

DOUGHNUTS OF INSPIRATION

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Introduction

We were all created and endowed with the ability to take off from the airstrip of failure, limitations and nightmares and to fly to the airport of success, dreams, fulfillment and greatness. But sadly, many of us continue to circle around for ages in a runway of regrets, victim mentality, wrong choices, nightmares, excuses and depression.

And what we really need is a spark of inspiration that will enable us to start the engine of creativity by learning to position ourselves to take off. It is for this reason that I have decided to present you with these inspiration doughnuts, which I believe will serve as a traffic controller in your life. A traffic controller that will encourage, challenge and inspire the pilot within you (mind) to increase the speed and take off. There is no better way to start the flight than with the following words: Permission granted:

The day you were born, you were given permission to succeed, permission to dream about where you want to be, permission to rise against all odds, permission to walk in hope in a road marked hopelessness, permission to live in abundance when everybody is battling scarcity, permission to love when everybody around you is sounding hateful, permission to keep trying even when you have hit brick walls.

Permission to be creative when everybody is embracing routine, permission to stand out when everybody is fitting in, permission to visualize the future when everybody is caught up in the past, permission to blossom when everybody around is withering, permission to live when everybody is existing, permission to live by faith when everybody is struggling through fear and facts.

Permission to grow up when everybody is aging, permission to be optimistic when everybody is drowning in pessimism, permission to start all over again when everybody is quitting, permission

to learn when everybody is complaining, permission to love yourself unconditionally when everybody around is despising you, permission to be constructive when everybody is destructive, permission to seek your purpose when everybody is living in confusion.

Permission to pursue your own dream when everybody is contributing to another man's dream, permission to be decisive when everybody around you is undecided, permission to become a leader when others prefer to be followers, permission to be original when everybody prefers to be a photo copy, permission to take off when everybody is grounded in fear and familiarity.

Permission to be part of the solution when everybody is complaining and contributing to the problem, permission to live positively in a world dominated by negativity, permission to make positive headlines when others prefer to read them and permission to be celebrated when others are content with being tolerated.

NB: As you feast on the book, take note that these are not poems but inspiration doughnuts filled with a poetic cream.

You are a masterpiece

You are one of a kind, an expensive original, an endangered species, an incredible creation, a well sought after brand, a scarce product. You are a masterpiece.

You are a treasure chest of creativity, a gold mine with unlimited deposits, a VIP on the earth's auditorium, a celebrity in waiting. You are a masterpiece.

You are more valuable than any of the world's precious stones, you are incredible than anything ever created, you are expensive than any of the world's rich oil fields, you are more powerful than any computer ever built. You are a masterpiece.

You were created for success and not failure. You were designed as a brand and not a no-name product. You were conceived as part of the solution and not as an ingredient to some of the world's problems. You are a masterpiece.

You were born to bloom and not to wilt. You were wired for victory and not failure. You were endowed with the ability to produce and not to remain barren. You were meant to be the bill board of inspiration and not a brochure of depression. You are a masterpiece.

You were equipped for greatness and not obscurity. You were programmed to make headlines and not to read them. You are a masterpiece.

As long as you can breathe

As long as you can breathe, you can dream. As long as you can breathe, you can walk in hope. As long as you can breathe, you can believe God for your impossible looking breakthrough.

As long as you can breathe, you can pursue your career. As long as you can breathe, you can turn your life around. As long as you can breathe, you can change for the better. As long as you can breathe, you can learn from your mistakes. As long as you can breathe you can fall in love again.

As long as you can breathe, you can build your desired future from the rubbles of your painful past. As long as you can breathe, you can see what you have been wishing for turning into reality.

As long as you can breathe, you can visualize your healing and restoration. As long as you can breathe, you can move from your struggles to your desires.

As long as you can breathe, you can walk expecting good things to come your way. As long as you can breathe, you can bury your painful past and give birth to a new and exciting future.

As long as you can breathe, you can fulfill your dreams, discover your purpose and realise your destiny. As long as you can breathe, you can become what you want to be, what you ought to be and what you were meant to be. As long as you can breathe you can live your life to the fullest.

As long as you can breathe, you can soar high like an eagle, bud like a rose and shine like an early morning star. As long as you can breathe, you can breathe possibilities, hope and love.

The womb

Life is a journey, a journey that is sometimes hard to fathom. Because along the way there are incidents, situations and experiences that will challenge your faith, derail your destiny, abort your dreams and swallow up your positive energy and enthusiasm. This is the womb stage of life, a stage where everything looks dark and hopeless.

A stage dominated by the overwhelming depressing thoughts of hardships, scars of abuse, headache of unanswered questions and flooding tears of betrayal.

All these encounters even though painful are not meant to destroy but to propel you forward. You can learn amongst others from a womb of debts, broken relationships, hardships, retrenchment, lack, rejection and failure.

And although you may sometimes feel like a dying hospitalized patient suffering from an incurable disease, just hang in there, because what doesn't kill you will surely empower you.

What doesn't kill you will surely propel you to your destiny. What doesn't kill you will surely lead you to people who are carrying the missing pieces of your jigsaw puzzle. What doesn't kill you will surely propel you from being bitter to being better.

What doesn't kill you will usher you to your dreams and desires. Remember you are in a womb, a temporary place of development, a place of acquiring wisdom, knowledge, character, purpose and direction.

Choose

Life is about choices; therefore learn to make positive choices in the midst of depressing circumstances. Choose to be positive when everything around you is negative. Choose to walk in hope when everything around you is screaming hopelessness.

Choose to love where hatred seems to be the obvious best option. Choose to forgive when unforgiveness is screaming loudly in your head. Choose to believe God when everything looks doubtful. Choose to visualize your dreams when depression wants to drown you. Choose to celebrate yourself when everybody is rejecting you. Choose to be a victor even though you may have scars of a victim. Choose to walk away from the past even though the future may look uncertain.

Choose to soldier on even when the odds are stacked against you. Choose to get better from a

situation that was supposed to breed bitterness within you. Choose to learn and not to complain in spite of your painful experiences. Choose to learn and not to regret your life's journey. Choose to stand up no matter how many times you have been knocked down by life. Choose to cheer yourself up no matter how many times you have been disappointed.

Choose to wipe your tears and smile again no matter how many times you have been hurt. Choose to be a winner when defeat seems to be the obvious end result. Choose to succeed when everybody is gunning for your demise. Choose whatever you want to be because you are a builder of your dreams and not the resident of your struggles.

Choose to keep trying no matter how many times you have failed. Choose to keep knocking no matter how many doors have been slammed in your face. Choose to choose because life is about choices.

The sun rises up in spite of

The sun rises up every morning whether it's dark, cloudy and windy. The sun rises up whether we like it or not. The sun rises up because it was programmed to do so. The sun rises up because nature needs it.

The sun rises up because it has the ability to do so. Just like the sun, you need to rise up from the dark clouds of hardships. You need to rise up from the background of negativity. You need to rise up from your painful experiences.

