



The
5
Powers

GICANIRO I

The 5 Powers

– 5 Powers You Must Have To Become Successful –

by

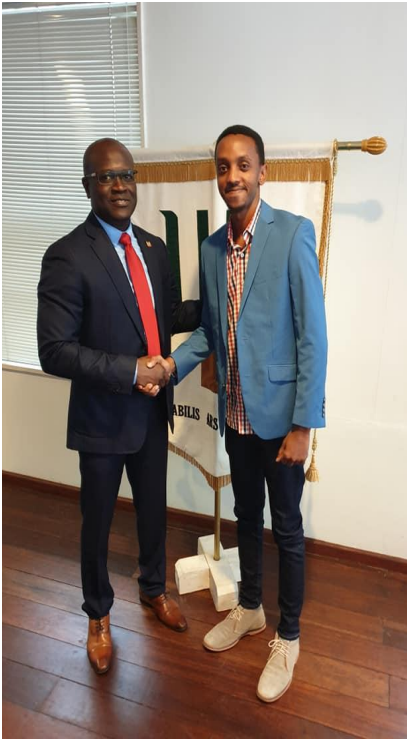
Gicaniro I

To my dearest Mother. You're the source of my
Power, love, hope, wisdom, & life. You're my Sun,
and I.. your Son. Our bond is forever.



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5 CHAPTERS

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Foreword

Power is the ability to live, sustainably, and comfortably. Less about influencing others, or/and controlling the world around you – more about controlling yourself, and motivating yourself to be better every new dawn.

Power is a force within you directing your life, how strong it is determines how far you'll go, and how fast it'll take you.

It's like a bonfire which you must keep burning, by adding a piece of dry wood every now and then.

You add wood to this fire by doing the right thing every day, correcting the wrong thing every day, taking the right path every day, and turning away from the wrong path every day. Enhancing your power is a full-time job. 24/7.

CHAPTER One

Power #1

INTELLIGENCE

**-Wisdom, Values, Choices,
Decisions, Discipline, Knowledge,
Skills, Performance-**

*“Wisdom is your password through life's many
obstacles”*

Moral Values & Discipline

Morality is about the ability to coexist, and the behavior, attitude, and responsibility it takes. Coexisting by itself is a preliminary condition for success. You've to be willing to survive and thrive side by side with others even when your interests, beliefs, and priorities differ.

We need to coexist because everything we want is on the other side, and we've to go through other people to get that which we want. That's why you've to be on good terms with others.

Morality is your guide in your social relations with others. It reminds you of your boundaries with regard to those of others so that you don't overstep, trespass,

Other people are the bridges between us and the things we want – good moral values are the visa through those bridges. Good morals make other people see you as trustworthy, and deserving – the

most critical ticket you must have before crossing any human bridge.

Usually, good moral values depend on the customs and norms of a given people. It is therefore important to know who you're dealing with before advancing to encounter them. Nonetheless, this does not mean you should keep repointing your moral compass to suit where you're, and who you're with. Rather, it urges you to seek understanding before going too far into anything.

In most places, and with most people around the world, good moral values do not differ much — they're all deeply rooted in the following values: **self-respect, honor, courage, kindness, love, care, hope, inspiration, humbleness, happiness, etc.**

Whereas moral values are centered around cultural, and social values. In the professional world, they use a different term but equivalent in meaning,

discipline. Discipline is the ability to observe, follow, and obey rules.

Without discipline, other people in the professional world will neither trust you nor think you're deserving of anything in your pursuit. Not having it is an automatic disqualification. Everywhere you go, in your various dealings, wave your discipline like a flag, high and wide. Let people know you can abide by their standards, then they'll surely open doors for you.

Values of discipline include; punctuality, the ability to respect time schedules, and coming and leaving on time. Respecting hierarchy, delivering on promise, and appropriate presentation, you don't want to look or sound out of place, an outsider who has no business being around. Don't make people wonder who invited you, or whether you've an invitation to begin with.

In social circumstances show your moral values, while in a professional environment, abide by the rules of the game. The rules of the game go with many names. Some call them work ethics, others call them principles, others call them common sense, while others are less flattering calling them laws or regulations.

Rules of the game must be obeyed or at least, you must appear to obey them, failure to do so makes you a marked person, a rebel who must be pursued and crashed before their dissent spills and spreads over to other consenting good followers.

