

When God made man, he did something special; he added part of himself into man. Do you know that you carry something special from him? You are God's own reflection. You are not little; you are a god on earth. Begin to move with the mind-set that you are God's selfie.

## **27. NEVER STOP DOING WHAT YOU KNOW BEST**

In one of my write ups, I wrote about us searching within ourselves for that precious talent God has placed inside of us. If you have found yours, good for you but if you haven't, keep searching or maybe you should ask him. I believe he created you and put those great talents and gifts in you. Ask Him and he will tell you after all he is your father, no need to be scared.

When you find that talent, don't keep it to yourself, use it and be the BEST there is. If you can sing, dance, act, rap, play a musical instrument, play video games, talk to people, do politics, make art, etc., be the best in what you do. Meet someone to train you, make you better. I want you to be the best, which is also what God wants.

What is your selling point?

What do you have to sell to the world?

The world is waiting for your endless manifestation; I am waiting to see your great potentials.

I challenge you today to get up and make good use of your talent. The world is ready for you, I

am ready for you. God made you for a purpose, go and fulfil that purpose. It's normal to be scared but you have to overcome your fears.

Put in you very best to that thing you know how to do, I believe in you.

## 28. TAKE ACTION

Victory is not in words alone but also in actions. I know that you have been saying it but don't you think it's time to add a little action to what you have been saying.

“I want to be successful in life, I want to be the best in my career, I want to win the competition, I want to graduate with a first class, I want to be the best. I want to be a star”. That's what you have been saying but you haven't done anything about it.

Please I did not say telling yourself these positive words are bad, what I'm trying to say is that adding actions to it is better.

If you want to be successful in life, stand in front of the mirror every day and tell yourself what you want. Don't stop saying it, keep talking it and make the necessary sacrifices because nothing good comes easy. Let it be 'operation speak positive and act positive'.



## **29. NEVER BE IN A HURRY**

Never be in a hurry to get something.

Never be in a hurry to get riches, to get to a position or to get famous.

Never be in a hurry to go somewhere.

Never be in a hurry.

Sometimes we miss the important things in life because we were in a hurry. If only we could just calm down, settle down and do things. Have you noticed that it's when we are in a hurry we end up in a bad situation, that is when we would forget the car keys inside the car and lock the door, which is when we wear the wrong pair of socks.

Those who are in a hurry never go far; they always tend to forget something behind.

Always be cool, calm and creative.

### **30. GET A MENTOR**

To be successful in whatever you do in life you need a mentor. Someone who will put you through, give you advice and someone who has already made it. When you stand on the shoulders of those that have made it in life, you will not make the same mistakes they made.

Everyone needs a mentor, a teacher and that person should be interested in your success and if you don't have one now, it's not too late to get one.

All those who have succeeded in life had someone at their back coaching them, telling them what to do and how to do it. Don't just make anybody you see on the street your mentor, make sure that person is interested in making you better. You can't listen to people who haven't achieved anything.

Get a mentor today.

### **31. GET A PLAN**

It is mostly said that he who fails to plan, plans to fail. In everything you do in life, learn to have a plan.

Always plan ahead and be more proactive. He that plans the future works less in the future. Engineers don't just go to the site and start building. No, they always go with a plan and it makes work easier and faster for them.

If you want to succeed in life, get a PLAN.

## **32. A PEN AND A NOTEPAD**

While I was in year one in the university, a friend of mine told me to always go out with a pen and a notepad, to jot down any idea or thought that cross my mind.

Sometimes while walking down the road, you get flashes of ideas, maybe a design or something and you say to yourself, ‘when I get home I will work on the idea’. And you get home not remembering anything, the idea just disappeared from your head.

For those of you that are into music, while taking your bath or driving your car a nice beat comes to your head and you have the perfect lyrics to go with it and you didn’t write them down. There is a high chance that you might forget it when you get to the studio.

Make sure a pen and a notepad is with you at all times because the smallest pen is bigger and better than the biggest brain.

### **33. READ A BOOK**

It is very true that most persons don't like reading books including students. They believe reading a book is boring and a waste of time, they prefer to watch it in a movie format. Even the white men said that if you want to hide anything from a black man, put it in a book because they will not read it.