You need to rise up from your wounds. You need to rise up from unforgiveness. You need to rise up from your abusive childhood. You need to rise up from your fears. You need to rise up from your failures.

You need to rise up from depression. You need to rise up from betrayal. You need to rise up from the cemetery of your yesterday. You need to rise up from your excuses. You need to rise up from other people's opinions.

You need to rise up from your mistakes. You need to rise up because you have been created for success. You need to rise up because there is an untapped reservoir of wealth within you.

You need to rise up because there is something you need to share with the world. You need to rise up because you are pregnant with destiny. You need to rise up because you have a story to tell. You need to rise up because the world is waiting for your contribution.

You need to rise up because you are still alive. You need to rise up because you have a future. You need to rise up because God still believes in you. You need to rise up because you still have the ability and the means to rise up.

I am positive

I am not positive because everything is fine in my life. I am not positive because I never went through anything painful. I am not positive because there are no challenges in my life. I am positive because it is the only way to win in life. I am positive because I believe in God. I am positive because pain is temporary and the challenges of life have an expiry date. I am positive because struggles are seasonal.

I am positive because there is light at the end of a dark and discouraging tunnel. I am positive because the sun is about to shine in my life. I am positive because I have dreams. I am positive because that is the only way to maintain sanity. I am positive because I am daily walking towards my destiny. I am positive because life is progressive and not stagnant.

I am positive because I am alive and not dead. I am positive because that is the only way to overcome life's negative experiences. I am

positive because that is the only key to attain success. I am positive because I am a winner and not a loser. I am positive because I am a believer and not a doubter. I am positive because faith overcomes fear and overrides facts. I am positive because God has already made reservations for my success. I am positive because God has included me in His script. I am positive because my role in the story has not ended. I am positive because I believe in the power of positivity.

Don't look back look ahead

When your memory is full of sadness and your life is covered with scars of abuse and pain, don't look back look ahead. When tears start rolling in your face and your struggles seem to be overwhelming you, don't look back look ahead. When people walk away from you and some even betray your trust, don't look back look ahead. When your faith is shaking and your hope seem to be dying like a candle light, don't look back look ahead.

When stagnancy seems to be your residence and disappointments, your address, don't look back look ahead. When fear is screaming at you and negative thoughts seem to be the dominant force in your life, don't look back look ahead. Remember there is still more ahead than where you come from. There are great people ahead than the ones who left. There are showers of smiles, blowing breeze of love, joy and fulfillment and the sweet melody of success. So, look ahead and not backwards.

Visualize your desired future and don't even look back and take a picture of your past. Look ahead at your future dreams and not at the nightmares of your past. Drive forward and don't even think of putting your life in a reverse gear.

As you look ahead the past will disappear behind you and the future will suddenly appear before you. Your prison of pain, debts, lack and discouragement will eventually be replaced by the palace of joy, abundance and inspiration.

Don't look back, look ahead. What has happened has happened and what has never happen will happen. What you have been building will eventually be completed. What you have been dreaming of is about to come to pass. Look ahead and not backwards.

A knock down is not a knock out

You may be down but you are not out. You may have failed in your career, relationship and studies but what you went through doesn't make you a failure. You may have been rejected but you are not a reject. You may have lost certain things in your life but you are not a loser.

Stop calling yourself what you went through. Stop defining yourself based on your painful experiences. Stop seeing yourself as a resident of your struggles. Stop entertaining what you despise.

You may be knocked down right now but you are not knocked out. You still have the ability to stand. So, stand up, dust yourself and take a step forward. Turn your mess into a message, start dreaming again, learn to love again and keep moving. Press until something happens. Knock until the door is open. Keep asking until somebody responds positively. Pray until strength is

restored and hope is ignited. Keep pursuing until your dreams become visible in front of you.

Keep moving until your painful past shrinks and disappear behind you. Keep moving until the sun start shining in front of you. Remember a knock down is not a knock out; you still possess the power to decide the outcome of your life journey. Champions fall down but they don't quit. They rise up and fight until they win.

They keep fighting until they get another job. They keep fighting until they are fully recovered from their wounds. They keep fighting until they are healed from their sickness. They keep fighting until success appears and failure disappears. They keep fighting until their poverty background is replaced by their prosperous future.

They keep fighting until their businesses are back on track. They keep fighting until they achieve success in their studies. They keep fighting until their relationships are strong and

sound. They keep fighting until their families are reconciled and restored. They keep fighting until their hope is revived and their lives are restored. They keep fighting until their dreams and desires are turned into reality. You are a champion, rise up and fight.

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You were born to win

No matter where you are and what you are going through, you were born to win. You outpaced other million sperms in a race towards fertilizing the egg. You learned to speak as a toddler no matter how much you stammered. You learned to sit no matter how many times you fell. You learned to stand no matter how many times you fell.

You learned to walk no matter how many times you fell and hurt yourself. You learned to grow no matter how many times you fell ill. You learned to write no matter how many times you struggled to hold a pen. You learned to drive no matter how many times you were hooted for making mistakes by other motorists. You were born to win.

Don't allow your struggles to strangle you. Don't allow your disappointments to derail you. Don't allow your depressing experiences to drown you. Don't allow your pain to push you backwards. Don't allow your tears to erode your dreams and

desires. Don't allow your fears to cause you to fail. Don't allow your challenges to chain you. Don't allow your misery to mess you up. You were born to win. Therefore, take a step forward, limp ahead, crawl towards your dreams and push towards your destiny. You were born to win.

Because tomorrow is coming

Your yesterday may be painful, your today may be depressing but your tomorrow is exciting. Raise your expectations because tomorrow is coming. Tomorrow is pregnant with possibilities. Tomorrow is a handkerchief that will wipe away your tears. Tomorrow is a make-up artist that will give you a new look. Tomorrow is the sun that will bring light to your darkened life. Look ahead with optimism because tomorrow is coming.

Tomorrow is pregnant with destiny. Tomorrow contains answers to your innumerable questions. Tomorrow has solutions to your problems. Look ahead with expectations because tomorrow is coming. Where you used to be and where you are, is about to change into being where you desire to be. Visualize your dreams because tomorrow is coming.

Your sad face is about to change into a smile. Your challenges are about to become channels of breakthrough. Your struggles are about to

become stairs of progress. Move forward with confidence because tomorrow is coming. Don't give up on your dreams. Don't stop believing. Don't stop hoping. Don't stop asking. Don't stop trying because tomorrow is coming.

Tunnel and not a Prison

When life suddenly becomes tough and hope is erased from your vocabulary. Just hang in there, for you are in a tunnel and not a Prison. When your troubles become an ever increasing mountain and your faith is changed into fear, just hang in there, for you are in a tunnel and not a Prison. When your eyes are filled with tears and pain seems to be your every day companion, just hang in there, for you are in a tunnel and not a Prison.

When disappointments show up and your dreams look impossible, just hang in there, you are in a tunnel and not a Prison. When debts keep mounting and your income start shrinking, just hang in there, you are in a tunnel and not a Prison. When you feel lonely and everybody seems to be walking away from you, just hang in there, for you are in a tunnel and not a Prison. A tunnel is better than a Prison because it has an entry and exit point. A tunnel may be unbearable but it is not permanent.

