

Weekly Tablets of Inspiration.

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- ❖ To my Facebook friends, finally the quotes on my wall have become a book.

Introduction

There is a virus on mother earth. A Virus that is running rampant, a virus that is daily infecting people's minds, people's faith, people's dreams, people's relationships and people's destinies.

A virus of ignorance, negativity, excuses, failure, fear, doubts, discouragement, depression and hopelessness.

A virus that can only be treated through tablets of faith, prayer and inspiration. A virus that only becomes weakened when one stick to daily

doses of positive and mind transforming words.

As you page through this book, may you be strengthened with these weekly tablets of inspiration in order to deal with the symptoms of depression and discouragement and to overcome life's deadly virus of negativity.

Week 1

Life may have presented you with bitter ingredients that you can't bear. Ingredients of hardships, lack, loneliness, discouragement, delays and confusion. Ingredients that you need to give to God because He is the only well qualified Master Chef of life. Only God can turn your bitter ingredients of life into an eye catching, mouthwatering and nose tickling delicious cake.

Week 2

God is bigger than your burdens, stronger than your struggles and powerful than your problems. Don't doubt His ability even though you may not always understand His timing.

Week 3

Where there is a will there is hope, where there is hope there is faith and where there is faith there is a way. A way to your dreams, a way to your healing a way to your recovery, a way to your breakthrough and a way to your promotion and success.

Week 4

New challenges are a sign that you have indeed stepped into a new terrain. Remember for every new level there is a new devil. So, don't allow your current challenges to blind you from the fact that you have progressed. Challenges are just the first road sign announcing to you that you are in another place. A place of growth, maturity, success and eventually big breakthroughs. Don't stop at

the ugly and intimidating road sign (challenges) but keep driving to the hotel of your dreams and desires. I am currently driving to the hotel parking lot of my breakthroughs.

Week 5

Stop throwing yourself at people who don't see your value. Stop running after people who don't appreciate you. Stop depreciating your price tag by fighting for acceptance. There are other people out there who value your presence, celebrate your brilliance and know about your expensive price tag.

Week 6

This is the time to build strong networks if you really want to make an impact and to enlarge your area of influence. The wealthiest people on earth are not wealthy because of their individual brilliance but because they have a strong network. Days of doing things as a selfish lone ranger are long gone.

Week 7

When things didn't go your way when you were young you used to cry and now that you are an adult, stop complaining but rather pray and think

Week 8

Life is like a guitar you just have to learn to play it. Life is like a song you just have to learn to sing it. Life is like a journey you just have to learn to travel it. Life is like opening a safe, you just have to learn the combinations. Life is like a jigsaw puzzle you just have to learn to figure it out. Life is like cooking you just have to learn to mix the ingredients.

Week 9

Challenges are like weights in the gym meant to help you to exercise your mental muscles. Don't complain, keep doing the exercise. A fit and healthy mind will produce a positive and prosperous life.

Week 10

Life is a journey and you are the driver and it is up to you decide whether to park and entertain your shameful and painful past or to drive to your exciting and fulfilling tomorrow. It is up to you to remain in the parking lot of the shopping mall of disappointments and discouragement or to drive to the hotel of your dreams and desires.

Week 11

It's time to pronounce a fast on worrying, hanging around negative company, listening to unproductive conversations and reading negative stuff.

Week 12

Stop allowing people to use you as a trash can of negativity where they can come and dump their poisonous and negative energy of gossip, lies, stress, frustration, hatred and jealousy. But rather choose to be a spring of life where people can come and drink love, wisdom, hope and inspiration from you

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