

GABBYGP



MOVE

THE PHILOSOPHY OF PROGRESS

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MOVE -The Philosophy of progress™ _ Gabriel A. Phiri

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DEDICATION

This book is dedicated to every person that is tired of a stagnant life and desires to make impactful progress. To everyone that desires to stand out from the crowd, to achieve greatness and be a history maker in their journey through life. Whether you're seven or seventy-seven, you can start with what you have, right where you are and you can start right NOW! MOVE

FOREWORD

Every so often, a gem of divine thought can shed light upon mankind for centuries to come. Such is the case with principles that are written in this power tool (book) for transformation.

Profound as these principles may be, they are never meant to serve as a museum piece in the history of ideas. The intention of the principles contained in this book is that it might become a source of instruction in life in the pursuit of your destiny and significance and impact in your generation till the end of time.

And it is pursuant to this larger purpose that the book you hold in your hand was written. Ever since I sat down to read the manuscript to this book, I have admired the author's total commitment to excellence in the way the book has been written and how God's word has been handled. As a student of God's word, Gabriel aka GabbyGP has the ability of pulling large clusters of text together in the service of

disseminating a single truth. In this way he makes the word of God come alive for contemporary people (teens, young adults, and old people) in the common walk of life.

I remember GabbyGP in 1996 giving his life to the lord and over the level of development that God has brought him to. He is such a young man with a passion to serve his generation. Jesus has always been the center of his writings even in College and life. In an age of instability, confusion among young people, GabbyGP has always stayed on the course with a commitment to writing and ministering on issues that affect the young people of our time. Like a lion relentlessly pursuing its target animal, he goes after God's passion of his life with all the energy of the chase.

The pages of the book breathe with life principles about true Philosophy that will revolutionize your life. Not the artificial life of human wisdom, but that which flows from God. This book is a good tool for our young people in the Churches or even outside of Church to help them develop a Philosophy of life that will be the foundation for their impactful leadership role in the area of their calling or gifting.

COACH MAURICE MVULA
Author's Mentor & Life Coach

PREFACE

This book seeks to dissolve and obliterate the leaven of mediocrity, to demolish the mental and psychological fortresses of ignorance in the life of the reader and detox minds that have been brainwashed or intoxicated by the wisdom, ideologies and philosophies of this world. So many people in this world are searching for a higher power and seeking something that will fill up the void in their hearts, fire up their passion and rejuvenate their zapped energies. So many people are stuck in frustration, stagnation and self-pity. It is sad that most have settled for less than what life has to offer them owed to the gruesome challenges that life often comes with. Then there are those that seem to have made it yet they still struggle with disappointment and depression because they have not found satisfaction and fulfilment for their yearning souls even after achieving what the world sees as high levels of success. This book offers a starting point for insights that will unlock keys to making progress in almost any area of one's endeavor. What is important is not so much the literal part of this book but the divine revelation and insight flowing out of this text to provide wisdom and guidance into life changing decisions that will impact your life and those around you forever. The contents of this book challenge the status quo mentality and catapult you into the eagle mentality that will propel you to rise above the standards and norms of this world.

Unless otherwise stated, all Bible quotes are taken from the King James Version (KJV) and are *italicized* in **bold** font.

INTRODUCTION

The foundation of true leadership is philosophy. The quality of the leadership is determined by the Philosophy of the leader, not by his skills or educational qualifications. Leadership here is used not to mean having a particular position in an organization, but is made in reference to the area of your calling and gifting in life. Philosophy is the foundation of belief and thought. It determines the motives and convictions which regulate our actions and behavior. It does not matter how skilled you are or the books you have read, if your philosophy is contaminated, you are defective. **Proverbs 23:7a** *“For as he thinketh in his heart, so is he...”* The way one thinks controls one’s actions. Therefore the quality of one’s leadership is a direct reflection of one’s beliefs, from which he bases or his values. Philosophy is a combination of two Greek words: ‘philo’ which means love and ‘sophy’ which means to know or think. Philosophy therefore means to be in love with your thoughts or what you know. A philosopher is somebody who has become consumed with their thoughts or their thoughts have consumed them and they live from that basis of thinking. Therefore everybody is a philosopher. God forbid that the Church should turn philosophy into a bad word, when everybody in this life has a philosophy of life.

Philosophy being a way of thinking has to do with the ideas that create your thoughts, produce your ideology and eventually determine your behavior.

PHASE ONE: MINDSET

CHAPTER ONE

MOVE-The Philosophy of Progress

“Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals. “

Martin Luther King Jr

Prior to my getting into College, I had been accepted into the University of Zambia countless times, but I could neither get sponsorship to pay my way through nor get myself on the government bursary scheme. For a school leaver with excellent high school results, that can be a very frustrating experience. When dad got a hold of some money it was only enough to get me into college for a limited period.

In 2003 I left college with a not-so-complete Diploma in Business Administration because I could not afford to pay for my tuition for the full Diploma. So I did what most young people do these days, to try and find a job then pay my way through college. I roamed the streets of Lusaka with my papers looking for employment. I would walk extremely long distances just to meet people in hopes that perhaps they could connect me and maybe I could get a breakthrough of some sort.

I stayed without finding a proper job for close to two years. It felt like I was having an early exposure to what Psychologist Elliott Jaques called 'A mid-life crisis' characterized by feelings of dissatisfaction due to unrealized goals. It was in that moment of stagnation that the 'MOVE' philosophy was born. I realized that no one was going to make things happen for me but myself. I had a choice to make, I could wake up daily to throw pity parties and complain about how life was being unfair to me or I could do something about it.

Thanks to mentors and teachers like Dr. Myles Munroe and Dr. Mensa Otabil I realized I needed a complete overhaul of my mind-set if I was going to make any progress with my life. I began thinking of wealth creation as opposed to just looking for a white-collar job. I began to understand that real wealth is not made from a regular day-job alone. I needed to humble myself and do something to better my life or stay in the pits of stagnation longer than necessary. I decided to take life by the horns and go hard in whichever way possible so long it was legal. It was during this period that I started aggressively trying out so many things with an attitude of a conqueror. I was on TV participating in talent contests, I was by the corner in the hood selling popcorns, I was writing material for books and songs, nothing was going to stop me. Regardless of what was going on around me I was determined that nothing was going to stand in the way of my progress. MOVE,

was the motto. It eventually developed into my personal philosophy of progress.

I cannot boast of having achieved so many things in this life as I'm still in the great pursuit to leave a lasting legacy, but anything significant I have achieved thus far has been because I have approached life with the mind-set of a conqueror. As **Paul says "...in all these things we are more than conquerors through him who loved us."** **Romans 8:37** And he goes on to tell me **"I can do all things through Christ which strengtheneth me"**. **Philippians 4:13**. If God almighty, my heavenly father thinks so highly of me, who am I to see myself otherwise?

"MOVE" is now the philosophy of my life. MOVE is the philosophy of progress governed by the principle that no matter the circumstances, to bring about change or achieve anything in life the key thing is to MOVE. Even when you're stuck dead in your tracks your mind should never come to a standstill, if it does, MOVE it into a different environment, EXPOSE it to new ideas, and new concepts. Even when you're waiting on God and being patient, your faith must be active and on the MOVE. You can BE STILL and still keep your prayer life in motion. Take baby steps, crawl, roll over but for heaven's sake just make sure you MOVE! Learn something new, MOVE. Start something new, MOVE. Make new connections, MOVE. Read a new book, MOVE. There's power in MOVEMENT. A SHIFT in mindset results in a SHIFT in behavioral patterns and consequentially a shift in lifestyle.

MOVEment commands change, MOVEment increases momentum. Ironically, this principle is in conformity to Newton's 1st law of motion which states; "Every object in a state of rest or uniform motion tends to remain in that state unless an external force is applied to it." Don't just wish for change, CAUSE the change, be the force that brings about positive change. MOVE

CHAPTER TWO

REVERSE INVENTORY TECHNIQUE™: Where was I five years ago?

“It’s easier to know where you’re going if you know where you’re coming from.” Anonymous

One of the most common questions often asked by would-be employers or personal development experts is 'Where do you see yourself in five to ten years' time?' This is done in order to draw out a candidate's sense of vision and personal ambition. I'm all for that and I have done it a number of times. The first time I seriously put together a personal development plan was when I was working with my very first career mentor, the current Chief Executive of the international charity called Restless Development, Nik Hartley. He guided me into writing down where I wanted to see myself in the next 5 years.

I must confess that much of what I put down that day was really not very reflective of where I exactly wanted to be. I did however walk away from that meeting with that life-long lesson 'the importance of planning and setting goals.' In 2010 I decided to do it again this time I was very certain of what I wanted to put down and I knew exactly where I wanted to be in 5 years and so I did that.

Well here's the interesting part, five years passed and I decided to do a review of my 5 year plan before I could set any further goals. I did an inventory of the goals I set and guess what? Believe it or not, I had achieved nearly 95% of what I had put down on paper and I was exactly where I had planned to be. The Reverse Inventory Technique is what I called it, working 5 years backwards to see where you're coming from and what exactly you did to get there. You will be surprised at how much you will learn from yourself and what you actually did right or did wrong. That process will give you great incentive for your 5-10 plan. I noticed a pattern of discipline and consistency in some very specific areas where I scored well.