I have gained so much by reading books and books are my priceless possessions, I don't joke with them. There are so many things your teachers will not teach you about life in school but you can get them from books. Even if it is done in a movie format, the producers of the movie will not include everything that is in the book.

Now, compare the movie 'Harry Potter' to the book itself. You will notice some differences. Everything cannot be in the movie.

Try to read a book even if it's once a month for a start and at the end of the year you will be 12 times better than your colleagues who don't read books. If you spend 20 minutes reading daily, for 52 weeks, you would have consumed 1,000,000 words.

**Remember no knowledge is a waste, read a book  
for your self-development.**

## **34. STAY AWAY FROM THE TELEVISION**

Let's say 97% of the world's population watches TV, I'm not saying watching TV is bad. What I'm trying to say is that watching too much of TV is not bad but 'very very' bad. When you spend too much time watching TV, you are wasting time and wasting resources and manpower.

Stay away from the TV as much as possible. You can watch educational channels, cartoons, or anything you want to watch but don't spend the entire day doing that. Men with big TV sit in front of them to watch men with big library.

Spend less time with your TV set and work on your dreams so that men will watch you on TV changing the world.

## **35. SHOW APPRECIATION**

If you don't show appreciation for what you have, it will depreciate with time. It is commonly said that not until the horse loses its tail, it will never know the importance of it.

Learn to show appreciation for any good deed you received, learn to say 'THANK YOU'. Those magical words can make people do more for you.

It is only a GREAT FOOL that is not GRATEFUL. Learn to show appreciation to God first then to man.



## **36. CREATE MULTIPLE SOURCE OF INCOME**

Don't depend all your life from one source of income, create multiple sources of income. There is no job security anymore, you can lose your job anytime, so get something else doing.

As a banker, you can also have a barber's shop and get people working for you. You can be a doctor and still have taxis working for you and every month, apart from your normal salary, you keep getting more money from other sources. That's making money work for you.

Even as a student, you can be studying and have a part time job or even self-employed. You can bake cake, design websites, take photographs, write articles and get paid, do anything you love doing and don't fully depend on your parents for money. Have multiple sources of income.

## **37. SAVE AND INVEST**

Some persons don't like to save; they spend all their income even before the month is over and then they go broke again. Learn to save at least 10% of your income.

Don't save after spending. Please don't do that but save before spending. If you are being paid \$10,000 monthly, saving 10% means you are saving \$1,000 every month and at the end of the year you will be having \$12,000 then you can invest that money into a business, real estate or any business of your choice.

Invest and be patient to see it grow. If what you have in your hand is not good to be called a harvest then it's a seed, sow it. That's using money to get more money.

You don't need to spend all your money on buying liabilities, buy assets and let more money come in.

### **38. WHAT IS YOUR GOAL?**

A lot of persons do not have goals, they take life the way it comes to them.

What are your short term and long term goals?  
What do you want to accomplish in life?

Set a goal for yourself each day and before you go to bed ask yourself if you accomplished the goals set for that particular day and set another for the next day. Keep getting better on your daily goals and dreams. Develop yourself on them and make sure you get to the top.

What are your GOALS in life?

## **39. EXERCISE**

When was the last time you did exercise?

You wake up in the morning, you go to work in your car, stay in your air conditioned office and after work, you go back home in your car. You do this every day and on weekends you visit friends and have fun without exercise. You are killing yourself gently.

Make sure you engage in exercise. It keeps your brain alert and your body fit to enjoy your success. Try doing exercise once a week for a start for 30-50 minutes. You could jog round your neighbourhood early in the morning and I promise you that it will be fun.

Don't be lazy and stop saying there is no time, I told you before to create time for yourself.

Exercise is good for the body, don't be left behind. I do 90-100 push ups every morning before going to class.

## **40. DEVELOP A GOOD CHARACTER**

Talents and gifts can take you places but only a good character can keep you there.

So many of our youth lack good characters. They talk anyhow and insult elders of the land like myself and when they get into trouble, they run to us.

To the ladies, even if you are the most beautiful damsel on planet earth and you lack good character; faithful men like me will not come close to you. Develop a good character that cannot be overturned by the tempest of life.