In case you ever want to change or amend the rules of any game, first find out who set them and why. The masters of any game must study as much as they play. Discover enough about them as much as you do their game. This will help you to maneuver, and sometimes bend their rules or to introduce your own if applicable.

Keep in mind that any public attempt to change the rules of any game, or failure to abide by them is regarded as indiscipline by all stakeholders involved. Such reputation is a disqualifying factor, and it must be avoided if possible.

More dangerous, such attempts are regarded as direct attacks on all other consenting people who abide by them, therefore, in such a scenario you may consider watching your back. You'll more likely take random hits for your rebellion.

Note that both moral values and discipline benefit you as much as they benefit the world in which they exist. Therefore, don't take it personally, everyone is experiencing it at the same time. If you think something has to change, be smart about it. After all, this is what the power of intelligence is about – to get you through situations without setting off the alarms, and if triggered, to quickly react, control, and adapt.

Choices & Decisions

Have you ever wondered what was going on in the mind of a girl who got an unwanted pregnancy from her boyfriend or stranger in a one-night stand? What was she thinking? Was she out of her mind?

Here is where it gets tricky, the same girl often gets the same unwanted pregnancy for the second time! Sometimes from the same guy! Probably from the same exact spot! How is that even possible? How can you fall in the exact place twice? Yet every time, it hurts! It makes you hate yourself so much!

What is the cause of repetition of bad choices, and decisions? Why do people keep making the same mistake over again? Could something be wrong with their mindset? Are some wires in their brain not plugged in well? Or is it perhaps a natural weakness? Genes, maybe?

Well, before you can truly understand why people repeat mistakes over again, you've to first understand the process through which choices and decisions are made. You also have to know the difference between choices and decisions.

What is the difference between choices and decisions? Simply, decisions are a mental approval of already made choices. Choices are mental favorable preferences of a person. Note; choices are formed first, while decisions come in later to approve them.

A choice by itself doesn't have the power to launch a person into action until given a green light by a decision. A decision evaluates, weighs, and measures between available choices to determine the most suitable one for you. In case there are no choices to deliberate upon, your decision system easily approves the only available choice in your mind. If none at all, the decision system taps into ongoing feelings for a clue. Obviously, not good

because feelings are greatly influenced by external factors.

For a person to be able to make good decisions, they must have more than one good choice in place before their decision system can deliberate upon which one is best suitable for them.

The question remains, why do we make bad choices, and allow our decision system to approve them? Well, it is because choices unlike decisions are predetermined long before the actual action takes place. Whereas decisions can be made on the spot, choices are made way before so that decisions always have something to approve.

From here it can be easy to figure out how to make good decisions and therefore good choices. First and foremost, take time and make your choices about different things, especially things you'll be doing or need in the near future.

For example; if you're planning to go to the nightclub this weekend, and it's on Thursday, take at least 10 minutes and make choices about what you will and won't do on the weekend at the nightclub. If you say to yourself, "*I won't kiss any man on that night, I won't go home with any man on that night, I won't be in a corner with any man on that night because of abc reasons*" when that night comes, and a man happens to try to kiss you, your decision-making system will command you to stop him.

While you were forming choices last Thursday, you also gave reasons as to why you did or did not want to do certain things. These reasons become the measurement point of your decision-making system. At that moment when the man is trying to get you to kiss, your decision-making system weighs both the choice you made not to kiss him, and the reasons you gave for not wanting to kiss anyone on that night, then a deliberation is made, and a verdict is read which you then act out.

Sometimes, even when you programmed yourself not to do something, you end up doing it. Why? Mostly because the reasons you gave for not doing it were not strong enough to outweigh your natural need for it.

To conclude on this point, always make your choices long before the anticipated activity, and care to give strong reasons for them within your mind. When the time for a decision comes, at the peak of the moment, your decision-making system will judge based on the ongoing activity, your predetermined choices, and the reasons supporting them.

When choosing, start by avoiding the bad, and the worst things, automatically, the good, and the best appear.

Knowledge, Skills & Wisdom

Most aspects of life have been studied in great detail. Possessing such theoretical framework of how things come to be, and how they work, when, and why is what knowledge is about. To know what is there, and can be known so that you can better experience it, use it, and share it.

Ignorance is never knowing what exists without the ability to understand it, describe it, and use it appropriately in a way that benefits you and others. Ignorant people lack insight into how things work, why they are the way they are and their possibilities for transformation.

Aside from natural instincts, and all the subconscious behaviors we pick as we grow, being knowledgeable is the most basic level of intelligence. Most things we grow up doing are learned through imitation of people around us not

necessarily capable of describing how they came to be and why they are important.