A good way to determine where you're going is to understand where you're coming from and learning what you did right and what you did wrong. Arm yourself with the valuable lessons of your personal history and then soldier on into your future with a determination to do something better and different.
MOVE

CHAPTER THREE

MOVE WITH THE TIMES; The unchangeable law of change

'The people that this world cannot change, are the people that will change the world'. Ron Luce

Life was meant to be progressive, that means changing from one stage and state to another.

As we go through life we go through a series of changes. This world keeps on changing from day to day. Technologies, economies, fashion and lifestyles are bowing to the law of change. The church has also been forced to move with the changes of the world and congregations that have sought to remain traditional or old fashioned are slowly losing their flock.

The message of the Gospel is a message of change. The Messiah's first sermon was *'Repent or change your minds and ways for the Kingdom of heaven is at hand. Matthew 4:17*

We can all agree that generally the world right now is in a mess and things seem to be going from bad to worse. We have been called to be world changers. That is to influence our environment with the culture of God's Kingdom. We are to ride on the waves of change to effect positive change without being swept away by the tides of compromise. To change your life,

you need to change the way you think and if you can change the way you think, you can change the world. It takes wisdom to tread along with the changes of this world. We are agents of change, susceptible to change, living in a changing world with the mission to change the world.

I don't know a lot of things but I know a few things, but what makes me better than some is that the few things I know, I put to use. It's that which I put to use that brings about change.

Change begins when you become dissatisfied with your present circumstances and decide to do something about it. Someone said you cannot change what you don't confront. When Dr. Mensa Otabil visited Zambia over 10years ago, he preached his classic sermon 'Buy the future' which talks about how that there are 'Jacob' and 'Esau' nations and individuals. Until the 'Esau' nations and individuals become restless and detest their current conditions chances are they will continue in mediocrity and poverty while they complain about and envy the success of 'Jacob' individuals and nations.

Each one of us has been given a specific area of operation in which we have to work to our level best and bring about the desired change. Martin Luther King Jr. desired and worked to change the idealism of racism and his work through the Civil Rights Movement brought about a great change not only in his time, because the results of his efforts are still

being felt and appreciated today. Today in the US a black man and a white man can share a meal together, ride the same bus and live in the same house. Today a black man runs the US as President, something that was totally unheard of during Martin's days. What we see as reality today was nothing but a far-fetched dream to him. Martin decided to do something about what others were just complaining about. What is it that irritates you and makes you uneasy? What has to be done to bring about positive change? Purpose is discovered as you identify things around you that need your attention. Business ideas are born when one identifies a solution to an impending problem.

You have power to change the world, better yet you have the power to change YOUR world. Identify your sphere of influence and commit yourself to bringing about a positive change that will leave a legacy for generations to come. Mother Theresa rarely talked to people around the world to drum up support for her work in Calcutta, India. To those that felt helpless because they were too far from Calcutta to be of help, she always said, 'find your own Calcutta'. MOVE

CHAPTER FOUR

THE POWER OF CHOICE: PART I-Choose or be damned
'When you decide not to make a choice, you have made a choice'.

There is a power handed down to every human being that cannot be taken away as long as the earth remains, and that is the Power of Choice. The power behind choice can be negative or positive. Choices can be long term or short term and the consequences and repercussions can also be long term or short term. Choice is the key to change, if you need to change something about your life, then you need to make some choices or decision, to bring about that change.

If you decide today to live a life of promiscuity, then you must be ready for a life of misery and suffering because life will catch up with you until you reap what you were sowing. Many young people today have chosen a life of pleasure and carefree actions without bearing in mind the ramifications. The most successful people we have today are not those that spent their lifetime in pleasure and fun but those that sacrificed fun for hard work and undying commitment to fulfilment of their dreams. A lot of young people have ended up in prison, in hospital beds and on the

obituary column because they went down the road most term the short-cut to success. Most people that go down that road never came back in one piece or never came back at all. The only way to a flourishing tomorrow is a today full of hard work and sacrifice.

What is even more significant is this; God said, *“I lay before you life and death, blessing and cursing...” Deuteronomy 30:19*. He then gives us a clue to the best option; He says **CHOOSE LIFE**. You can choose to leave the passing pleasures of life and enjoy an eternity full of happiness or you can choose the passing sinful pleasure of this world and suffer an eternity full of regret and pain. All this for one choice, that’s how powerful a choice can be. You can choose today to secure a better tomorrow.

Esau opted to trade his birthright as first-born for a bowl of soup. He did so because he was tired and hungry; he needed that soup so bad that if he didn’t get it from his brother he would have dropped dead. Really? Of course not, but that’s how he felt at the time and he ended making a permanent decision for a temporary situation. Don’t trade your destiny for momentary pleasure.

This world we live in has a lot to offer and it takes a person with wisdom to make the best decisions. St Paul puts it this way; *‘all things are permissible, but not all things are beneficial, all things are lawful but not all*

things edify’ 2 Corinthians 10:23. That word edify, means to benefit spiritually or improve morally. The decisions you make have a generational impact. So whatever choice you make, ask yourself what significance it is going to have on your life two years from now? That way every choice you make you will make it wisely. MOVE.

THE POWER OF CHOICE: PART II-Take Charge

‘The choices you make will be the prisons you create’

Maurice Mvula

Your life is the sum total of the decisions you make every day. Life is filled with alternatives: we are constantly and our preferences reveal who we are and what we value in life. What you are now is the sum total of the decisions you have made the last fifteen to twenty years of your life. What is perhaps even more significant is that you can tell the kind of life you are going to have in the future by the decisions you are making today. In essence, the future really is now. Never make the mistake of thinking you can make bad choices today and make up for them later on. Whatever you are doing now is your tomorrow. That is why ‘yes’ and ‘no’ are the most important words you will ever say. God wants you to be able to say them with precision because they will determine your destiny. Even though you have the liberty to do anything you want, not everything is beneficial to you. As we quoted earlier from 2 Corinthians 10:23. Beneficial means appropriate,

suitable or desirable. You have to determine what is beneficial. You decide what is beneficial based on the needs of your vision. In Genesis 49 Joseph decided to run from Potiphar's wife because his vision required him to do so. Paul continues to say '*... but I will not be mastered by anything.*' Therefore, the only things that should master you are those that will take you to your destiny. Just because something is good does not make it beneficial to you. If for instance you have a vision to lose weight by going on a diet, you can have all the greasy and juicy food at your disposal but your vision demands that you do not get your hands on just about anything. Your vision will streamline your choices. Indecision is a decision not to decide. Before you make a commitment there are more vital aspects to consider besides your feelings. When you decide to quit smoking, get rid of the ash trays. A firm decision must precede affirmative action. Your choices have the power to give life or bring death. Genesis 2:15. Adam's decision to disobey God gave death power over him. Death had no influence on his life till the day he decided to disobey God.

1 Corinthians 15:56 '*the sting of death is sin*', and sin comes by one's choice to disobey God. If Adam had not decided to sin death would still exist, but without power or life to kill. By way of your choice, something sleeping or lifeless can be brought to life. That is how powerful your choice can be. MOVE

CHAPTER FIVE

WINNERS NEVER QUIT: Quitters never win

“The people who change the world are the people who have taken the word impossible out of their dictionaries.” Dr. Myles Munroe

After nearly two years of working in India’s Capital New Delhi, with an international Non-Governmental Organization which has country offices around the world, I decided to pack my bags and head back home. Prior to that, I had been given the opportunity to renew my contract and possibly stay for another year or two in the diaspora. The job was great and it gave me an opportunity to fly around and rub shoulders with some really great minds from different ethnic backgrounds. Funny as it may sound, there was actually a time I got tired of flying from city to city and hoping on planes, something I had not envisioned prior to taking the job. As great as the job was, I just had to move on because I felt my time was done there and I needed to make progress in other areas. At 28 I felt I had a whole future ahead of me and there was so much I wanted to achieve and I had to do it in the motherland.

Armed with nothing but a dream, newly acquired skills and my paraphernalia, I was on my way back home. Long story short, the process of settling in back home was not as smooth as I had anticipated. Soon

my savings ran out and my movements were limited, I was jobless and slowly but surely becoming broke and nearly homeless. I was taken in by my spiritual mama as I continued to try out freelance graphic designing and hustling on the streets of Lusaka. There were days when I did not have a penny in my pocket (I said penny because Ngwee doesn't have much swag to it) LOL... I either had to walk or hitch hike my way back home. This is the same guy that was hopping on planes and sleeping in 5 star hotels just less than a year before. Nevertheless, I never did believe that leaving my job in hopes of becoming an entrepreneur was a mistake. I do however believe that the transition may have been a little ill-advised and there were a lot of things I did not factor in. That said, I still was not ready to throw in the towel, and that was never going to happen. Quitting was never an option even when it seemed like an option. I would rather pause, go back to the drawing board and re-strategize than quit. And that's exactly what I did. Today I still work a day-job but I'm still building my business, it is alive and well, it is not dead and it is not dying any time soon.