If you think people are not watching you, that's a big fat lie, we are watching you. I have never seen someone with a bad character stay too long at the top, they always fall down.

Change your character if yours isn't good and men will locate you.

Let your parents be proud of you, let the elders of the land like myself be proud of you and most importantly, let God be proud of you.

## **41.     **WORRY****

Do you know that the answer to your situation is right in front of you?

See, anytime you are in a difficult situation, you worry yourself, you complain, you blame others but if only you could just **SHUT UP** and think outside the box, you will realise that the answer was there all along.

Worrying will not solve anything. Instead of worrying, use that precious time to calm down and think of a way out. If there is a way into a situation then there is a way out of it.

Always remember, think outside the box. Be Different.

## **42. YOU CAN NOT PLEASE EVERYBODY**

Never try to please everybody because the day you try, you will kill yourself. That's because you will end up not pleasing anybody.

Never try to be who you are not for everybody to like you or accept you. Be you sir. It's normal for some persons to hate you, even Jesus was hated by his own people.

You need both negative and positive wire to make a bulb come on. Some will love you while some will dislike you. Don't be like others, be yourself and the right people will locate you.

You are **AWESOME** just the way you are.

**BE YOURSELF.**

### **43. WHAT ARE YOU THINKING?**

What a man thinks in his heart that is what he will become. I do believe in these words, I don't know about you.

Anytime you stand in front of a mirror, what do you see?

A successful person or a loser?

A gift or a curse?

Even God knows that you are a peculiar treasure but do you know that?

Start thinking positive things about yourself, change your mind-set. Your potential is who you can be that the world has not seen. Your potential will bring solutions to the world.

You are wonderful, you are great.

I see greatness in you but what do you see in you?  
Don't waste your great potentials.



#### **44. THE GENIUS IN YOU**

Everybody was born a genius and nobody was born dull, it's just how you develop the genius in you that matters.

Maturity is not in age because age is just a number but maturity is in the way you think. That's why many people grow old but they don't grow up, it's how they developed the genius in them.

Wake up from your dogmatic slumber and put your brain to work. Think of something great, think outside the box, and think differently. Look around you and think of how to fix things, make things right. Be different.

## **45. DESIRE TO SUCCEED**

Your desire for success should be greater than your fear of failure. As I said earlier, everybody is afraid of something but your ability to overcome your fears matters a lot.

Always look forward to succeed in everything you do. I know you are scared of the risks but I tell you the greater risk is not taking risk at all. When you desire to succeed, success has no option but to locate you.

I will be waiting for you at the finish line.

## **46. TELL YOUR PARENTS HOW MUCH YOU LOVE THEM**

When was the last time you called your parents? I mean when was the last time you called them and told them that you loved them?

I challenge you today to pick your phone, call your parents and thank them for all that they have done for you from birth till today and tell them how much you love them.

If you can't call them due to fear, send them a text message. It will touch their heart, they deserve it. I know your action shows that you love them but I want you to tell them and they will pray for you.

The prayers of your parents can accelerate you to your point of success.

## **47. KINDS OF PEOPLE AROUND A STORY**

There are three kinds of people around a story in this world;

- Those that make the story
- Those that write the story and finally
- Those that tell the story

Nobody wants to hear your excuses of failure; they want to hear your story of success.

I am making my story today, what are you doing???

## **48. DON'T FISH FOR THEM**

I believe you must have heard the saying 'if you give a man fish, you feed him for a day but if you teach him how to fish, you feed him forever'.

There are some persons around you who have made up their minds not to learn how to fish but depend fully on you. These persons are just there to take from you without working for themselves, you do not need these set of persons in your life. Don't fish for them.

There is no need helping people who do not want to help themselves. You cannot continue to spend your resources on people who are not ready to work for themselves.

Teach them how to fish but do not fish for them.

## **49. HOW WILL YOU FACE IT?**

Everyone has a mountain in his or her life but how we face this mountain is what matters. It is not what we face but how we face what we face is what determines if what we face will be phased away.

I told you before that it's a normal thing to be scared, that is what makes you human but you must learn to let go of your fears and face the situation. Will you continue to hide in your shell all your life?