A tunnel may be dark but it has light at the end of it. A tunnel is a passing phase. A tunnel leads to destiny. A tunnel brings progress to those who walk through it. At the end of a tunnel there is joy, fulfillment and success. So, wherever you are right now and whatever you are going through, just remember you are in a tunnel and not a Prison. So, keep crawling until you see progress. Keep limping until hope is ignited within you. Keep walking until you see light at the end of it. Keep running until your dream is fulfilled

Put a comma and not a full stop

When life suddenly throws a rock of disappointment at you, put a comma and not a full stop. When hopelessness and misery start dominating your life, put a comma and not a full stop. When your dreams are suddenly dashed and your hope is eroded, put a comma and not a full stop. When your relationship is deteriorating and your life suddenly becomes a nightmare, put a comma and not a full stop. When you suddenly find yourself battling to stay afloat a roaring ocean of tears and pain, put a comma and not a full stop. When your past is depressing, your present is frustrating and your future is uncertain, put a comma and not a full stop.

Life is progressive and not stagnant. So, whatever you have encountered and experienced along the way, put a comma and not a full stop. Learn to put a comma before you move on. Life requires commas and not full stop. Don't put a full stop where a comma is needed. A full stop is only applicable to those who are residing in a

cemetery. Take note commas are for the living. Commas are a reminder that the journey is still continuing.

Commas are a sign that there is still more ahead. Commas are an indication that it is not over yet. Therefore continue using commas in your journey of life. Continue using commas until the dark clouds of discouragement are cleared from your life. Continue using commas until your strength is restored. Continue using commas until your dreams are achieved. Continue using commas until your time comes to relocate from this world.

Exit and entrance

Your life is like a television drama series with different episodes and different characters. There are episodes where some people are going to exit from your life when you least expect because their part in the series is over. And no matter how much you try to bring them back, they will not return because their part in your life story is over. No matter how much you try to call them, cry for them, beg them, talk about them, day dream about them or even try to rewind the clock, they will not come back, what you need to know is that their part in the script is over. Therefore, stop looking back and look ahead.

Remember that nature doesn't allow any open space. When some people leave others will show up, when some people walk out others will walk in, when some people betray you others will restore you, when some people say bye-bye others will say hello, when some people abandon you others will embrace you, when some people make you cry

others will bring you a smile. So, in a nutshell, learn to focus on the next episode because new characters are about to show up.

Lemons of life

Life has a way of presenting us with lemons, lemons of struggles and pain. Lemons of disappointments and delays, lemons of betrayal and rejection, lemons of failure and fear, lemons of retrenchment and demotion, lemons of imprisonment and hospitalization, lemons that leaves many with a sour taste of discouragement and hopelessness

Lemons that have become a daily diet of bitterness to many and a sweet and tasty lemonade to a few, lemons that require you to learn and not complain, lemons that are meant to stretch and not to strangle you.

Lemons of pain that you can turn into a book of inspiration, lemons of struggles that you can turn into a staircase of progress, lemons of rejection that you can turn into a navigation system to locate to where you will be celebrated, lemons of betrayal that you can use as a bridge to move to a place where you will be appreciated.

Lemons called "FAIL" that you can see as the First Attempt In Learning, lemons of fear that you can see as False Evidence that Appears Real, lemons of your painful scars that you can learn to change into stars of experience.

Lemons of problems that you can learn to see as part of the process of life, lemons of your messy background that you can change into a message of hope, lemons of blunders that you can learn to turn into a bridge to self development.

Lemons that are meant to teach you that everything in life happens for a reason, lemons that are meant to teach you that there is something good in every bad situation, lemons that you can learn to squeeze until they become lemonade.

Rainbow of joy

Life is a journey, a journey that is sometimes characterized by traffic of hardships. There are times along the journey when you are going to encounter a tsunami of challenges, a tornado of depression, a hurricane of disappointments and a thunderstorm of pain and tears. It is during this time that you have a choice of either surrendering by magnifying your problems or picturing before you the light that is shining at the end of the tunnel.

What you need to know is that tough times don't last, only positive tough minded people do. Positive people know that their problems have an expiry date and that for every painful winter, there is an invisible and enjoyable summer.

Positive people know there is a ministry in their misery, a step ladder of promotion in the midst of struggles, a rainbow of joy at the end of a painful storm of tears, a textbook of experience in the middle of tests, an applause and appreciation at

the end of a tunnel of rejection and an island of fulfillment at the end of a roaring sea of frustration and discouragement.

Therefore, wipe your tears, raise up your chin and limp forward. Wave bye-bye to your painful past and start beckoning your exciting future that is pregnant with possibilities. There is still more to life than what you have seen, the future looks bigger and better than the past.

Life is a gift

We spend our days, weeks and months complaining without realizing that we have something to celebrate. We complain about our jobs, finances, relationships and careers without noticing the gift we have been given.

Our circumstances blind us from the gift we are supposed to celebrate. And its only when sickness and death comes knocking at our door that we wake up to the fact that we have a gift. A gift we have been ignoring. A gift we need to celebrate daily.

A gift called life. So, rather than complain, be grateful that you are still alive. Be thankful that you can still breathe, be thankful that you still have a heartbeat, be thankful that you can still walk, be thankful that you can still wake up, be thankful that you are healthy, be thankful that you are not in a life-supporting machine in a hospital, be thankful that you are not in the morgue, be thankful that you can still speak.

Learn to live life at your own pace, learn to appreciate that you are unique and gifted and learn to celebrate the gift of life you have been given.

Yes/No

The two most powerful words in the world are, yes and no. Both words have contributed either to the demise or success of many. What is important is to know that both words are beneficial to those who use them appropriately. Successful people know when to say yes and when to say no. But sadly for the struggling masses, both words have been used wrongly, thus many have ended up in dire straits.

Some have missed the opportunities life has presented them. Some have found themselves in divorce, prison, debts, pain and regret due to the wrong usage of these words. Many have accommodated wrong people, done wrong things and gone to wrong places. Their ignorance of not knowing when to say Yes and when to say No ended up costing them a fortune. Take note that the Yes and No you are making today will determine the kind of future you will find yourself in. Yes and No are useful when you use them in the right season

Therefore think about your destiny before you say Yes and think about your destiny before you say No, pray before you say Yes and pray before you say No, seek advice before you say Yes and seek advice before you say No, do a research before you say Yes and do research before you say No, check the risk before saying Yes and check the risk before saying No, weigh your options before saying Yes and weigh your options before saying No.

University of Life

Life is a university with the highest failure rate in the world. Very few people actually graduate from this institution. Many of us are busy repeating the same classes we have failed the previous years. We keep moving from one blunder to another, from one relationship to another, from one job to another and from one credit card to another without, neither seeing, nor making progress.