Whatever we embark on in this world we should know for a fact that we are going to face obstacles, barriers and discouragements. Somebody said the true measure of a man is not how he stands in times of peace and tranquility, but how he stands in times of trouble and turmoil. In an exam there is the fear of failure, in a relationship

the fear of a breakup. In business the fear of a loss or of running bankrupt. What happens when these fears become reality? Quitting is never a solution because quitting makes failure permanent. Success demands perseverance even after a series of failures. You lose nothing by trying to succeed in what you last failed, matter of fact it is an opportunity to move in with an alternative strategy and with renewed passion. In 1 Samuel 6 David encounters a major flop when he attempts to take the Ark of the Covenant to Jerusalem. He missed out very important requirements that God had given to Moses. Everything was written out in the Pentateuch, all David had to do was read and observe those rules. Well, despite that major set-back David did not give up on the mission completely. He went back to the books of Moses and figured out the correct way to do it then attempted the move for a second time. Guess what? It worked. Can you imagine what record could have been left if he hadn't tried again? Winners NEVER quit and quitters NEVER win.

Abraham Lincoln, one of most popular former presidents of the United States of America (USA) faced defeat in more than five elections before he was finally elected President of the USA in 1860. If you know your purpose in life it does not matter how many times you fail, you must keep trying until you finally succeed. You must believe that you are the right person for the job. If others have made it in their fields despite great failures,

what makes you any different? You can do it because you were wired to succeed. You have got to determine within yourself that nothing will dare stop you. You must fight to the bitter end in order to test the sweetness of victory. Do not settle for the status quo, desire to break your own record, they say to make omelet you need to break some eggs. There are no short-cuts to success ,you must give what is required of you. Remember the saying that 'Rome was not built in a day'. Do not expect to complete a three weeks job in one day, you are setting yourself up for failure. You have the ability to excel within you. Believe and have confidence in yourself. Someone said promotion only comes when you are overqualified for your current job. You cannot progress if you still have unfinished business. You quit on yourself now, you quit on your future and you quit on generations to come that are dependent on your success. May you rise above your past failures today?
MOVE

CHAPTER SIX

YOUR MIND, YOUR LIFE: Think your way through
“Possibilities are infinite, only your thoughts set the limit.”

The mind is the control center of all human endeavor. A control center is the place from whence all the functions of a system can be managed or manipulated. He who takes charge of the control center takes charge of the whole system. The system in this sense is your body, mind and soul that toes into your whole life. Your mind carries a tremendous power because whatever the mind contains will eventually be evident in your life.

Your life will follow the dictates of your mind. The amazing story of Lee Kuan Yew of Singapore illustrates this very well. His dream of transforming Singapore from a third world state to a first world state was achieved by first changing the mind sets of his people from thinking of themselves as third world to seeing themselves as first world. In order for your life to change the first to change must be your mind. In order for a world to change the first to change must be the minds of people. Thought-pattern gives birth to lifestyle. Sometimes the only reason why the rich get richer and the poor get poorer is because the rich are ever thinking of how to make wealth, wealth and more wealth, but the poor are always thinking

about their poverty. The only difference between you and the rich fellow in the next street could very possibly be the way you think versus the way he thinks. Most big businesses begun with one simple idea. What you know changes what you are. A simple young man who goes and invests seven plus years in medical school will soon become a Doctor because of the knowledge he gains. His identity will soon change from a simple young man to a respected Doctor. Things we see and hear are really small compared to what we think.

What you can accomplish mentally can be accomplished in the natural. What defeats you mentally defeats you in reality. The town planner completes his plan mentally, puts it on paper then completes it physically. If you can believe it you can certainly achieve it. A continuous thought pattern builds into what is called a stronghold. Thought leads to imagination, which then leads to action and if constantly repeated leads to a stronghold or in other words, a habit not easily broken. A habit can be positive or negative depending on its impact on your life.

Every negative thought must be countered with a positive thought from the word of God. You must align every thought with what God says about you. Deal with your weakness now before it manifests in the height of your success. Very few things can conquer a man who has conquered himself. MOVE

CHAPTER SEVEN

IDEAS: PART I (INCEPTION)-Ideas fuel progress

“Ideas run the world and people work for them.”

“I love it when a plan comes together,” was the famous closing line of George Peppard alias Hannibal Smith of the TV series; The-A-Team. *“Tous est bien qui fini bien”*, is a French saying I picked up from my dad that means “All’s well that ends well.” Nothing brings more satisfaction to the human soul than a plan well executed that finally becomes reality. We love to bask in our successes.

It is the joy of man to sit and reminisce over his achievements. We always picture the wealthy people of this world laying on a beach chair off the coast of some island sipping on some expensive beverage or native drink just staring into the sky in appreciation of how good life is. Of course that is often an exaggeration but you get where I’m driving at. When we drive our cars or use the bus, we are riding on someone’s accomplishments. When we walk into the stores or purchase something on line, what we are really spending money on is someone else’s idea that has eventually become manifest into some sort of physical object or solution that we can apply to our day to day activities.

The book in your hands or whatever device you are using to read it where at one point nothing but an idea. Nearly everything around you was at some point nothing but an invisible idea. No one saw them except for the person that fathomed the thought and the possibility of their existence.

With that assertion I can boldly say that **ideas run the world**. Ideas make our cars move, ideas run jets and space engines. Ideas run our country. The President or Prime Minister sits in the office but it's the ideas that are fed to him that eventually influence his decisions and henceforth the decisions of everyone under him. Ideas can make or destroy your world.

Prior to September 11th 2001, someone in the camp of Al-Qaida had an idea. 'let's hijack some planes and run them into buildings in the United States as a way of making our statement to the USA.' Unfortunately, who ever had that idea had influence and on that fateful day, the idea came to life much to the shock of the whole world. Thousands of lives were lost as a result of one terrible idea. The power of an idea in the mind can never be ignored any more than the power of a nuclear capsule in a nuclear power plant.

With that initial understanding, how then shall we define an IDEA? Much literature has been published around this subject and in my initial research I realized that the subject of ideas goes much deeper than the average person on the street can comprehend. From the days of Aristotle and Plato,

philosophers have been at pains to explain what an idea really is and how ideas can be classified.

We will not endeavour to delve into a philosophical exercise of deciphering the deeper meanings of this, for the sake of this book we will simply define an idea as A THOUGHT. A mental or image of something that has not been physically manifested or fully developed for human use or application.

When it dawns on you that everything around you was someone's idea, you might want to ask yourself when the world will start using and appreciating ideas that you generated. Are you going to pass through this life without bringing your ideas to life? What will be your contribution? In **Ecclesiastes 9:11** wise King Solomon tells us *'I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all.'*

From the way I see it, none is without excuse, opportunities will always be there, the question is will you be ready when it knocks? MOVE

IDEAS: PART II (IDEATION): Generating the idea

Rudolf Steiner sees ideas as ["objects of experience" which the mind apprehends, much as the eye apprehends light.] In Goethean Science (1883), he declares, "Thinking ... is no more and no less an organ of perception than the eye or ear. Just as the eye perceives colors and the ear sounds, so thinking perceives ideas."

In 2006 I was in a small town in Zambia's Central Province called Kabwe volunteering as a Peer Educator with an organization that was then called Students Partnership Worldwide. It doesn't take one to stay in that town for long to realize that there is very little positive recreation for young people available there. I had been brought up and schooled in this town from elementary school to junior high so it was not unfamiliar turf, I knew Kabwe like the back of my hand. However, I was in my early twenties when I got back there and my expectations were different. Also owed to the fact that I was coming

from Lusaka, the Capital, buzzing and full of activity, the move to Kabwe felt like a downgrade to my social life. I should have known better after being away for close to 10years. After dad was sent back to Lusaka on yet another transfer, the family had to move and that meant that I would be completing high school and attend College in my birth city.

Most people leave Kabwe after completing high school or college and go to one of the cities to look for opportunities in life. Here I was back in the “Ghost Town” they called it.

Being the type that does not drink or go out clubbing, I found myself among the myriads of young people craving for some “clean fun”. I would often see young people, most of them in their teens frequenting drinking places and coming out in their numbers with a few of them holding bottles of bear in their hands. Most of these were just teenagers. Life was never like this in my teenage years, I’d think. So much had changed within the last decade.

What I saw simply broke my heart and birthed a heavy burden for change. These young people deserved better, I thought to myself.

I took a break that year and decided to go and visit my family. Dad had since retired and was now settled in the eastern part of the country, roughly ten hour journey from where I was.

It is there that I initiated the process of ideation. I would be going back to Kabwe in a few months and I was determined to do something about the lack of positive recreation in that town. My thinking was powered by the burden I felt for the young people in that town. For days I sat in my bedroom formulating ideas and brainstorming on what would be feasible and what would be not. I thought about the music that the young people were glued to, hip-hop music.

In 2006, from those brain storming sessions in my bedroom, the Holy Hip Hop Clique was born.

The above narration shows one of the many ways in which ideas are born. An idea is like a seed, once it hits your mind it is your responsibility to nurture it until it bears fruit. Later in this book we will delve further into how one can create a conducive environment for the nurturing and development of ideas, which is really what this book is about, but right now we want to focus on the genesis of ideas.