Lack of this understanding makes it impossible for a person to grow and improve their livelihoods or performance based on such raw subconscious information. Raw information also limits a person's level of freedom since not knowing much, they are scared of a lot.

Talking about fear, the less you know about something the more you're scared of it and are uncomfortable with it. The Reverse is true. To emphasize the same point, other scholars call it 'fear of the unknown'. What you don't know terrifies you. If it terrifies you, you cannot engage with it in productive ways.

Often you'll find out that people who are more knowledgeable tend to develop faster than others. From this, you might as well say that all inequalities are caused by inequality in knowledge. Even among

people who possess the same exact knowledge, disparities still persist depending on how they apply their knowledge to advance themselves and those around them.

Application of knowledge is what we call skills. It's not enough to know something, you've to come up with ways of applying the information you possess for your advancement.

Whereas knowledge is all about knowing, skills, on the other hand, are about doing. What do you know and can do? In other words, what knowledge do you possess about anything and can you apply it in a way that can lead to a tangible desirable result? Application of knowledge is the difference between a student who will graduate to still live like they never stepped foot in the classroom and one who soars and becomes successful in their career.

Skills have many types, among them;

1. Communication skills
2. Social skills

3. Emotional intelligence
4. Technical skills
5. Survival skills

However much theory you can possess, and how great you can be at applying it, you can't go far unless you're wise. Wisdom is a combination of knowledge and skill, but also other aspects of life like natural instincts, conscience, and consciousness.

Conscience is a natural advisor to you, always reminding you what's right from what's wrong. Consciousness on the other hand is awakensness, or being present in the moment. Without these three; instincts, conscience, and consciousness both knowledge and skills become a speeding giant ship in the wrong direction or to make it worse in all directions.

CHAPTER two

Power #2

BEAUTY

-Presentation, Hygiene,
Charisma-

“Beauty Is A Magnate”

Charisma

There can be something about a person that makes others like them by default. Charismatic people often have successful first impressions. Just set your eyes on them, you don't want to take them off. And when they start talking, you pause to listen to what they've to say.

Such people have a celebrity aura around them. In the eyes of other people, they're never ordinary. They seem mysterious yet approachable. Smart yet cool. Serious yet funny. Successful yet simple. And it is this exact contrast they carry that triggers the curiosity in others and keeps them hooked.

Some may have been born with it. They just have it from birth. Have you seen babies people avoid picking up or playing with? Well, they're there. On the other hand, there

are these adorable cute babies or kids everyone cannot pass without fooling around with.

Usually, this natural charisma is caused by the unique amazing features a baby or a kid has on their face, unique cognitive abilities like eloquence and good memory, and sometimes all the natural charisma around a baby or a kid can be purely circumstantial. A baby born from popular parents is liked by most people. The reverse is true.

The same way natural charisma is obtained and plays out for babies and kids is true with adults. Adults with unique body features, amazing cognitive abilities, and great talent, tend to be naturally charismatic. Also, the circumstantial factor plays out for them, like coming from popular, or wealthy families.

Nevertheless, apart from it coming to you by default, every person has the potential to develop their own charisma artificially. To find out what you can do to develop charisma on your own, keep in mind what its natural twin looks like and then replicate it. You'll know you got it when you begin to draw desirable attention.

You might not have great talent but you can be known for high-level performance which gives you influence over your colleagues. You might not be naturally beautiful with a sweet face but you can still wear fascinating fashion.

Artificial charisma can be simply built on a need-to-situation basis. If there's a need in your environment and you can find a solution to fulfill it, automatically you become influential. Becoming a pioneer in new things makes you influential as well.

The point here is that people can like you for a million reasons, try and get one. Avoiding being on the wrong side of people's wishes and desires, alone makes you likable.

Unlike natural charisma which makes a person both likable and loved, artificial charisma gives you influence over others even when they don't really like you, while at the same time putting you beyond the possibility of hatred.

Therefore, if you are not a natural at it, let those born with it be loved, while you try to be liked, and avoid being avoided.

The importance of charisma is almost dismissable yet powerful due to the fact that people only like to do things they like and love. In the same way, people like to do things with people they like or love. This is where charisma steps in to give you a free

ticket into people's hearts and later on into their minds.

That's the way it works, first, you get into people's hearts then later on, into their minds. And that's only if after being tested by their feelings you haven't been found wanting.