Get up and overcome. You are more than a conqueror.

## **50. DON'T GO BACK**

I see a lot of people who give up at their point of breakthrough. If only they took one more step forward, they would have gotten the gold. At that point in your life where everything looks dry and there is no hope, that is when you should press further and not give up or go back to square one.

Only the committed refuse to be omitted in the hall of fame because until you are through with the thought of going back, the thought of moving forward will not come easily.

Do not go back, you are meant to be at the TOP.

## **51. IGNORE CRITICS**

Humans must surely criticise you on your way to success but you shouldn't let the criticism affect you or your quest. Your time is one of your greatest assets and you cannot allow some 'NFA' No Future Ambition individuals waste it for you.

Criticism is a must. If you don't want to be criticised, then don't try to succeed or do anything more than ordinary.

People must talk whether you like it or not but I want you to ignore the critics and get your eyes on the goal.



## **52. THINK**

Every successful person takes time to think. They don't just act; they think things through, over and over again before acting. I heard a story of a great man who had a room in his house and in that room was just a chair where he sits and think for hours. If you do not think about the future, you will not have one.

In the process of writing this book, I did a lot of thinking on what to write and how to make it a success and here it is with you. The difference between a wise man and a foolish man is the ability to use the brain and God has given you one, use it.

Think of a way out of your present situation, think of a way forward, and think of the future. The magnitude of your mental sight determines the magnitude of your physical stride.

Remember, Ideas rule the World.

Think and after thinking ACT.

### **53. TRAIN YOURSELF**

What you do for yourself counts far more than all that others have done for you. Nobody will take you to your point of success; you just have to take yourself there. I read a story of a kid who loves playing the grand piano, his parents got him a teacher who taught him how to play it for 2 hours every day but the kid spends extra 6 hours practicing to be better.

You are the only one that can make yourself better, go for it. What you have under developed in you has no value. No one else either wishes or has the time to develop it. That is your business and only you can develop it to become the best.

Don't be satisfied with anything you do. Always seek to improve yourself. Train yourself to be the best.

## **54. THE LITTLE THINGS THAT MATTERS**

We often neglect the little things of life to pursue the big things, not realising that our positions in the big things are decided by how much we handle the little things.

Most of you keep praying for a promotion, to be the Head of a Department or for the world to know that you exist. You focus so much on that and forget your present situation, the little in your hand. And for most of you because you no longer regard the little you have, you lose the big opportunity and the little one.

A man that is faithful in little will surely be faithful in much. Handle that small position well with all your heart and it will be easy handling the big position.

How you are doing right where you are as a student or as a worker in another person's business is what is determining what your life will be later. Be mindful of the little things, they are there to train you.

## **55. THE WRONG THOUGHT**

‘As a man thinketh in his heart, so is he’. This is one of my favourite scriptures in the Bible, it has become part of me and I want to share it with you.

If you think in your heart that you are a failure, a loser and a nobody, with time you become those things. You have talked about your failure, your difficulties until they have become a mental disease but if you think the opposite as a success and a winner, with time you will become such.

Never think negative about yourself, your business, your career, your family. Don't use your mouth to destroy yourself or your destiny.

Think positive and think BiG.

## **56. LOYALTY**

Loyalty is devotion and faithfulness to a cause, person or country. To be success in life you need to be loyal. If you are not loyal to your team, you can get by for a while but eventually you will need to rely on their loyalty to you, and it just won't be there.

Loyalty is one of the foundation stones for a balanced success. If the people working in a firm are not loyal, I don't think the firm will last. You need to be loyal to your superiors and to yourself. It is a very important virtue; don't sell your loyalty for any reason. The spirit of loyalty gives a sense of security to the firm.

## **57. BE WANTED**

When I told my friends that I wanted to be ‘wanted’, they were confused. Hope you aren’t confused too.

I’m not talking about being wanted by the police but being wanted for your talent. Make yourself so valuable that people will pay anything for you to be with them. As I said earlier, be so valuable that if you had to move out of the neighbourhood, men and women would weep because of your departure.

The only way to be wanted is to work hard on your gift, on your talent and be the best there is. Be a real contributor to your age, don’t just exist. Prepare yourself and doors will open for you everywhere.