As in the scenario above, some ideas are birthed out of a burden to find a solution to a problem. The famous character of the McGuyver TV series played by Richard Dean Anderson was never lacking in ideas. He demonstrated that solutions lie all around us and we will find them when we look in the right places. Of course real life is never as easy to navigate as McGuyver may make it seem but the principle still applies, it is the people that are actively searching and

asking the right questions that often bump into solution-laden ideas.

There are also some ideas that seem to appear out of nowhere, it's as though a light bulb just went on in one's head and they go like, 'now why didn't I think of that.' Such moments of abrupt mental revelation are what we often refer to as light-bulb moments.

We can all think of a time when we had a light bulb moment in our lives, but often we never stop to think where the "light" came from. For the light to have made sense there must have been a "darkness" of some sort. Ignorance or lack of knowledge is often referred to as mental darkness.

Ideas are solutions to problems and challenges we face in life. It is a desire to overcome challenges and provide solutions that creates an environment conducive for ideas to be birthed. MOVE

CHAPTER EIGHT

THE EAGLE MENTALITY: Soar above the storm

“Two people will see a beehive at the same time, one will think of how he can get the honey and get close, the other will think of how fatal a bee sting is and run, your attitude determines your fate”.

Besides others one major reason for where we are today is because of our attitude. Attitude towards school, attitude towards our parents and guardians, towards people, towards the circumstances we face in life and towards life as a whole. Our attitude in any situation will determine how long we stay in it. Our attitude towards people will determine the quality our relationships and social networks. I’m sure you’ve read or heard about how a full grown eagle behaves during a raging storm. When a storm rages most birds of the air run for shelter and stay under cover until the storm calms down. Not so with the mighty eagle. It is in a storm that an eagle stands out from among the rest of the bird family. It spreads its wings and lets the storm send it on a higher

altitude sowing higher and higher over the storm. This ought to teach you and me something. God has called us to be like the eagles, he likens his children to the mighty eagle. **Psalm 103:5** *"...Who satisfies thy mouth with good things so that thy youth is renewed like the eagle's."* **Isaiah 40:31** *"But they that wait upon the Lord shall renew their strengths, they shall mount up with wings as eagles..."* When we encounter a storm in life it is not time to run into hiding but time to face up to it and deal with it. If you run from your problem today you will be running for the rest of your life. You need to see your stumbling block as a stepping stone to a higher level. They say if you want to get what you have never had, you must be ready to do what you have never done. Extra-ordinary people do extra-ordinary things. Attitude is an expression of your inner convictions. We will tell how you view or feel about something or someone by your attitude. Your attitude gives you away. Resolve this day to have an attitude like that of the eagle, adopt the eagle mentality today if you are to make progress during difficult times. See opportunity in every difficulty. Separate yourself from the chickens, soar to higher levels. It's very easy for an eagle to impress chickens and walk away feeling nice about itself, but why would an eagle be wasting time trying to impress chickens? It's only when the eagle does not truly realize it's potential.

Determine today to take life by the horns, regardless of what life has thrown at you, it is not time throw a

pity party and start feeling sorry for yourself. Groaning and whining about how life has been so unfair to you. Life will give you what you fight for, everything else is a bonus. Your growth and maturity comes as you are able to face up to greater and bigger challenges. Every challenge that comes your way is nothing but another opportunity to expose the champion in you. MOVE

CHAPTER NINE

WORDS; Lock or key, you choose

“Death and life are in the power of the tongue and they that love shall eat it’s fruit.” Proverbs 18:21

Words carry tremendous immeasurable power. This power has the ability to kill or to revive life, to pull down or to build up, to construct or to destruct. With words you can lock yourself into a self-made prison or you can break free from that prison. There are some people that are so careless with their words, they do not give much thought to the things they say. There are others on the other hand that have fooled a lot of people only because they knew how to play with words. They say a man is only as good as his word. Words expose a certain aspect of your personality and that is why it is difficult to get to know someone who does not like talking with people. Words show what the mind is thinking, more so what it believes, “Out of the abundance of the heart, the mouth speaks.” The beliefs of the heart and the convictions of the mind are expressed through words. I often wondered why God would exalt his word above his name, then it dawned on me. If you cannot keep your word what good is your name? Where your word goes your integrity follows. Your integrity is only as good as your last words. Your name remains strong as

long as your word remains strong. Words can get you in trouble but they also get you out of trouble. Every word that proceeds from your mouth is either bringing life to you and others or bringing death. Someone said he that says I CAN'T is just as right as he that says I CAN, they will both have what they confess because that is what they believe. When you say; 'I cannot pass Math, I cannot speak in public, I cannot do this and that' you immediately kill and malfunction every ability to do that particular thing. You are simply affirming with your mouth what your mind has been conditioned to believe.

The same is true when you speak of other people like; 'You will never amount to anything, you are such a dumb fool, you can't do anything right' You are simply planting seeds that begin to grow an attitude that brings to a standstill everything within them that could have given them the drive to breakthrough. So instead of using words negatively and locking ourselves and others in chains, we can use them positively. When we speak positively whether to ourselves or others, we bring to life the power within us to enable us to breakthrough. Speak life to yourself daily.

But what do you do when everyone is speaking negative about you? The first thing you can do is to stop dwelling your thoughts on their negativity.

If you dwell on those sentiments you will soon convince yourself that they are right. Remember that people will always talk and they have a right to their own opinion. You need to know what you are doing, keep yourself focused if you are to live victorious.

Three quarters of the children with bad language had a parent or guardian with bad language. The words we use towards little children have a great impact upon them.

Therefore take heed that every word that proceeds from your mouth is positive and constructive. Take heed the words you feed into your system, for you ultimately will become what you listen to. Speak life to yourself and others daily. You can download a copy of the believer's daily declaration from this link <http://bit.ly/1RwALLv>

Remember Matthew 12:37, **'By your words you will be justified and by your words, you will be condemned.'** MOVE

CHAPTER TEN

HOPE FOR THE BEST, Prepare for the worst
‘Always under-promise and over-deliver’. Nik Hartley-
OBE

Expectations are part and parcel of our daily life, whether major or minor. When we go to our mentor for advice, we expect him or her to give us real solid advice. When you make a date with someone, you expect them to show up at the right time and place of meeting. When someone professes to be a Christian we expect them to behave like a Christian. In short we always expect the obvious.

Yet most disappointments we have in life are because certain things didn't work out according to our expectations. Because of this we should always expect the unexpected. This means that we avoid being torn apart and broken hearted. We always must leave room for the unusual, for disappointment and the negative. That way we will be able to handle matters wisely. It could be a job that we applied for and have all the assurance that it will be offered to us, or that fiancée or fiancé that we are so certain we are going to marry or get married to. Besides hoping and believing for the best, room should be left for the unexpected, in business this is called risk management. Ask me how I know? I've been there and I learnt it the hard way.

Proverbs 13:12 says *“Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.”*

Unmet expectations can be a huge source of frustration in life. I speak more extensively about this subject in my next book, [‘Mastering the Dynamics of Love Relationships’](#).

They say ‘don’t put all your eggs in one basket.’ In a way that is to say that is to say you need to invest in more things than one. Apart from relying on your day job for your family’s income, you need to think about creating two or more streams of income. This will not only sustain you when your job is no more but will also set you up for personal wealth creation because you will have power of the machinery that brings in the income, your business.

God also sometimes works in mysterious ways, he sometimes frustrates our expectations so that he consolidates our faith in him.

In short, you should always expect God to come through for you. But don’t expect God to work according to your thinking or according to the way He moved last time or even the way he worked for sister so and so. If you do, you might be in for a big surprise. God says, *‘Your thoughts are not my thoughts and your ways are not my ways, for as far as the heavens are from the earth, so are my thoughts and my ways far from yours.’* Isaiah 55: 9-11. This means to say that the way you expect God to move may be nothing close to the way he will move. We can see this in **2 Kings 5:1-**

14, Namaan, a well-respected Army General expected the Prophet Elisha to do the 'usual stuff' in order to cleanse his (Namaan's) leprosy, but God had a different plan in mind, to dip in the Jordan seven times. It was only when Namaan followed God's instructions that he got healed. So you see Namaan expected God to heal him but he went a little further and assumed things for God. Don't live a life of assumptions and misplaced expectations, you will be very disappointed. Always expect God to move, but in His own way and not as you fancy. MOVE

PHASE TWO: HABITS

CHAPTER ELEVEN

INITIATIVE: One small step for a man
"Initiative tabafunda" Anonymous

The above is a Bemba expression that simply translates 'initiative is not initiative if it has to be taught'.

I partly agree with it because the simplified literal meaning of the word is 'the ability to think and do something without being instructed.'

I have worked with young people from different walks of life for more than ten years; teenagers, adolescents and young adults and I have made this observation. Many lack initiative. We live in a generation where young people have been brought up through spoon feeding. Sadly most of them have grown up without really growing up. We have a society of adolescents sitting idly by waiting for someone else to make life happen for them. If you ask most of them why they sit and do nothing, they will give you the age old proverbial response, 'there's nothing to do'. Really?

