

Ekekere Samuel

Before FORTY

**How to Make the Most of
Your Twenties and Thirties**



BEFORE 40

*How to Make the Most of your
Twenties and Thirties*

Ekekere Samuel



Uyo, Nigeria

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To all those who are going through economic as well as mental difficulties due to the Coronavirus rampaging the earth, may this book bring you joy and fewer struggles.

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An Introduction

You have probably heard this cliché “a fool at forty is a fool for life”. Well, if you check around you, you can tell how true this statement is. There are many people who are past forty who have nothing tangible to show for the years they have spent through life.

Through many generations since its invention, this cliché has continued to find use to show its veracity. There has been a consensus of opinion; an agreement on what people should expect from persons who have spent more than forty years on earth.

The mental list that characterizes the expectations at forty has continued to grow as man has advanced. Technological advancement has not made it any easier. The burden of the problem is even greater because the plethora of expectations

has actually led to a sudden collapse in what should be expected from a life at forty.

Age forty is a threshold age. It's the last bus stop for youth and it is the beginning of a new era, the middle ages. It is expected that to make the most of one's middle ages and older years, the right investments should be made during youth. To enjoy a good life beyond forty, one should have gotten it right before forty.

In life, nothing just happens. There is the rule of cause and effect. The things that happen to us in our middle years, that is, the years after age forty is dependent on how we lived in the years under forty. In retrospect, age forty can be seen as a perfect benchmark between youthful years and aging years.

Everyone develops the drive to succeed in our initial years of life. But how far we go in life is dependent on what we've been primed to achieve early on.

One thing we should be afraid of is the tag "fool at forty". The question that I had to ask myself while deciding to write this book was quite obvious "what qualities is a person supposed to have before he turns forty that would ensure he is no

fool at forty?" This same question has got many scholars thinking.

There is that aura of achievement having lived up to age forty. You get that magical feel that you've lived a life time. But when you get here without the zest that you should have been running with, it makes living the rest of your life difficult.

There are unseen eyes watching you and they seem to have a scale that weighs your actions and efforts. And they are good at putting people in their place, either "wise" or "foolish".

I don't intend you will be foolish at forty. This is why I wrote this book! I want this book to help you as you create a direction for your life. You have to be goal oriented with the correct picture to pursue as you strive towards been the very best of your life. This however is dependent on what you are doing in your twenties and thirties.

Is this the perfect book for you? Yes! Expectations are high for you to be the best you can be for life. You've been entrusted with a huge responsibility to get out what is inside you for life. How much life gets from you however is dependent on what you are doing now and how much you are willing to do after now so that at forty, you can be in the best position to shoot off into life's space.

You are like a space capsule that has been launched. Rockets lift the capsule up into space where they disembark and return back to earth while the capsule heads on with its own fuel to its destination, one of the other planets or moon. If the rockets aren't able to lift the capsule, or if there is a fuel leakage or some unexpected technical hitch while the rockets are lifting the capsule, that mission fails. All the efforts at that mission are grounded.

See yourself as the capsule and the rockets as all the efforts to get you up. You don't want any problems that will hinder your lift. Your goal is to get to forty and to be able to bring out your true independent capabilities.

If you are past forty and you stumbled on this book, and perhaps you are wishing you read this book before now, don't worry, age is often said to be just another number. You can reconfigure your mind to a younger age and decide to attack life with all the vigour of that age. You should have your mental forty pictures after you have read this book.

This generation and the next are counting on you to make the footmarks that they will see to follow. You must not disappoint them. You hold this book

before you because you have been counted upon by God to deliver the goods for life and to deliver them just in time before you turn forty.

Age forty is that point where the space capsule disconnects with the rocket that shot it up and runs independently. You will certainly fulfill all that is expected of you as you pursue life's goals. Read this book, enjoy it but put to practice what has been written inside it. Before you turn forty, the world will celebrate you!

1

Marriage Matters

I come from a part of the world where people marry late. While understudying some of the most successful people in life, I have realized that one of the reasons they got it right was because they got marriage right.

Marriage is a game changer. It's a special relationship between a man and a woman that knits them together to pursue a common cause.

Marriage was designed by God as a platform through which people could get help from each other and for each other for their destinies. It is also a training ground for useful virtues such as responsibility, accountability and trust.

What should stop you from not been married at forty? Well, you may think that's not possible. But there are many persons who at forty have still not found their footing in marriage. Many of them realize too late that they really should have settled this very important area of their lives much earlier in their lives. You may also think that's their life, but you could also be influenced by the same factors that stopped them from marrying early.

I remember my pastor in the university fellowship I attended while as an undergraduate Mr. Pius Egbaji. He had married much later in his life and his children were still in their early teens while he was about to retire from the university. He often told us then that he regretted not marrying much earlier when he could. And he advised us to as much as we can "marry correctly and early".

Men are especially prone to late marriage and they settle for young wives. They think it is fashionable. But it's not! Women who are not married at forty tend to find it increasingly difficult to settle into family because often the men prefer younger women because of the risk factors involved in marrying older women especially when the family is expected to produce offspring. Women who are past forty fear menopause and giving birth increasingly become difficult.

I have often met men and sometimes women who still carry a young early twenties mentality even when they are past forty. These men still jump from one woman to another and the women jump from man to man. And they are past forty! They should at this point in their lives be raising families and taking responsibility.

Marriage help build responsibility. It also helps you get a broader picture about your life, visions and expectations. When you discover you are responsible for your spouse, and kids, you want to work extra hard and broaden your picture about life knowing that you are accountable to them.

Marriage matters! Been married is increasingly becoming a major condition to work in certain companies and to take up certain roles. Those employers may not tell you when you apply but they put that up during their screening.

People are of the opinion that they have to prepare adequately, and they give themselves too many conditions to meet and perhaps the conditions their would-be spouses have to meet. If the things stopping you from marriage are all your conditions, they'd keep hanging around you.

Of course, there are basic requirements that you should meet before you consider marriage. Once

you can meet the basic requirements, you are good. The requirements include

- A steady job/business
- An apartment

But some men think they should live in their personal apartments before they settle. Some decide that they must earn a certain amount of income before they consider marriage. For women, they expect their spouse to arrive in a posh car or he should work in blue chip Company. Sadly, Mr. or Miss Right does not arrive because the conditions are often too huge. This thus blinds your eyes to seeing the available marriageable persons around them.

There are fears some young persons have about marriage. They claim they don't want to be tied down. They want to be free to roam, but they discover later in their lives that they should have been tied down.

One limiting factor men complain about is money! But is it? No. what stops most young people who have reached marriageable age is just the unwillingness to take responsibility. A man who has decided to marry will go the length to make the sacrifices that often characterizes the wedding process. The wedding isn't an occasion only for

the men alone, women also get involved, and the families of the couples too.

If you are afraid of the wedding burden, take first steps first and let the rest follow as you go. God opens doors for those who intentionally want to connect with their fiancé or fiancées in marriage.

Raising a family these days is no longer a one person ordeal. Everyone must play a role, the man and the woman. This is why when considering who your spouse should be; you should consider an understanding spouse.

It's often not a beautiful sight seeing an old father in his sixties carrying his biological kids. You'd wonder what he was doing when he was young. There are rare situations where the couples started the marriage process early in their lives but children didn't arrive early. It's understood. If you are facing this challenge, God will visit with your own offspring. But you will agree that it's a bigger challenge raising kids when you are retiring from active work.

One of the benefits of marrying early is that it allows you the benefit of making mistakes and learning from them without necessarily hitting up the polity. Marriage is a learning curve and you should grow through its ranks learning all the

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