## **58. SURROUND YOURSELF WITH LIKE-MINDS**

The law of electromagnetism states that like charges repel and unlike charges attract. Well, this is not a physics class so let's scrap that. In the real life, like charges attract and unlike charges repel.

If you want to go far and be successful, then you have to surround yourself with people who have either made it or are on the path of success. But if you surround yourself with people without vision or goal, you will not go far and with time you will lose focus.

Iron sharpens iron. Move and surround yourself with like-minds to keep the fire burning.

## **59. VALUE**

The price on a commodity depends on the value placed on it. If it has no value, then it will worth little. Many of us are like that, we do not add value to ourselves. We dress and talk anyhow, making us look useless.

No matter what you do and where you go, you cannot go wrong with adding value. The more value you place on yourself, the more expensive you become and whatever you do not value, you pay less attention to.

For those of you who are willing to succeed, place a value on yourself, your business and your talent. In your personal life, more value translates to closer relationships and strong personal growth.

How are you adding value to your life?



## **60. PASSION**

‘Show me a man who has passion for what he is doing and I will show you a man who is likely to be successful’. As they say, ‘love never fails’. If you love what you are doing and you have that strong passion for it, you will have a reason to wake up every morning and keep at it.

Take a good look at those great men who have made it, you will discover that almost all of them had passion in what they were doing, be it art, football, music, design and poetry.

Even our children tend to perform well in the subjects they love the most, this also happens in real life. You will be more successful in the area you love the most.

What do you enjoy doing? What gives you joy? Put in extra effort there and you will be successful. For those of you that have watched the India movie ‘3 Idiots’, you will understand better.

Follow your **PASSION** and **SUCCESS** will chase you.

## **61. DRESS WELL**

Don't dress to look like your present situation, dress to look like your future. A lot of persons dress anyhow, thinking nobody cares about how they look. In case you do not know, the way you dress is the way you will be addressed. You cannot dress like a poor man and expect to be treated like a boss, you cannot dress like a beggar or a slave and expect to be treated like a king, it doesn't work that way.

Even if you have just one shirt and a trouser, wash them well, iron them and wear them with confidence and good self-esteem. You don't need to look sad because you do not have enough, take good care of the ones you have. You do not have to be great before you start dressing well, start dressing like your future from today.

Your dressing tells people who you are and where you are headed to. Do not dress like a failure, dress like the success that you are.

## **62. GIVE BACK**

Life is not all about receiving, sometimes you should learn to give. Give to the less privilege, the needy, and the poor, those who do not have. This is one principle that only few know about.

Everything is not about money; you could give your time, your love, your words of encouragement, your listening ears to someone's story. You may not know the joy you will leave in their lives when you give, that could be your small way of impacting lives.

Giving to people is like sowing of seeds; it will surely germinate and bring forth fruits. Give to them; successful people are not selfish, only poor people are.

## **63. IN LOVE WITH YOUR PASSION**

The reason most people don't succeed and only few do is simply because only few follow their passion and are in love with what they do. I'm not a big fan of India movies but I had to watch one particular one, '3 IDIOTS'. Go watch that movie and you will understand following your passion.

Take a look around at some of the things that you have accomplished successful without stress, you will discover that you has passion for it and your heart was there and those ones you didn't accomplish and looked stressful was because your heart wasn't in it.

This is one reason many people can't reach their goal and be successful because they are not following their passion. They are not in love with what they are doing; they get frustrated on the way and stop.

Are you in love with your passion?

## **64. KEEP LEARNING**

I have discussed with students around Nigeria and I discover that they do not want to learn anything different. If it has nothing to do with what they are studying in school, then they are not interested. If they are studying Engineering, they do not want to learn anything about medicine or mass communication, this is really bad.

Never stop learning, broaden your horizon. Don't limit yourself to your course of study; learn from your neighbour who is studying something else. It's not a bad idea if you know something about everything.

Please, keep learning. The day you stop learning is the day you start dying. Those with great knowledge rule their world.

## **65. GET YOUR PROIRITY STRAIGHT**

Why are you living?