I often find it very easy to spot a lack of initiative in a group of people for two main reasons; the first is that my father taught me early in life that I should never always wait for someone else to tell me what to do. He taught me how to take responsibility and think for myself. He's exact words were, 'do not always wait for

someone else to tell you what to do, think for yourself.’ So where ever I am, I always keep an eye out for things that need to get done. I do not claim to be an expert in parenting but this is something I would recommend every parent to do. Impart a sense of responsibility in a child while they are still young and you are assured to have a responsible adult. Most young people today would like to go through a day with a blank to-do list or one that has been handed down to them by someone else. The 21st century has championed a culture of laziness in more ways than one. Employees go to the office every day to sit on a desk and do nothing yet still get to go home with a salary. Most human resource experts will tell you that human beings are most likely to repeat the kind of behavior that gets rewarded. It is therefore no surprise that most companies and especially government offices are filled with an unproductive workforce. They get paid for showing up and answering the roll call.

Initiative and responsibility start the moment you get out of bed in the morning. Will you make your bed before you leave? Or will you pass it off as something someone else can do for you?

This generation needs young men and women with initiative now more than ever. In a society of high unemployment and a lack of social amenities, we have no choice but to start thinking for ourselves and taking responsibility for our lives. It’s either us or nobody will. The choice boils down to you and no one

else. One notable thing about individuals that have left a mark on the planet or in their sphere of influence is their ability to think and act independently. In 1961, President John F. Kennedy promised the American people that he would send a man to the moon before the end of the decade. JFK did not just promise but took the initiative to see to it that this promise was fulfilled. On July 21, 1969 Neil Armstrong alighted from the Apollo 11 and set his left foot on the moon and uttered the famous words, 'One small step for a man, one giant leap for mankind.' History was made because someone took initiative.

Ask yourself these questions below;

- a. In a group, do I initiate solutions or do I wait for others to tell me what to do?
- b. Do I take responsibility when something goes wrong in the home or in the team?

Things to note;

1. Leaders with initiative make good leaders. Leaders without initiative are nothing but puppets.
2. Until you culture yourself to take responsibility and initiate you are not ready to make progress
3. Employers are looking for employees that have a sense of responsibility and initiative

Believe in yourself enough to initiate, we will believe
in you also. MOVE

CHAPTER TWELVE

VISIONING: PART I-Seeing the end from the start
“The worst thing you can experience in this life is to have sight without vision.” Helen Keller

About half a decade ago or so I was flown out of New Delhi where I was based at the time to Dar-es-salaam in Tanzania for an annual Directors’ Conference. It was not the first time as I had been to two others before this one. However, there was something different about this particular conference other than just the venue and the menu of course. The organisation was re-branding and most importantly working on its Global Strategic Framework for the five years to follow.

One significant thing that is still etched in my memory is an exercise that the Chief Executive asked us to do in one of the first few sessions. We were asked to find space on the floor and lie down straight on the floor with our facing to the roof. We were to close our eyes and take time to envision what the organisation would look like and become in the next five years.

When our time was up we were asked to write down on a piece of paper what exactly we envisioned and to share it with the rest of the team. I will never forget the wealth of ideas that were revealed during that session. What is even more amazing is that much of what was shared in that

session and later adopted into the Strategic Framework is what the organization has grown to become today.

Visioning is the process of creating the mental picture of what your idea or dream will look like when it is fully realised. It is the process of seeing the end from the beginning and mentally completing your idea before you actually begin any work actual work on it. Dr. Myles Munroe called this 'thinking on the thought.'

Visioning is the process of defying the odds and taking a quantum leap into the distant future using the only time-travel machine at our disposal called the Brain. The fun part about this is that it does not require any physical activity of any sort, neither does it require a budget or any strenuous external input. All you need is a free mind, one that can actually think-I'm sure you have one of those right? This is not a time to worry about the 'whos', the 'hows' and the 'whens'; this is about the what and the where. What and where do you see yourself when your idea is fully realised? Can you see your ultimate destination?

They say you can never take people where you have not been, true indeed. So if you cannot go there physically at least go there mentally. Between your idea and its fulfilment is a huge chasm covered with hazy fog and deep darkness, only the x-ray vision of your imagination can permeate through it to see what lies on the other side. MOVE

VISIONING: PART 2-(Imagination) The Nation of images

I once read of a reporter that desperately desired to do a story on one of the famous sculptors of old. After months of what seemed like an endless struggle she finally got her appointment. Walking past the gate and headed towards the man's door she replayed her questions in her head. The man was cordial and very welcoming, he seemed to have appreciated the visit quite a lot. What stood out in the interview was how this great sculptor fondly spoke of his beautiful garden of flowers in his yard that he liked to straw through to refresh his mind every so often.

When the interview was over, the reporter asked if she could have a brief look at the sculptor's garden to which he gladly obliged with a smile on his face. When she came out through the back door she could only see grass and a hedged fence and no garden anywhere within her sight. She looked at the sculptor as he pointed to his head and 'with an imagination one can see anything.'

I may have paraphrased that story a whole lot but I can vividly remember the kind of impact it had on me when I first read it. The sculptor's secret to his great art was to see things were others saw nothing.

When I travel out of town or outside the country and I have to stay in a hotel or lodge somewhere I always look forward to getting a room with a view. There's just something about having a nice view that makes you appreciate your room even more. It's not all the time that you will get the best view and sometimes you will have no view at all. Every time I get no view I see it as an opportunity to create a view of my own. I can have an ocean view, a range of high mountains with their summits covered by the clouds or I could have a plain of green vegetation stretching across the landscape. With an imagination, one can see anything.

Visioning is the process of walking into imagination, the image nation or 'the nation of images.' With it you can cross borders with no passport or VISA. You can fly with no wings and achieve the impossible. In the nation of images all things are possible.

It is in that territory where ideas and dreams gain their momentum and become so tangible causing a rise in the pulse rate. These images stem from the seed sown as an idea to cultivate and incubate it thereby creating an enabling environment for its eventual germination and fruition.

I saw an inscription on the back of a truck the other day that read, 'What is REAL now, was once IMAGINED.' At that point while sitting in the car I started looking around, I saw so many things; cars of all sorts, buildings, roads, billboards and it dawned on

me that all that was a bunch of ideas. At some point in history they were nothing but imaginations locked away in someone's mind. What made the thought even heavier was the fact that I was benefit from and looking at other people's ideas and not my own. There's plenty of room for everyone on this planet to contribute to the many ideas being realized. If at all we ran out of room we can always utilize other planets or outer space. A lack of space is not an issue at all, will you make your contribution and add to the many realized ideas on the planet or will you continue to hitch hike on other people's ideas?

Legendary and phenomenal Italian sculptor Michelangelo known for his great works of art demonstrated the power of imagination in amazing fashion.

Among the many of his works of art was the sculpture of the angel of marble. When asked how he did it he is quoted as having said "I saw the angel in the marble and carved until I set him free." He also said "In every block of marble I see a statue as plain as though it stood before me, shaped and perfect in attitude and action. I have only to hew away the rough walls that imprison the lovely apparition to reveal it to the other eyes as mine see it."

Such can only be true for one who has realized, tapped into and maximized the power of imagination. Using imagination is like having an extra pair of eyes that gives you the ability to see what other people around you are not able to see. MOVE

CHAPTER THIRTEEN

TIME MANAGERS-Highest paid Managers

“Time flies and it is up to you to be the pilot.” Pr. Elias Ndeda

“If you don’t plan to beat time, time will beat you.”

Time is one thing that seems to be plentiful in quantity yet it is what we do with it that gives us quality returns. They say time is money, but I wonder how many of us really believe that. I say so because very few people I know would want to waste money the way they waste time. If you want to be a manager the best place to start is to be a time manager. If you can manage your time, you can manage your life. The role of Time Manager is the highest paying role I know and its rewards are countless. I have never heard of a Time Manager that stayed broke all his life. Time management calls for self-discipline, that means being your own supervisor. *If you don’t plan to beat time, time will beat you.*

If you have to be at your workplace or place of meeting in an hour, you must plan for traffic and all

the other things in between. Failure to plan is planning to fail like someone said. So you don't arrive late because there was traffic, you arrive late because you failed to plan.

If you catch yourself doing nothing and sitting idle, it must mean that you did not plan for your day. Unless your plan was to rest and do nothing on that day. Even when you are jobless, you must be able to do something constructive to make progress in life. That is where creativity and initiative come in, you do not have to wait for someone to give you a job or find you something to do. Think for yourself. Time was meant to be used not to be wasted. Time was never meant to be passed. Don't just let time pass, make sure to put something on its back to carry into your future. While you're at it make sure you're not just being busy but you're being effective as well. There is a big difference in being busy and being effective. In order to derive quality out of time, one has to be effective in the work that they embark on. I see too many people that claim to be busy and yet achieve literary nothing at the end of it.

From the day of your birth to the day of your death is a period of time in which you must be about your father's business. If it is not your heavenly father's business then it is none of your business. Your clock starts ticking when you are born and does not stop for anything except your death. As long as you are still alive you have a purpose to achieve, you're not permitted to die before fulfilling

your God ordained purpose in this life and the time that has been apportioned to you is limited. **Psalm 90:12** *“So teach us to number our days that we may apply our hearts to wisdom.”* With the parameters of time, live every day with passion and purpose numbering your days and working while it is still day, for the day cometh when no man can work like Jesus said. Time is of the essence. God desires to use you during the best years of your life, when you are still vibrant and full of energy. Be a faithful steward of the time apportioned unto you by making every minute count. You’ve just been hired by destiny and your new role will be Time Manager. Please don’t let us down. MOVE.