Our lives are more like that of a toddler playing in a mud. We expect different results while doing the same things. We cry and complain about the fruits we are getting without taking the effort to change the tree. We continue pointing an accusing finger at others without taking the responsibility to clean our mess. What we refuse to learn come back to haunt us. Life is a university.

Learn from all the text books (experiences) given for the courses you are offered, do all your assignments (take full responsibility) and attend

all the classes. Develop a sense of discipline, decisiveness and focus. Do an introspection, embrace change, check whether there is progress or stagnancy and decide on the courses you need to take to turn your life around. And before you know it you will end up being a graduate. I am currently taking my lessons seriously.

The Ups and Downs of life

Life is a journey of opposites. A journey of different seasons, a journey that is characterized by twists and turns, highs and lows, ups and downs, wins and losses, smiles and cries, pain and joy and success and failure. Throughout this journey it's important to know that no one is exempted from the various seasons of life.

Just pause and think about this, when you are falling in love another person's relationship is breaking up, when you are getting married somebody out there is divorcing, when you are getting good news another one is receiving bad news, when you are getting appointed in a job another person somewhere is getting a regret response for the same position, when you are experiencing success somebody out there is battling with failure, when you are crying, somebody somewhere is smiling, when your family is battling with the pain of burying a loved one, another family somewhere is filled with the excitement of welcoming a new member who has

been born, when you are experiencing a nightmare somebody somewhere is living their dreams and when you are struggling with depression and stagnancy, somebody out there is experiencing progress and fulfillment.

So, when the sun is shining in your life, learn to show your appreciation and treasure the moment. But when dark clouds of discouragement appear adjust your attitude and look ahead. Remember bad times don't last and everything under the sun has an expiry date. You may be down and out, lonely, pale, miserable, discouraged and hopeless for now but just know one thing, tomorrow you may be up and running, involved, shining, excited, fulfilled and successful.

Life without God

Life without God is like a flying aircraft without pilot. It's like riding in a moving car without a driver. It is like walking in a dense forest at night without a torch. It is like hiking in the searing heat of the desert without water. It is like attempting to make a normal call on a cell phone without a sim-card.

Life without God is tasteless. It is like sipping black strong coffee without milk and sugar. It is like eating meat without seasoning or salt. Life without God is incomplete. It is like a railway station without rail. It is like an airport without a runway. It is like a space shuttle without a rocket booster. It is like a soccer team without a coach. It is like a stage play without a script.

Only God is the script writer of our life story. Only God is the torch that will enable us to visualize our dreams and desires. Only God is the railway line that will lead us to our destiny. Only God is the runway that will enable us to take-off

from the airport of hardships. Only God is the driver that knows where we are supposed to be. Only God is the pilot that will fly us to our airport of purpose. Only God is the sim-card that will enable us to connect with the right people. Only God is the coach that will guide us to success.

Only God will bring taste to our lives. Only God will quench our thirst for success and fulfillment. Only God is the rocket booster that will propel us to another level of growth and wisdom. Only God will fill our emptiness. Only with God will our lives be complete.

Learning what to inhale and exhale

Learn to inhale what will build and revitalize your life and to exhale what is destructive and harmful. Learn to inhale God's promises and to exhale your burdens. Learn to inhale faith and to exhale fear. Learn to inhale love and to exhale hatred. Learn to inhale forgiveness and to exhale unforgiveness. Learn to inhale success and to exhale failure. Learn to inhale joy and to exhale sadness. Learn to inhale peace and to exhale anxiety.

Learn to inhale today's aroma and to exhale yesterday's rotting smell. Learn to inhale progress and to exhale stagnancy. Learn to inhale goodness and to exhale evil. Learn to inhale dreams and to exhale nightmares. Learn to inhale people who want to add value in your life and to exhale those who have been causing you pain. Learn to inhale inspiration and to exhale discouragement. Learn to inhale favour and to exhale rejection. Learn to inhale opportunities and to exhale obstacles. Learn to inhale your

desired destiny and to exhale depressing departure.

Learn to inhale the sunrays of optimism and to exhale the dark clouds of pessimism. Learn to inhale the sweet scent of positive people and to exhale the stench of negative people. Learn to inhale purpose and to exhale confusion. Learn to inhale creativity and to exhale routine. Learn to inhale the sunrise of possibilities and to exhale the sunset of impossibilities. Learn to inhale the breeze of change and to exhale the fumes of familiarity. Learn to inhale oxygen and to exhale carbon dioxide.

A book or a burger

The body needs food just as your mind needs information. Your body needs a burger while your mind needs a book. A burger fills your stomach while a book enriches your brain. A burger will give you temporary satisfaction while a book will provide you with permanent fulfillment. A burger will give you energy while a book will give you ideas.

A burger will make you deformed while a book will keep you informed. A burger will increase your weight while a book will increase your mental capacity. A burger will keep you where you are while a book will transport you to where you have never been. A burger will cost you money while a book will pay you dividends. A burger will disappear after entering your mouth while a book will remain even after feeding your brain.

A burger will take you to the toilet while a book will equip you into reaching your desired destiny. A burger may be appetizing but a book is

empowering. A burger will solve your hunger problem while a book will address your physical, mental, spiritual, social and financial challenges.

As you feed your body today, don't forget to make provision for your mind, for what you don't feed will starve to death. A mind that is not fed will remain undeveloped and undeveloped mind will produce a shapeless miserable life.

The push mentality

The only way to maneuver through the sometimes treacherous terrain of life is to develop the push mentality. Nothing will ever be achieved unless you push. Therefore, if you want to realize your dreams, keep Planning Until Something Happens. Press Until Something Happens. Pray Until Something Happens. Persist Until Something Happens. Perspire Until Something Happens.

Practice Until Something Happens. Probe Until Something Happens. Persevere Until Something Happens. Participate Until Something Happens. Perform Until Something Happens. Phone Until Something Happens. Plead Until Something Happens.

Paddle Until Something Happens. Pedal Until Something Happens. Pursue Until Something Happens. Pay (the price) Until Something Happens and stay Positive Until Something Happens.

Nothing will ever be won unless you work. Nothing will ever be reached unless you raise the standard. Nothing will ever be fulfilled unless you move forward. Nothing will ever be conquered unless you confront it. Nothing will ever be done unless you do something.

The push mentality is what will keep you going in the midst of opposition. It is what will energize you in the midst of your weaknesses. It is what will ignite in you the desire to pursue and achieve your dreams. It is what will enable you to triumph over insurmountable odds. It is what will empower and equip you into transforming your environment. It is what will make you to blossom in the middle of a negative and restrictive atmosphere.

There is still another chapter

Life is like a novel with different chapters. There are chapters of tranquility, progress and fulfillment and there are also chapters of mayhem, hopelessness and sadness. But every time you find yourself in the middle of the latter chapters don't despair, there is still another chapter in your life story. You may currently be in chapter 1 of disappointments, chapter 2 of regrets, chapter 3 of depression, chapter 4 of discouragement, chapter 5 of betrayal, chapter 6 of stagnancy, chapter 7 of unemployment, chapter 8 of crying, chapter 9 of debts, chapter 10 of delays, chapter 11 of failure, chapter 12 of abuse and exploitation, chapter 13 of bruises, chapter 14 of hospitalization, chapter 15 of mourning the loss of a loved one, chapter 16 of uncertainty, chapter 17 of divorce, chapter 18 of hopelessness, chapter 19 of retrenchment and chapter 20 of whatever you are going through.

