

Dedication

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Acknowledgement

I thank the Almighty for the gifts He has endowed me with and for the courage to be who I am.

To my amazing family, I cherish every minute spent growing under your guidance.

To my mentors and friends, thank you all for rocking my world with your beautiful colours.

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Self-Development



Day 1

Do not stop developing
yourself just because
people are intimidated by
you.

Do one thing to add
value to your life today.



Day 2

With self-improvement comes an improved sense of self-awareness; with awareness comes a level of unquestioned resolve to never act below who you truly are within.

With self-awareness, you become empowered and resolute to never seek meaning from things that do not add value to your intrinsic self.



Day 3

People and things suffer
every time you take a
leave of absence from
yourself.

Each time you act below
your capacity, someone
somewhere suffers grave
consequences.



Day 4

We all have different destinations hence, different routes. Your friend's route must not be your route.

Where are you headed?

Will your actions today take you closer to your desired destination or take you someplace else?



Day 5

Replace the pressure to
perform and impress with
deliberate actions
transporting you to the
future you want to have.



Day 6

Learn to give yourself a rational reason for every course of action you want to take especially on the things you want to be successful at.



Day 7

Define your 'what',
'when', 'where', 'why'
and 'how'

Whilst it may be difficult to
know what you want, you
also do not want to leave
your experiences to
chance.



Day 8

Stay in control.

Your joy, happiness, and peace of mind are always under your control, it is up to you to lose control and relinquish that control to someone else or some event or thing.

Repossessing that control once lost comes with a high price.



Day 9

Think of your mind as a throne – it is the seat of power. Do not ever leave that seat vacant.

Be deliberate about what occupies your seat of power.

Do not gamble with intrusive thoughts. Tame them as soon as they make their way in.



Day 10

You know that picture
that keeps popping up in
your head about yourself?
Yes! That one! Hold onto it
and never lose grasp of it,
not even when all hope is
lost. Actually, that's when
you should hold on to it
the most.

Personality
Conversations
Friendships



Day 11

Personality types –
introversion and
extroversion are over
rated. Choose to be an
interesting, fun to be with
person and just genuinely
enjoy people's company.

The problem usually
begins with over thinking,
stop over thinking.



Day 12

Be conversational.

Learn conversation tips,
build a list of conversation
starters and be genuinely
open to knowing people.

Be relatable and fun to
be with.

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