CHAPTER FOURTEEN

GARBAGE IN, GARBAGE OUT: PART I-One day, it will show

“Be not deceived God is not mocked; for whatsoever a man sows that he will also reap” Galatians 6:7

What forms the beliefs and convictions of a human being is the material he or she allows into his or her life. Knowledge is the end product of what we see, hear and read and are eventually able to recall. This reminds us that what we allow our minds to dwell on will in one way or another have an effect on our lives, music, social media, books, television and so on. No matter how hard or for how long you try to conceal the trash you have been feeding yourself with, eventually some way, somehow it will show. *“For out of the abundance of the heart the mouth speaks.” Matthew 12:34*

A lot of young people are beginning to live exactly like the music they listen to, the movies they watch and the books they read. If the principle of garbage in, garbage out is true for every human being, and I strongly believe it is, then it is high time we began to

screen and be cautious about what we feed our minds with. People become what the most important people in their lives say they will become, parents, musicians, friends, and teachers and so on.

Job 11:12 says “An empty headed man will be wise when a wild donkey’s colt is born a man.” That means you can no way be wise if you need feed your head with wisdom nor associate with the wise. Believe it or not you are a product of what you feed your mind with. The mind will always dwell on what it is fed with and as we saw earlier *‘as a man thinketh so is he’*.

At this point pause for a second and ask yourself; what is contained in the materials I am reading? What is the music I am listening to all about? What is the stuff I am watching all about? Who am I allowing to speak into my life? When you answer those questions then know this for a fact. If you continue down the road, feeding your mind with the same material, your life will eventually become what you feed your mind with and that is exactly what will be coming out of you, through the mouth and through your actions.

So the bottom line is this; if it’s garbage you are taking in, garbage you will bring out.

Psalm 1:1 says “Blessed is the man that walketh not in the counsel of the ungodly nor standeth in the way of

sinners, nor sitteth in the seat the scornful.” That scripture goes out to everyone in the habit of listening to music that contains filth and ungodly themes or watching and reading any material of that nature. The fact of the matter is there’s a level of counsel going on as you inject that material in your mind. You do the math. MOVE

GARBAGE IN, GARBAGE OUT: PART II-Television,
friend or foe?

“The Only vision kids seem to have nowadays is television.”

I almost deleted this chapter but then I remembered that some teenager that idolizes TV might get their hands on this book and I’ll deny them a teachable moment. Parents and married people that underestimate the power and influence of TV may get to read it, so I left it in here. Television can be a friend or enemy to progress depending on what you do with it. Television is one invention that has brought entertainment and news from around the world to our doorstep. With the increase in television stations our generation is heavily spoilt for choice, with so many channels to surf through, people sit in front of the black box all day just watching TV. Business promoters and advertisers seem to be maximizing on our soft spot for TV and it’s paying off, at least for them. Television is able to persuade ,motivate and inspire someone depending on what material is

being aired. Television is literally raising kids in our generation as parents neglect their parenting duties in the name of chasing a dream or building a career. Another group of people that seem to have captured this are television evangelists, who are now seeing millions touched by their messages through television. Well what significance does television have to you as an individual bearing in mind what it is capable of?

Some people arrive late for work or school because they stayed up late watching television. Others end up failing exams because they spent three quarters of their time on watching television. Some people spend precious time on television that can be used to improve their lifestyle. Some newlyweds rob themselves an opportunity to bond and learn each other by diving into TV shows every night.

Some marriage counselors tell newlyweds to either avoid too much TV or completely avoid it for at least the first year of their marriage and I totally agree with them. With the TV in the house a couple will take the focus off of each other and draw their attention to what's on the TV before they realize it, either both of them or one of them would have fallen asleep. God forbid that your nights should be closed by television when it should be closed in devotion and prayer. It's not my intention to totally demonize TV and disregard its benefits. There are some great and educational channels on TV these days which can really be great for kids and grown-ups alike. There are also some

great Christian channels with very edifying content that can be very good for a family. However, the essence of this chapter is really to show the destructive side that most people take too lightly and that ends up costing them a whole lot than what they paid for the black box.

It takes really high levels of discipline from individuals, parents, married couples to be able to regulate how much time they devote to watching television, more so what content they expose themselves to.

Well, the message is simple, a television set is a machine and you are a human being with the ability to think, choose and decide for yourself. Make sure that television does not become your taskmaster or a machine that brings filth into your home and corrupts your minds. If you must have a TV in the house, you must be able to carefully select the programmers that are really necessary for you to spend time watching. Not only that but you must also be able to select what you allow your mind to dwell on. Sadly it is becoming increasingly impossible in most homes where there's more than one TV set or where the elderly only come home on the evenings and retire early leaving kids to watch TV without any guidance whatsoever.

Most of what is today called entertainment is nothing but illicit sex, witchcraft and violence which courts the mind. Do not let Hollywood or any other television industry make millions at the expense of you and your children's morality or at the expense of your

marriage. Make sure the TV set is your partner in making progress in any endeavor and not a hindrance. You were created to rule and have dominion over all things that includes your TV set, do not let it rule or run your life, your marriage or your kids. MOVE

CHAPTER FIFTEEN

BEYOND THE READING CULTURE: Fleshing it out

“A man who reads one book a year and consistently applies its principles is better than a man who reads 1000 books a year and applies nothing.”

Read books, but don't read to finish like most people do just to get it under their belt, rather read a book till you get it, till you get the 'WHY' the author would even bother to spend months sometimes even years to put it together. A MAN WHO READS ONE BOOK A YEAR AND CONSISTENTLY APPLIES ITS PRINCIPLES IS BETTER THAN A MAN WHO READS 1000 BOOKS A YEAR AND APPLIES NOTHING. I'm all for reading widely and reading as many books as one can because it stretches one's understanding of things and broadens one's vocabulary. However, if we are to really develop as a nation, we need to move beyond just teaching people how to read and beyond getting them acclimatized to a reading culture until they get to learn how to consistently apply what they read in those books. Having citizens who can read is good, having citizens who love reading is better but having citizens who have learnt to consistently apply what

they read is what produces lasting results in any setting - at individual, national and global level. This is what produces results that impact generations to come. How many great books have you read since you developed a reading culture? How many great books did you read last year? How much of all that 'Great' material have you actually consistently applied to your life? Real change and true progress only begins to manifest the moment you begin to apply new and old principles. Have you read 'Think and Grow rich' by Napoleon Hill? Or 'Rich Dad Poor Dad' by Robert Kiyosaki? I bet you have, if not then it's either you haven't read much or 'Self-Help' is not exactly your favorite genre, but that's besides the point anyway. So many of us will get caught up in the high of the fact that we actually read best seller books from the top authors and yet if we did an in-depth investigation, we may actually be intrigued to learn that what has been consistently applied from those books equates to zilch, zero, nada, nothing. Truth be told, one who reads and never applies is in no way any better than one who does not read at all. The next time you read a great book like the one you are reading right now note down three main things that you feel can impact your life the most - JUST THREE - which you will walk away with and are ready to apply consistently. Write these on your bedroom wall or stick them on your refrigerator as a daily reminder. That way you can rest assured that if you forget everything you read in that book at least you will forever walk away with the three. Often times, if

consistently applied for twenty-one days straight, you are guaranteed a good habit for life. Great books are doors to progress but only if the principles they contain are consistently applied by the reader.

The knowledge you understand empowers you. The knowledge you apply impacts you. The knowledge you understand and apply consistently, impacts you and the generations to come. So if you don't understand something ASK questions, nobody made any significant progress by pretending to know what they don't know. There's a Bemba adage in Zambia that says, 'Uwakanwa taluba' which means, one who asks questions never loses his way. I can add to that and say 'Uwakanwa taposa nshita' meaning, one who asks questions never wastes time. Ask, understand and apply, MOVE.

PHASE THREE: LIFESTYLE

CHAPTER SIXTEEN

THE WAY UP IS DOWN – Get off your high horse

“...for everyone who exalts himself will be humbled and he who humbles himself will be exalted”.

Luke 18:14b

Humility is vital if we are to achieve or sustain greatness in life. Our best model for humility is Jesus Christ himself because his whole life from the womb to the tomb reflected humility. Jesus Christ in all his glory and majesty decided to humble himself and dwell among sinful men. It is for this reason that he was highly exalted to be seated at the right hand of the father forever.

This shows that humility is never a loss or a mistake but is always an investment. The depth of your humility will often determine the height of your exaltation. The effect of humility is like the effect of a catapult, the more it is pulled back, the further the stone will go.

To walk in humility you will need to see everyone more important and better than yourself and consider

others more highly than yourself. Humility must never be confused with stupidity.