In the midst of all your struggles, just know one thing; there is still another chapter in your life

story. There is still chapter 21, 22, 23, 24, 25, 26, 27, 28-----There is still another chapter of progress, promotion, prosperity, positivity, love, smiles, abundance, healing, breakthrough and fulfillment ahead. Don't lose hope, don't surrender to life's challenges, don't bury your dreams and desires, don't put off the light of hope, don't give up on love and happiness, don't give up on people and your future destiny, don't give up because of the painful introduction of your life story, there is still another chapter ahead. So, wherever you are and whatever you are going through just know there is still another chapter in your life story.

Wake-up and stay awake

Wake-up it's a new day, wake-up to new opportunities, wake-up to change and a new thought life, wake-up to your dreams and potential, wake-up from abuse and exploitation, wake-up from fitting in and following the crowd, wake-up from your painful past filled with tears.

Wake-up from addictions and reckless behavior, wake-up from a restrictive and frustrating job without promotion, wake-up from the swamp of countless blunders, wake-up from fighting for acceptance, wake-up from pleasing others.

Wake-up from being promiscuous, wake-up from bad judgement and wrong choices, wake-up from debts and insufficiency, wake-up from failure and defeat, wake-up from wrong friends and wrong relationships.

Wake-up and stay awake, wake-up from your yesterday's tears and wake-up to today's smiles, wake-up from your nightmares and wake-up to

your desires, wake-up from the rat race of routine and wake-up to creativity.

Wake-up from your sadness and wake-up to your joy, wake-up from rejection and wake-up to appreciation, wake-up from behaving like a victim and wake-up to thinking like a victor, wake-up from criticism and wake-up to an applause, wake-up and stay awake

Don't allow people who are not linked to your destiny to delay you. Don't allow people to exploit and manipulate you. Don't allow opportunities to pass you by. Don't allow the train of progress to leave you behind. Wake-up and stay awake

Life is rewarding to those who are awake and productive. Life is exciting to those who are awake to opportunities. Life is fulfilling to those who are awake and pursuing their dreams. Life is empowering to those who are awake and willing to learn. Life is a wonderful adventure to those who are awake. There is still more to life to those who are awake. Wake-up and stay awake.

The World is a mirror

The world will not respect you until you learn to respect yourself. The world will not care for you until you learn to care for yourself. The world will not love you until you learn to love yourself. The world will not believe in you until you learn to believe in yourself. The world will not applaud you until you learn to applaud yourself.

The world will not help you until you learn to stand on your own two feet. The world will not admire you until you learn to appreciate yourself. Remember, the world is a mirror.

The world will not know about you until you step out and do what you are supposed to. The world will not celebrate you until you do what will bring you success. The world will not be friendly with you until you learn to be friendly. The world will not be a podium until you learn to perform on the stage. The world will not pay you handsomely until you learn to work for yourself. The world will not

teach you anything until you are willing to learn something new. Remember, the world is a mirror.

The world will not cheer you up until you learn to cheer yourself. Everything starts with you and the world is just a reflection of who you really are. Remember, the world is a mirror

Stop Existing and Start Living

Along the journey of life there are road blocks, speed humps and potholes that have hampered the progress and development of many. Thus, the world is full of people who are barely existing and not living. Many are residing in the town-house complex of their previous painful experiences. Many have parked in the undercover parking lot of a shopping mall that is decorated with pictures of their mistakes, scars, regrets and misery. Well, if you are one of them, it is about time you stop existing and start living.

No matter how painful and depressing it may be, stop existing and start living, no matter how much you are regretting for the bad choices you made, stop existing and start living, no matter how much you were violated and abused, stop existing and start living, no matter how much you were betrayed and bruised by people you loved and trusted, stop existing and start living, no matter how much you were failed by your parents, friends or lover, stop existing and start living, no

matter how much you are limping and crawling in your struggles, stop existing and start living and no matter how lonely and sad you may be, stop existing and start living.

Don't stop living, no matter what people say. Don't stop living even when people reject and belittle you. Don't stop living even when people have turned your life into being the hottest item in the gossip column. Don't stop living even when life doesn't make sense to you. Don't stop living even when you have received bad news. Don't stop living even when your tears have become a flooding river. Don't stop living even when the odds are stacked against you. Don't stop living because life requires you to live and not to exist

Life is progressive and not stagnant. Life is forward and not backwards. So, learn to love again, learn to trust again, learn to believe again, learn to dream again, learn to build again, learn to try again, learn to walk again, learn to smile again, learn to hope again and learn to be happy again. Stop existing and start living

There are people out there waiting for you at the end of your tunnel and hardships. There are people waiting to applaud you for your victory. There are people waiting to be inspired by your success filled story. Stop existing and start living.

**DOUGHNUTS
OF
INSPIRATION**

Think and think again

The most powerful thing about human beings is the ability to think. But sadly, very few actually get involved in this mental exercise. The mind continues to be a rich diamond deposit that has never been mined, an overflowing oil vein that has never been drilled and a treasure chest that has never been dug out.

As one man once said, "when man fell into sin, God decided as punishment to hide the keys to man's breakthrough. He first thought about placing them on top of the highest mountain but He realised man was capable through his tenacity to find them, next it was the bottom of the ocean but again God knew man could dive down there and retrieve them. Hiding them under the ground was also ruled out because man will dig until he finds them. But after a lot of deliberations with the heavenly hosts, God decided to put everything inside the man because this was the one place he will not notice nor bother to search."

The mind continues to overflow with ideas that have never been used, plans that have never been implemented, solutions that have never been applied, dreams that were never pursued and directions that were never followed. What you are looking for on the outside is ironically locked on your inside. You have been endowed with strength, equipped with brilliance and loaded with greatness.

Therefore in order to live positively in a world covered with the dark clouds of negativity, think and think again. Stop blaming others for your frustrations. Stop pointing an accusing finger at somebody for your failed relationships. Stop making excuses about the direction your life took. Stop living in a mud of depression, hopelessness and blunders. Think and think again.

If you don't think, you will remain chained to your mess. If you don't think, you will rot. If you don't think, you will stink. If you don't think, you will remain deformed. If you don't think, you will drown in a salty sea of tears. If you don't think,

you will remain somebody else's doormat. If you don't think, you will remain a tea bag that others will use to draw out what they desire. If you don't think, you will wither in sadness. If you don't think, you will remain unnoticed, unrecognised and uncelebrated. If you don't think, you will remain a servant of somebody else. If you don't think, you will continue trying to make ends meet from the bread crumbs that fall from other people's breakfast table. Think and think again.

The world is ruled by thinkers. Bread is only enjoyed by thinkers. Dreams are realised by thinkers. Discoveries are made by thinkers. Think and think again.