When young minds come to me concerning having few hours and lot of work to be done, I just tell them to set their priority right. You cannot be a student of a higher institution and you spend 18 hours of your time playing video games. That is so not right.

Do first things first, there is time for everything. Read when it's time to read and play when it's time to play. Know what you want. If you don't get your priority straight, you may end up crashing and it will not be a nice scenario.

Do the more important stuff first before doing the less important stuff. Many people fail in life because they never got their priority straight.

## **66. TAKE A FIRST STEP**

Remember when that little baby in your village wanted to start walking. She would stand, take a step and fall, she would do it again and even when she kept falling down, she kept on doing it until she started running.

Everyone in life started by taking a first step. You want to start a business or an invention or to be successful and you are scared. Be like that baby girl and take a first step.

A lot of people have the intention to do something great, to make a difference; all they need is someone to push them to do it. I am here, telling you to take a first step and you might end up being the saviour. It all begins with a step of faith.

## **67. HARD WORK**

In life, it is either you are lazy or hard working. I have not seen any lazy person successful before. Only hard working persons get to the top of the ladder. To achieve success in life, you must make up your mind to work hard towards achieving your dreams.

Colin Powell said, 'a dream doesn't become reality through magic; it takes sweat, determination and hard work'. Nothing ever comes to one, which is worth having, except as a result of hard work and there is no substitute for hard work. This is one secret most successful people know.

You have to make the decision today not to be lazy. If truly you have a vision, you will work hard to achieving it, you will have to sacrifice certain things to get what you really want.

A dream can only be achieved through hard work.



## **68. ALWAYS HAVE A BACK UP PLAN**

It is good to have a plan for your journey to success but make sure you have a plan B, a back-up plan in case the first one turned out not to work out.

When I was in secondary school, anytime I had an examination to write, I always go into the exam hall with two pens just in case one stops writing. So, instead of running out to buy a new one or disturbing other students who are trying to think. I just bring out the other pen. This principle should be applied in real life situations. We should always have a plan B.

Please understand that no amount of knowledge can prepare you for the chaos that will inevitably hit you throughout your life. Always have a plan B.

All vehicles have spare tyres; have a spare plan in your life.

## **69. FORGIVE THOSE WHO HURT YOU**

‘Forgive us our trespasses as we forgive those who trespass against us’, is a line from the Lord’s Prayer. If you want to move forward, you must let go those that have hurt you and caused you pains in the past. The bitter truth is that you hurt yourself more when you don’t forgive and that can likely limit you from achieving success in life.

On your journey to success, people must surely hurt you; they will offend you to make you lose focus on your goal. But will you allow that affect you? Just look at what they do to you and smile. Even Jesus Christ forgave the people he came to save after everything they did to him.