Being humble does not mean that you become everyone's doormat and watch others walk all over you like a spineless worm. Humility is not embracing poverty and may God have mercy on your soul if you use humility as an excuse for embracing poverty. Humility is a state of the heart that grows out of love for God and for your neighbor. The first to fall from God's kingdom took his focus away from God and directed it towards himself. Satan, formerly known as Lucifer was God's first worship leader in heaven. He is where he is now heading a pack of demons because he was a stranger to humility. He who is a stranger to humility shares the same fate with Satan, a great fall. It is in the height of victory and success that many lose their humility. When all is said and done remember to stay humble. Pride is so subtle that it can hide a type of humility called false humility. Many a time your pride gets in the way of your progress, when you become so big that you stop accepting correction and listening to advice.

No matter how smart your idea, there is always an area blind to your eyes that only others can see. Real success comes and is sustained with the counsel of the wise and only humble people reach out for counsel. Humility is more a state of the heart than it is an action. Actions of humility will be inspired by the condition of the heart. How far can one go in humility? As far as dying for others. Jesus Christ

humbled himself to the point of death. Humility is sacrifice, laying down your ego to the glory of God and to the benefit of others. Our humility will always be put to the test, until proven real because for a while we can pretend to be who we are not but our true self will always show in due course. In the process of his suffering on earth, Jesus could have pulled off just a little surprise to show the Roman soldiers what he was made of but he did not. How many times do people challenge our authority and we do not hesitate for a second to show them who is boss? Christ gave us the perfect example that we must all strive to follow. MOVE

CHAPTER SEVENTEEN

THE MIDWIVES - Mentors, Teachers, Coaches

“A 24-year-old being mentored by a 40year old gives the 24 year old an opportunity to know at 24 what his or her mentor only got to know at 40.” Pr. Gladys Paswani (Paraphrased)

From first grade to fourth grade I was an average student in my class. My mother taught at a government school in a small town in Zambia called Kabwe. She saw it fit that me and my kid sister should be enrolled there and we were. Government schools were sadly not the best of schools for pupils desiring to excel academically back in my days. I struggled academically through my first years in school because I was surrounded by playful kids. There was never a time I had exceptional results in the end of term or end of year exam. The best result I remember was me coming out in 8th position overall. I’m sure that 8th position was being shared by many others in my class, really nothing to write home about.

Things were bound to change though. My father noticed the rate at which I was moving academically

and I think he was a little concerned. The best I could do was read and do the times table, most of which I learnt from him. In fourth grade, I could hardly speak a sentence let alone properly communicate in English.

Dad decided to move me from the government school and opted to take me to one of the most expensive private schools in town. I remember at the time it was K30, 000 per term (which is now K30), in 1994/95 that was a lot of money. I had to sit for written interviews before being accepted into the private school. My performance was not very impressive so the school said if I was going to be accepted then it would mean I'd have to repeat 4th grade, instead of starting in 5th grade I'd have to re-do the grade 4 syllabus. My parents were determined to get me in and so they obliged. Little did I know that my mother had a back-up plan to compensate for the 1year I was going to lose.

The first term in that school was one of my most difficult times for me growing up. The sudden shift from a government school to a private school full of rich and very intelligent kids was a little too much to handle. To make it worse my teacher was quite elderly and was the type that would pick his favourite pupils based mostly on whether they came from a wealthy family or not. I noticed that these kids would often receive praise for almost anything they did.

Despite all that, it looked like my parents' plan was working after all. I started picking up academically and

was beginning to gradually learn how to communicate in English. At the end of the second term I however still went home with a report card showing 8th position. I remember feeling very discouraged and not knowing what my dad would say. To my shock, dad was very supportive. As far as he was concerned, 8th position in a private school and 8th position in a government school were miles apart and so he encouraged me to “pull my stockings up” like they used to say back in the day.

Something significant happened when we were given a new teacher. This was still 4th grade in the 3rd term. To my surprise this man actually noticed me. As a matter of fact he noticed every pupil in class. He never picked favourites and always made sure he gave us personalized attention. All of a sudden the ‘rich’ kids were not as popular anymore because they could not get away with shoddy work anymore, they had to prove themselves worthy of his red pen.

This man made me realize my strengths and revived everything that had been killed by the government school experience. I looked forward to going to school every morning. My performance was shooting higher and higher until I was competing with the best in class. At the end of the 3rd term we were given our sealed envelopes with report cards to be taken to our parents. I was quite positive that my results would be far much better than the last. I was however not ready for what I was about to see. My class mates were in the habit of fidgeting with the envelopes to

check their positions because the envelopes then were the type with a small transparent window by the side.

There was anxiety and excitement all over the school as kids managed to check a thing or two. I wouldn't be bothered to do that because the last thing I wanted to do is risk ripping my envelope because the rule was that it was to be opened by our parents or guardians only.

One of my friends however managed to fidget with my envelope and the only thing he managed to see was something close to '...sition 1' and when he told me I had come top of the class I shut him up and said I had to see for myself. Lo and behold it was a fact. I had come out top of the class. I grabbed that envelope, held it hard in my hands and ran through the town center screaming "Number one, number one, number one" on top of my voice like a soccer player who had just scored a crucial winning goal. I could not wait to show my parents my results.

Parents, guardians, mentors, teachers and life coaches are all a vital part of our journey in life. Without them, life would be way much more difficult to navigate through. They give us visibility into the future because they see much clearer through the eyes of experience. They provide accountability that keeps us in check so we do not make decisions that will work against us. Timothy had Paul, Elisha had Elijah and the twelve apostles had Jesus. We all need

mentors, coaches and teachers to provoke the greatness in us to manifestation. They not mere cheer leaders screaming from the sideline-they plan the strategy of the game with us, they are mentally with us on the field fully engaged. They keep a close eye on us to cheer us on when we're making the right moves, but they also jeer at us when we don't follow their instructions to the letter until we get it right. They are the ready midwives that rally us on to keep pushing until we birth destiny. When we win they win too and our loss is as good as theirs. Without those midwives many dreams will be aborted and destinies will die premature deaths. May you locate your midwives and may they locate you. MOVE

CHAPTER EIGHTEEN

YAKETY YAK! – Yada yada-blah blah blah!

“Let the dogs bark, while the car moves on.”

Anonymous

In our walk on the face of this earth we must come to the full realization that people will always talk. No matter how good you are or how great your deeds, there will always be somebody who will find fault with you. Now of course the talk that goes round can carry certain truth in it sometimes because there's no smoke without fire, but remember that talk that goes round is none of your business. If you concern yourself with what everyone is saying about you, you will soon be a bed-ridden wreck awaiting burial. Many have caused themselves stress and mental strain because they gave themselves to trying to rectify rumors and correcting people's misconceptions. I'm all for standing up for what you believe in and putting people in perspective but to make that a daily task does more harm than good.

Not everything you do will please everybody. Most great people were first labeled insane or arrogant because they endeavored to do what no other man had ever attempted. The Wright brothers got a very strong rebuke from their preacher father because they claimed man could fly someday. People that endeavor to break records will always provoke a lot of talk because they pose a threat to the laziness and mediocrity of humanity which many have embraced. Before you embark on a project or major dream, get your 'tools' together and then begin your work. Anything people say to distract you is should not preoccupy your mind. My favorite Bible character is a cool and smart dude whose leadership style will blow your mind away. A real standup guy by the name of Nehemiah. He never gave in to the naysayers when he was embarking on the humongous task of rebuilding the broken walls of Jerusalem.

Do not waste time trying to understand what people are saying, you will cause yourself unnecessary stress. You are not responsible for letting everybody understand what you are doing. Even if you tried you would fail lamentably. An individual who truly knows himself or herself will not be moved by negative remarks, yet they will give ear to constructive criticism. When you make a mistake that causes people to talk, learn from the mistake and move on. Leave them to do the talking and be about your

father's business. Life is too short to waste it on man pleasing.

I must mention that the last place you would expect negative talk is the Church, but sadly you get a lot of it around Church folk all in the name of 'sharing'. The words of an enemy will bounce off like a tennis ball but negative words from trusted brothers and sisters can cause serious damage. Church folk will sometimes talk about you in a way that will shock you. As a matter of fact the talk of church folk is more dangerous because they will use scripture to back up their trash. So be very careful how you relate with people and what words you take to heart.

Concentrate on what God says about you and let that define you. MOVE

CHAPTER NINETEEN

YOU ARE A LIVING EPISTLE: Give us a thrilling read
“Ye are our epistle written in our hearts, known and read of all men.” 2 Corinthians 3:2

Your life is like a book with many pages. Every action you take opens a new page with a new piece of writing in that book. You never know who is reading and on what page they are or at what time they are reading. If at all you want to send out a message to the people around you, make sure that what they are reading in that book marches the things proceeding from your mouth. One must endeavor to discover themselves and be original. The most miserable man on the face of the earth is the man who has been everybody else but himself.

What has made the Church seem irrelevant in some settings is because the lives of some preachers have contradicted their own sermons. If a book is

consistent with its subject, it is basically a good book. But a book that contradicts itself chapter to chapter is pathetic, I wouldn't want to read it myself. What kind of message do you want to send out to your readers? Is it a message of integrity and morality or corruption and compromise? It's up to you to live what you believe. The people who had the greatest influence on the world are not those that knew how to speak well but those whose words were consistent with their actions. There is something about practical preaching that catches the mind of man. The great African iconic leader Nelson Mandela said 'be the change you want to see' and he exemplified it with his lifestyle.