Think positive thoughts and not negative ones. Think solutions and not problems. Think about the palace of your future and not the museum of your past. Think about where you want to be and not where you have been. Think about what you can, and not, what you can't. Think about your goals and not your struggles. Think about the people you want to meet and not those who walked away

from you. Think about God's goodness and not the devil's evil intentions. Think and think again.

What you sow you will reap

Life is made up of seeds and harvests. What you are today is a reflection of what you have sown yesterday. If you want to change your harvest, change your seeds. If you want to shape your destiny, check your point of departure. What you sow you will reap.

If you sow potatoes, you will reap potatoes. If you sow bananas you will reap bananas. If you sow laziness, you will reap poverty. If you sow promiscuity, you will reap death, diseases and a basket full of fatherless babies. If you sow unfaithfulness, you will reap a harvest of divorce and loss of family. If you sow corruption, you will reap, imprisonment, loss of job and destruction. If you sow confusion, you will reap chaos. If you sow in ill-discipline you will reap misery and depression. If you sow in impulse spending, you will reap debts. If you sow in crime, you will reap in jail. If you sow hatred, you will reap devastation and bitterness. If you sow betrayal,

you will reap pain. If you sow wrong choices, you will reap regrets. What you sow, you will reap.

If you sow goodness, you will reap goodness. If you sow in a vision, you will reap direction. If you sow diligence, you will reap progress and abundance. If you sow in God, you will reap the truth, life and the way to your destiny. If you sow in books, you will reap knowledge. If you sow what you have been sowing, you will reap what you have been reaping. If you sow what you have never sown, you will reap what you have never reaped. What you sow, you will reap.

Remember you are pregnant

You were designed for success, created for purpose, conceived for greatness, produced for destiny, born to make a difference and alive for a reason. Remember you are pregnant.

You may have a morning sickness of depression and unfulfillment, back pains of betrayal and abuse, swelling feet of toiling without progress and loss of shape because of hardships and problems, Remember, you are pregnant.

Don't allow your fears to abort your dreams. Don't allow criticism and other people's opinions to drive you into giving birth to a still born. Don't allow your negative background to make you to miscarry. Don't allow your current challenges to make you barren. Remember, you are pregnant.

Your hurting experiences are just part of the birth pains. Your tears are just a sign of the breaking of waters. Remember, you are pregnant.

You are pregnant with projects. You are pregnant with ideas. You are pregnant with talents. You are pregnant with plans. You are pregnant with purpose. You are pregnant with solutions. You are pregnant with dreams. You are pregnant with power. You are pregnant with inventions. You are pregnant with designs. You are pregnant with sermons. You are pregnant with songs. You are pregnant with wisdom. You are pregnant with books. You are pregnant with businesses. You are pregnant with destiny. Remember you are pregnant.

Don't blame the past

Don't blame the past for your mess when you can learn to turn it into a message. Don't blame the past for your pain when you can learn to turn it into a textbook of experience. Don't blame the past for your scars and bruises when you can learn to turn them into stars of inspiration and maturity. Don't blame the past for the wrong people you accommodated when you can learn to use the experience to differentiate between good and bad people.

Don't blame the past for your problems when you can learn to turn them into a process of uncovering solutions. Don't blame the past for your disappointments when you can learn to turn them into an appointment with destiny. Don't blame the past because the past is your teacher and not companion.

Don't blame the past because the past is your encyclopaedia of experience and not your daily diary. Don't blame the past because the past is

dead and buried. Don't blame the past because the past can't be changed. Don't blame the past unless you are dead and buried

The world is a noisy place

There are different voices that are daily screaming at you for attention. Voices of criticism, fear, manipulation, deception, other people's opinions, compromise and discouragement, voices that are trying to turn you into something you are not, introduce you to people you were not supposed to meet and transport you to places you were not supposed to go to. Voices of your painful past and previous mistakes, voices of fear, failure and uncertainty, voices that will try to derail your plans, abort your dreams, delay your destiny and destroy your life, voices that produce confusion, insecurity, hopelessness, shame and worthlessness in your life, voices of emptiness, suicide, unforgiveness and bitterness.

Voices that goes like this: You won't make it without me, you are useless, you are a fool, you are a failure, you are ugly, you were born to be a criminal, you are a devil, you are a mistake, you are a disgrace, you are born to suffer, there is

nothing good about you, you deserve to be abused, you are worthless, you are the worst case, nothing will ever change in your life, you are cursed, you were born in a family of losers, nobody loves you, nobody cares about you, success belongs to others and not you, you are on your own, you are not marriage material, it's better for you to die, you have no future, it's over with you, stop dreaming, what you want to do is impossible, you are too old to pursue your dreams and desires, you are damaged goods.

These may be the voices you are familiar to but there is another voice, a voice of what God is saying about you. A voice of transformation, a voice of inspiration, a voice of hope, a voice of faith, a voice of favour, a voice of purpose, a voice of the truth, a voice of your true identity, a voice that keeps saying:

You are the apple of my eye. You are more than a conqueror. You are fearfully and wonderfully made. You can do all things through Christ who strengthens you. You are blessed coming in and

going out. You are the head and not the tail. You are above and not beneath. You are blessed with every spiritual blessing in heavenly places by Christ Jesus. You will not die but live and declare the works of God. A voice that continues to say:

Weeping may endure for a night but joy is coming in the morning. God takes pleasure in your prosperity. If you call unto me, I will answer and show you great and mighty things that you do not know. I will never leave you nor forsake you. If you know the truth, the truth will set you free.

A voice that continues to challenge you to be a winner and not a loser, a voice that is meant to awaken your inner strength, a voice that points to your destiny, a voice of your source of life, a voice of the God who created you. The voice of the God who knows you, the God who knows about your purpose, the God who knows your tomorrow, the God who wants to introduce you to you, the God you need to listen to in order to know the truth and not the lies you have been accustomed to hearing.

DOUGHNUTS OF INSPIRATION

Take off the mask

The world is full of mask men and women. Multitudes who have decided to hide behind a mask because of the issues they are battling with. If you are wearing a mask, it's about time you take it off.

Stop pretending everything is fine when you know it is not. Stop flashing a fake smile when you know you are haemorrhaging on the inside. Stop hiding behind alcohol and drugs when you know you are hurting. Stop hiding behind drugs when you know you are hurting. Stop hiding behind promiscuity when you know you are longing for love, respect and appreciation.

Stop hiding behind countless loveless relationship when you know deep down you are battling with emptiness and low self-esteem. Stop hiding behind religion (not relationship with God) when you know secretly you are drowning in a pool of misery, tears and uncertainty. Stop hiding behind flashy cars and expensive clothes when

you know truthfully you are choking behind the invisible smoke of depression, frustration and deception. Stop hiding behind alcohol and parties when you know on the inside you are like a patient hooked to a life supporting machine in a hospital.