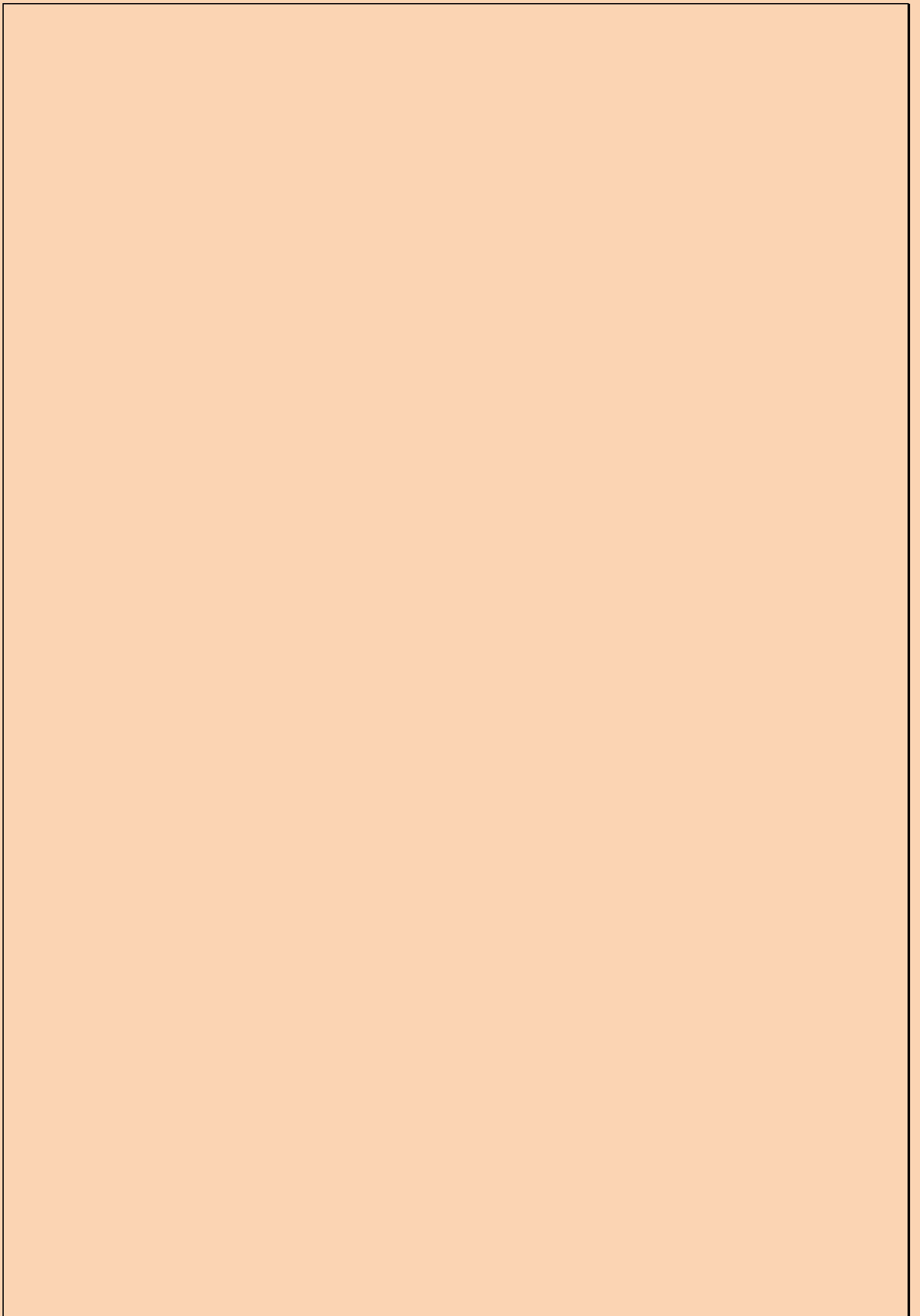
Learn to forgive and forget. Stay focus on your quest for success.

## **70. YOU CANNOT DO IT ALONE**

If you want to go far in life, just apply these principles but if you want to go ‘very very’ far, go with God. The supernatural controls the natural and everything you are looking for in life can be achieved with less stress when God is by your side.

He said, ‘I wish above all things that you may prosper’. He too wants you to be successful, walk with him and surely you will achieve success.

Always have it at the back of your mind that your strength will fail you. Let God be the captain of your life and you will sail safely. Always put your trust in him and he will surely surprise you.



## **FINAL NOTE**

Hope you enjoyed yourself while going through the **70 PUSH-UPS FOR SUCCESS**. I believe when you apply these principles in your life, success will be knocking at your door.

Go through it again and again to keep the fire burning in you. I believe in you and I will be waiting for you at the top. You must succeed.

Always remember that your **SUCCESS** in life is directly proportional to your **SMART WORK**.

If you need counselling, feel free to contact me anytime.

Thank you for reading.

**LIVINGSTONE IMONITIE**  
**(ALWAYS READY TO SERVE)**

## ABOUT THE AUTHOR



Livingstone Imonitie popularly known as 'STONE' is a writer, a blogger and a public speaker. He is an undergraduate studying Civil

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**He is from Edo State but was born and brought up in the Ancient city of Kano into the family of Chief and Mrs. Sunny Imonitie. He is the first son and has three other siblings.**

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**Livingstone Imonitie is actively involved in student politics and has held different political positions from his departmental level, faculty level and even at the Students' Union Government (SUG) level where he served as the Chairman of the Academics and Exams Ethics Committee in 2015/2016 session.**

He is a young man whose goal in life is to make changes and impact lives all over the world through writing and speaking.

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