It is true to say that no man is perfect, we all make mistakes. Some people have a big brother eye on you, waiting for you to make a mistake. That should not make you uncomfortable because we are all bound to make mistakes at one time or another. We therefore need to spot our mistakes and learn from them or better yet learn from the mistakes of others.

Remember that you do not have to be a big figure in society to make a difference, wherever God has placed you is the place to start. If you want a ministry, begin with your own life and let that be the ministry you want to establish. If it's a hospitality ministry fill your life with hospitality, if it's a Teaching ministry, fill your life with teaching, if it's a singing ministry fill your life with spiritual songs; the list goes on. Everything becomes an extension of your own life. Your ministry

begins now not five or ten years from now. Find your place of opportunity and *'let your light so shine before men that they may see your good works and glorify your father in heaven'*. Matthew 5:16 MOVE

CHAPTER TWENTY

THE SUPERCALIFRAGILISTICEXPIALIDOCIOUS

POWER OF PRAYER-It works when you work it

“It is they that fully understand the power and capabilities of a given weapon or tool that you will find using it. The reason we don’t pray as much is because we don’t fully comprehend the power of prayer”

This could undoubtedly be the most important chapter in this book. Prayer carries mysterious power that no human being can fully comprehend. When all is said and done in this life, there comes a place where man’s capabilities become inadequate. There are certain things in this lifetime that money, power or influence have never been able to accomplish. It is only through the exercise of engaging and invoking high powers through prayer that certain things can be achieved.

Stagnation and delay can often be sad realities in this life, causing frustration and depression. I do not recommend prayer as the last resort after

what I have outlined in the last nineteen chapters; I rather recommended that prayer is treated as the most important step in making any type of progress. Prayer initiates, sustains and fuels progress.

Through prayer one can soar above life's circumstances and breakthrough to new levels and new territories. Through prayer stubborn chains and situations give way to you and allow you to see things from a whole new perspective. By prayer, dreams are birthed and brought to life.

By prayer stubborn hearts are soften and raging storms are quieted to tranquility.

By now I'm sure you're beginning to see the connection prayer has to your overall progress in life. Someone said you can only go as far your prayer life. The prayers of the faithful saints from yesteryear are the ones carrying us across the present. That means we must earnestly and heavily invest in prayer today in order to secure tomorrow.

By prayer we reach out into the future and command a reshaping of situations and

circumstances. It is by prayer that we plant and uproot, by prayer we speak life into the lifeless. A life of prayer is a life of progress and a life of progress is a life of prayer. Prayer will open doors that the strongest and most powerful men have failed to open. Prayer will win court cases that the best lawyers have failed to win. To engage in prayer is to engage with God and to engage with God is to engage with the supernatural. When a natural man begins to operate in the supernatural he begins to have unfair advantage over others. That's exactly what prayer will do for you. This is true of both good and evil. People in a desperate search for power, wealth and influence over others begin to meddle with things they have no business meddling with, such as witchcraft, Satanism and black magic. Sadly with the deceptive 'assistance' of Satan many have gone on to exercise temporal advantage over others by using demonic powers.

Thank God that there's power in the name of Jesus Christ to destroy all the powers of darkness put together. That power can only be generated through the effectual fervent prayer of the righteous. **James 5:16b** says, *'...The effectual fervent prayer of a righteous man availeth*

much. You want power? Look to God and not Satan. Satan's power will self-destruct but God's power brings life. You can access God's power through prayer. You want to achieve something significant? Pray. You want to MOVE a stubborn mountain? Pray. You want to change things around you? Pray. PRAY, PRAY, PRAY and once you are done praying, get up and do what you hear God saying and when you're done, get back on your knees and pray some more. Make prayer, your lifestyle. Like someone rightly said, 'a prayerless Christian is a powerless Christian', and if you are a stranger to prayer, you will be a stranger to power. Point. Blank. Period. AMEN

“.....the intention of the principles contained in this book is that it might become a source of instruction in life in the pursuit of your destiny and significance in life and your life of impact in your generation till the end of time.” Coach Maurice Mvula

ABOUT THE AUTHOR

GabbyGP is the Co-Founder and President of a youth movement called the Triple H Clique. He is also Co-Founder and CEO of a media firm called Yeken Promotions Limited. He is married to Rosemary Zulu Phiri known by most as Red-Rose. GabbyGP is among many other things a Theologian, Entrepreneur, Musical Artist, Poet and an avid student of Philosophy and the word of God. He has been working with young people from different walks of life for over 13years. He continues to share his discoveries through the various articles he writes on social media platforms and through the one-on-one sessions he conducts with young people. He and his wife are currently members of Bread of Life Church International in Lusaka under the leadership of Bishop Joseph Imakando.

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GABBYGP

Foreword by Coach Maurice Mvula

The profiled individuals below appear in the forthcoming book as guest authors bringing an undeniable wealth of experience and wisdom:

ROSAH JOY CHAAVA



Rosah is a Zambian rapper/poet, singer and head fashion designer at her clothing label MUTINTA. Born in Chikankata, Mazabuka and raised in Queenstown, South Africa.

She has been privileged to serve global audiences ministering in song, spoken word and visual arts at conferences, community events and fellowship gatherings including DC Metro Church Plaid Conference, Salvation Army NCV Youth Councils, The Fashion of Goodwill with The Goodwill of Greater Washington and Fashion For the Cure.

Rosah holds the Bachelor of Arts degree from The Art Institute of Washington. She lives with her family in the United States of America where she writes, records and designs.

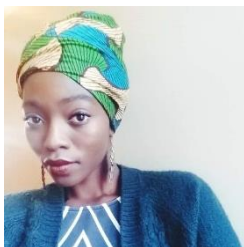
NALUKUI MUTUMWA LUBASI



Nalukui is a writer and motivational/inspirational speaker. She promotes womanhood wholeness and wellness. She is passionate about seeing women completely restored and empowered to live a successful life spiritually, mentally, emotionally, physically and financially. Nalukui challenges women, young and old, to redefine their value as women and to rise above the cultural pressures which are placed on them. A call to a higher standard of godly womanhood by changing the way you think, act, behave and carry yourself as an extraordinary woman. She is a lawyer by profession and holds a Masters in Human Resource Management from Nottingham

Trent University. Born in Livingstone Zambia, Nalukui has spent half of her life in Nottingham United Kingdom where she lives with her parents and two brothers. Nalukui has featured on several radio programs on stations such as ZNBC Radio 4, Radio Christian Voice and QFM. She is a sought after international Speaker and currently working on publishing her first book.

MINIVER OLIVER BWALYA



Miniver is an experienced industrial Research Scientist with over 5 years of service in applied drug discovery laboratories in GlaxoSmithKline and legacy organisations. She received her Bachelor's degree at the University of Leeds graduating with an Upper second class in Medical Science. She is currently working for an international company that specialises in innovative new scientific applications relevant in research and development. She is what she calls an ordinary mess, but her issues are being redeemed for good. She gave up trying to be

pigeonholed just to fit in. She found such freedom being who God made her and following Jesus transformed her to be an addicted pusher. She wants everyone to find the satisfying love and acceptance that she's found. She's ordinary, but she has purpose. She writes from her less-than-perfect life and she hopes her imperfections can engage, inspire, motivate and influence.

DINIWE MWAMBAZI MWANZA



Diniwe aka Dee2 was born and raised in Zambia. She graduated with a Bachelor of Business Degree with a double major in Information Systems and International Business from Edith Cowan University in Perth, Australia. After graduating she worked in IT in Perth for a while and then relocated back to Zambia where she currently works as an IT Support Administrator

at an Insurance company. In her spare time she enjoys reading inspirational/Christian books, writing music and watching cooking or lifestyle programs. She is passionate about music and spent most of her childhood singing with her sisters although neither of them have any albums yet. She currently resides in Lusaka with her husband who is also a well known Christian rapper going by the aka Rizen Rizon. One of her favorite quotes is by Martin Luther King Jnr “The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people.”

ROSEMARY ZULU PHIRI



Rosemary is a Public Health Professional currently working for a health research organization in Lusaka Zambia. She has over ten years of extensive experience in international youth-led development, advocacy, HIV and AIDS, gender and most currently health research. She is a youth minister and recording artist under the alias RedRose whose album 'ACCESS CODE' debuted in June 2012 as the first official full length hiphop album by a Zambian female hiphop artist. She is married to author and fellow artist GabbyGP. She is co-founder of a media and marketing firm called YEKEN Promotions Limited and also a co-founder of The Holy Hip Hop Clique movement which uses Christ centered hip hop art forms to evangelize and mentor young artists to become effective leaders in their giftings. Her passion is to impact her generation with the liberating truth of the

Gospel of Jesus Christ and effect a lasting impact on everyone that she encounters within her sphere of influence. She loves to mentor and disciple young girls in her network and is actively involved in the work of SET-APART Girls International led by Pastor Gladys F. Paswani. She holds a Diploma in Social Work and a certificate in Gender & Development from the University of Zambia and Birbeck University in England respectively. She is currently pursuing her Bachelor of Science in Public Health at the University of Lusaka.

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