Take off the mask that is hiding your scars of shame, take off the mask that is hiding your yesterday's pain, take off the mask that is hiding your sadness, take off the mask that is covering your rotting wounds of regret, abuse and betrayal, take off the mask that is hiding your low self-esteem, take off the mask that is hiding your emptiness, take off the mask that is hiding your depression, take off the mask that is hiding the real you.

Stop wearing a mask of being hateful when you know you are loving. Stop wearing a mask of an abuser when you know deep down you are battling with the pain of being previously abused. Stop wearing a mask of being a monster when you know you are a fearful person who needs help. Stop wearing a mask of trying to please everybody

when you know you are displeased with yourself. Stop wearing a mask of pretending as if you are having it together when honestly you know you are losing it.

Everything about life starts from the inside out. What you don't address on the inside will appear unresolved on the outside. The rotting smell of unresolved issues will continue cropping up behind the mask of pretence.

Remember the wounds that are not treated will not heal. What you don't address you won't solve. What you don't confront you will not conquer. What you don't bury will continue stinking in front of you. What you don't identify you will not manage. Take off the mask.

In everything you are going through seek help. In everything you are battling with, go for counselling. In everything you are dealing with, talk to somebody. In everything you are facing pray about it. In everything you are struggling with, find a support group of people who are or

have been in the same situation. Don't create a permanent condition out of a temporary situation by wearing a mask. Take off the mask.

Take the broom and sweep clean

Nobody can clean your life but you. Nobody can remove the debris of your past but you. Take the broom and sweep clean. Sweep away your bad temper, sweep away your negative attitude, sweep away your bad habits, sweep away your mess, sweep away your bitterness, sweep away your jealousy, sweep away your reckless behaviour, sweep away the harvest of your wrong choices, sweep away wrong friends, sweep away bad relationships, sweep away your low self-esteem, sweep away the negative energy that is trying to dominate your life.

Sweep away abuse by refusing to tolerate it, sweep away addictions, sweep away suicidal tendencies, sweep away your unhealthy obsessions, sweep away the blame game, sweep away hopelessness, sweep away ignorance, sweep away your destructive life-style, sweep away your nightmares, sweep away your unresolved issues, sweep away unforgiveness, sweep away your

fears, sweep away your unhealthy diet, sweep until your life is clean.

Don't allow the footprints of your previous mistakes to dampen your spirit. Don't allow the dust of negativity to gather around you. Don't allow the bad breath of wrong friends to follow you. Don't allow your life to be somebody else's dumping ground. Don't allow your life to be somebody's doormat. Don't allow yourself to be turned into being somebody's tea-bag, ATM, roll-on and concubine. Don't allow the garbage of old issues to pile around you. Don't allow the odour of dead relationships to hang around you. Don't allow the oppressive smell of pain and betrayal to dominate you. Don't allow the mud of confusion, sadness and misery to litter your life. Take the broom and sweep clean.

Sweep clean by dealing with issues. Sweep clean by seeking help. Sweep clean by taking responsibility. Sweep clean by embracing change. Sweep clean because the broom is in your hand. Don't expect anybody to clean your life, sweep

clean until your life is filled with the hope
igniting, dreams revitalising breeze of positivity.

DOUGHNUTS OF INSPIRATION

Stop competing

Competition is essential in sports and business. Competition brings the best out of competitors. Competition opens doors of expansion and growth. Competition brings challenges and opportunities to both business and sports personalities. Competition leads to success and rewards. But ironically, competition is not ideal in the journey called life.

You can't go through life competing with others. You can't go through life trying to outperform others. You can't go through life trying to match up to others. You can't go through life trying to impress others. You can't go through life trying to be better than others. Life is a marathon and not a short sprint.

In order to live meaningfully, stop faking the success you know you can't afford. Stop living about your means. Stop pretending to be a top dog when you know you are still struggling down there to find a way to the top. Stop living in a

place you know you can't afford. Stop competing for recognition when you know your bank account is drying up. Stop borrowing the glamour you know you can't repay. Stop throwing a wedding and parties that are beyond your pocket. Stop appearing flashy when your funds are getting empty. Stop trying to make an impression when nobody is paying attention. Stop the foolishness of competing before you end up becoming a fool. Stop the madness of competing before you end up in a mental institution.

Take note that overspending leads to debts. Take note that competition breeds discontentment. Take note that competition leads to disaster, divorce and depression. Take note that competition leads to gambling. Take note that competition leads to suicide. Take note that competition leads to crime. Take note that competition is one of the sources of unhappiness. Take note that competition creates problems.

Take note that contentment is a decision and not a feeling. Take note that life can be fulfilling

when you live at your own pace. Take note that life can be gratifying when you built one brick at a time. Take note that life can be less stressful and healthy when you quit competing. Take note that life can be pleasurable when you focus on your dreams and desires. Take note that life can be enjoyable when you live according to your means and standards.

DOUGHNUTS OF INSPIRATION

You are the process starter

You are the author of your life story. You are the architect of your own destiny. You are the driver in your journey of life. You are the painter of your masterpiece. You are the song-writer of the melody that is currently playing in your life. You are the cook that determines the menu of your life. You are the process starter.

What you don't learn you won't know. What you don't believe you won't see. What you don't search you won't find. What you don't confront you won't conquer. What you don't pursue you won't realise. What you don't start you won't finish. What you don't conceive you won't produce. You are the process starter.

What you tolerate you won't change. What you compromise to keep you will lose. What you take for granted you will forfeit. What you feed will continue to grow. You are the process starter.

You are the undertaker who is supposed to bury your painful past. You are the initiator of change

in your current plans and journey of life. You are the designer and builder of your future dreams and desires. You are the main actor in the movie about your life. You are the process starter.

Let go let God

When the ends refuse to meet and your troubles seem to be growing rather than shrinking, let go and let God. When your wounds refuse to heal and your life is covered with the bleeding sores of betrayal and abuse, let go and let God. When your strength is weakened and your hope is eroded, let go and let God. When your faith is withering and your joy is disappearing, let go and let God. When your yesterday is marked with pain and your tomorrow seems to be pregnant with uncertainty and doubts, let go and let God.

When your first name is depression, your middle name, failure and your last name is sadness, let go and let God. When the dark clouds of despair are building around you and fear seems to be enveloping you, let go and let God. When everybody around you is progressing and your life strangely look as if it's on reverse gear, let go and let God.

Don't forget that God is the alpha and omega of your life story. He is the power source behind your existence. He is the healer in the midst of your diseases. He is the provider in the midst of your innumerable needs. He is the GPS to your destiny in the midst of your confusion. He is an ever present help in times of trouble. He is the supplier of peace when you are battling with worries. He is the anchor of your hope when everything is appearing hopeless. He is the key to your breakthrough in the midst of delays and failure

No matter, where you are and what you are going through, let go and let God. Learn to cast your burdens unto Him for He cares for you. Learn to believe Him for your unanswered questions of life. Learn to believe Him for a way out in the middle of impossibilities. Learn to believe Him for an exciting tomorrow when your today is stressful. Learn to believe Him for success in the middle of your failures. Learn to believe Him for your dreams when the smoke of

nightmares is gathering around you. Let go of everything that you despise and let God bring all the things you desire. Let go and let God.

DOUGHNUTS OF INSPIRATION

If you don't

Your progress and prosperity will always be shaped by what you are doing. Action is more like a taxi that is driving towards your destiny. If you don't start the engine the car will not move. If you don't start with the introduction, the book you have been planning to write will not be completed.

If you don't write the proposal, you will not get the funding for your project. If you don't ask you will not receive. If you don't pursue, you will not achieve your dreams. If you don't exercise, you will not be able to develop a beautiful trim body. If you don't study, you will not achieve academic excellence. If you don't seek, you will not find.

If you don't take the first step, you will remain trapped where you are. If you don't confront those who are causing you pain, you will remain a volunteer to their hurtful actions. If you don't take responsibility for your actions, you will remain a prisoner of your ever growing blunders.

If you don't pay the price of building your future, you will find yourself caught up in a bill of regret. If you don't exercise your mind, you will continue living a shapeless life. If you don't forgive, you will continue serving as an inmate in a prison of unforgiveness and bitterness. If you continue pleasing others, you will always find yourself residing in a mud of self-neglect.

If you don't take the effort to change, you will remain chained to your current mess. If you don't take the effort to be informed, you will remain deformed in your ignorance. If you don't take the effort to discipline yourself, you will eventually be disabled from fulfilling your destiny.

Do what needs to be done, go where you need to go and be whom you want to be.

You may not be responsible

You may not be responsible for your conception but you are certainly accountable for your development. You may not be responsible for your birth but you are certainly accountable for your growth. You may not be responsible for choosing your family but you are certainly accountable for choosing your future spouse, friends and business associates.

You may not be responsible for choosing your upbringing but you are certainly accountable for mapping out your destiny. You may not be responsible for your struggles but you are certainly accountable for your breakthrough. You may not be responsible for the delays but you are certainly accountable for your progress. You may not be responsible for becoming a victim but you are certainly accountable to rising up as a victor.

You may not be responsible for being a reject but you are certainly accountable for becoming a success story. You may not be responsible for the

negative environment around you but you are certainly accountable for maintaining a positive mind-set. You may not be responsible for your pain but you are certainly accountable to learning from it. You may not be responsible for your yesterday but you are certainly accountable for your today and tomorrow. You may not be responsible for what life has thrown at you but you are certainly accountable for choosing your response.

You may not be responsible for your depressing scars but you are certainly accountable for turning them into stars of inspiration. You may not be responsible for where you are but you are certainly accountable for where you are going. You may not be responsible for what you are but you are certainly accountable for whom you become.

You are pregnant with destiny

Suicide is not the answer, giving up is not an option, succumbing to your struggles is not a solution and abusing drugs and alcohol is not a way out. Just remember, you are pregnant with destiny.

You may have been imprisoned by your painful past, abused, bruised, rejected, abandoned, betrayed, falsely accused, ill-treated, overlooked, neglected and labelled a loser. Just remember, you are pregnant with destiny.

You may sometimes feel that your life is meaningless, worthless, loveless, useless, futureless, directionless, hopeless, powerless, visionless and progressive less. Just remember, you are pregnant with destiny.

It doesn't matter how long you have been waiting for God, opportunities, healing, love, business, employment, breakthrough, assistance and success. Just remember, you are pregnant with destiny.

There is something great growing inside you. There is a tomorrow beckoning you. There is a red carpet laid for you. There is a podium erected for you. There are reservations God has made for your provision. Just remember, you are pregnant with destiny.

You are pregnant with wisdom, inspiration, answers, solutions, ideas, plans, songs, books, businesses, poems, sermons, movie scripts, plays, inventions, talents, skills, creativity, knowledge, dreams and thoughts you need to share with your generation and generations to come. Just remember, you are pregnant with destiny.

Don't create a void by not doing what you are supposed to do. Don't leave a blank page on the earth's page by not attaching your unique signature of announcing that you were here. Don't enrich the grave with what you were meant to share. Don't relocate from this world without having appeared on the stage of life. Don't die without leaving your footprints to those who are

coming behind you. Just remember, you are pregnant with destiny.

In everything you are doing, in everything you are going through and in everything you are aspiring for, just remember, you are pregnant with destiny.

DOUGHNUTS OF INSPIRATION

At last

There is a destination for every journey, a final episode for every drama series, a finishing line for every race, a goal for every plan, a product at the end of every process, a result at the end of a match and an at last at the end of a difficult life story.

There is an at last at the end of your pain, an at last at the end of your studies, an at last at the end of your flooding sea of tears, an at last at the end of your journey of struggles, an at last at the end of your loneliness, an at last at the end of your unemployment, an at last at the end of your tunnel of frustration and discouragement, an at last at the end of a winter season of debts, lack and hopelessness, an at last at the end of your sickness and at last at the end of your storms of life.

Take note that in the middle of your hardships, there is an at last waiting for you, an at last that is going to bring you a smile, an at last that is

going to bring you healing, an at last that is going to introduce you to love, an at last that is going to lead to your promotion and breakthrough.

Remember, at last is only seen by those who refuse to quit, at last is only reached by those who are persistent, at last is only perceived by those who are positive, at last is only experienced by those who are prayerful, at last is only achieved by those who are perspiring, at last is only enjoyed by those who are willing to endure to the end.

Hang in there because all the things you have been pursuing and desiring will eventually fall into place. At last you will be employed, at last you will be married, at last you will get your promotion, at last you will give birth to your dreams, at last you will be released from the prison of stagnancy and routine, at last you will experience healing, at last you will experience the restoration of all the things you lost, at last you will be recognised for your achievements, at last you will triumph over what has been holding you back, at last you will be

free from the chains of rejection, abuse and exploitation.

At last you will be the source of inspiration and not the bill board of pain, at last you will be celebrated for your long sought-after victory, at last your cries will turn into laughter, at last your tears will evaporate into a smile, at last your dreams will be accomplished and your purpose fulfilled, at last you will start living and stop existing, at last you will be applauded and rewarded for your brilliance, at last you will be free and free at last.

**DOUGHNUTS
OF
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Forthcoming books in this series



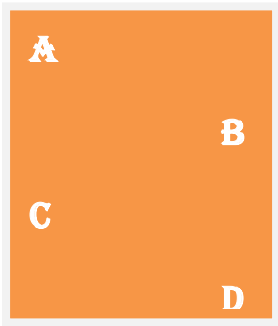
39 Stripes



Script of the Masses



Daily Starters of Inspiration



Lessons behind alphabets

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ABOUT THE AUTHOR

Sy Tshabalala is a high school educator, preacher, author and motivational speaker with the passion to inspire, educate, empower and challenge others into fulfilling their earthly assignments. He has among others ministered in places of employment, churches, schools and prisons. Sy has a unique gift of employing poetic language in his writings and speaking engagements. He is married to Prudence and they live together with their beautiful kids, Atang and Destiny in the eastern part of Pretoria. For further correspondence use the information below.

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