Human relationships are an emotional matter, rationality comes in later after the judgment has been passed and the verdict has been read to the defendant you are.

Point to ponder: whenever you are in a group, make sure you're someone important. Lack of importance among people is a disqualifying factor for charisma. If you're not useful in that situation, how can you stand out and shine?

Within a group, you want to be the guy who possesses special useful skills, someone the group needs to make progress.

Be a little mysterious to keep people curious about you; let them wonder how you do what you do so well, how you manage the difficult tasks, and how you cope and adapt despite the unbearable challenges.

Avoid being the boring one, the disgusting one, the talkative, the gossip, the shy one, the lazy, the ignorant, the loser, and all those negative things no one likes.

Mind your company, you can be so many great things on your own but if the people you surround yourself with are not adored so will you.

As a matter of fact, the moment people see you around people they don't like, they begin to distrust you and doubt you. Distrust can quickly become hatred, yet hatred is something you must avoid by all means necessary. It leads to a total crash.

You cannot sell when hated, you cannot buy at good prices when hated, you cannot work and perform well when hated, you cannot enjoy your neighborhood when hated, you cannot be free when hated, and you can't be secure when hated. Try to remember this and you'll go far.

The opposite of charisma, hatred, brings with it absolute failure. Avoid it like a plague, and quarantine yourself if you must – you'd rather isolate yourself from bad influence than be aboard a sinking ship full of overweight friends who care less about lifejackets.

Presentation

Just like charisma, good looks are either natural or artificially induced. Some people have that look of the sun, glowing and just beautiful no matter the time of day. Whether they've showered or not, whether they've

just awakened or come from a party, whether they are wearing designer clothes or rugs, rich or poor, educated or illiterate. These are the naturals of beauty. They are born with it.

Socially, people are attracted to each other primarily by good looks. If the person looking at you thinks you are pretty or cute, they'll be attracted to you. If the person looking at you thinks you're ugly, the chances of them becoming attracted to you are none.

But who cares if people are attracted to you or not? Well, you should. Life happens at many levels, one of them being the emotional level. If people don't feel good about you, they shut down all the borders you share. Thus, you must work on your looks.

You don't have to look like the picture of a model in the ads but at least try to look good above the minimum.

Unless you're a natural at good looks, there are things that give you away as ugly. One of them is wearing ugly clothes. Making you look shabby and unapproachable. The other one is wearing unmatching colors that make you look backward. If you're average at good looks, choose the colors of your clothes diligently.

One more thing to remember, wear clothes that have an expensive feel on them. The last thing people want to see is an ugly face in cheap ugly clothes.

The good thing about being natural at good looks is that it doesn't really matter the clothes you put on, whether expensive or cheap, knitted by hand or designed overseas,

everything looks stylistic and good on them. Which is quite the opposite of average good-lookers.

There's how you look naturally, and there's how you can make yourself look. This is style. Having a good style in fashion means you know which colors go where and which ones don't; it means you know what the weather is and the clothes to match it with; it means you are wearing clothes that bring the best out of you and make you shine bright like a diamond, just lovely and adorable.

In communication, good style means that your tone of voice is not too loud, not too low but rather calm and deep. Still, it's knowing when to raise your voice and when to lower it depending on the situation.

It means using body language in a way that makes you look believable and intelligent.

Some people's body language is so off and ugly, that they become primary suspects a few minutes into their witness testimony.

It also means how you control your eye contact. Some people don't even know how to look at others, they just stare at them like freaks, not caring to blink for minutes. Imagine someone looking at you that long without blinking. You begin developing negative emotions like fear, doubt, worry, anxiety, and paranoia.

Try not to freak out people, with your tone of voice, the choice of your clothes, your body language, and certainly not with your weird non-blinking stare. When talking remember to pause and catch a breath, it's a conversation after all, not a spelling competition.

A good style does not contradict people's tastes and preferences, it does not stand out as rebellious to standard cultural and ethical norms, and it tries not to be out of this world. You don't want to show up anywhere on Earth wearing planet Mars clothes, that's being a weirdo, not futuristic.

Avoid making yourself look like what everybody knows you're not. That's a red flag for most people. Once they spot you pretending to be what they know you are not through talk or fashion, they will turn their backs and look the other way.

You might argue that you've got the freedom to look however you please. Well, that's not accurate because how you look in public must align with how you are supposed to look according to public standards. Otherwise, forget winning at

networking, teamwork, collaboration, partnership, admiration, etc.

Just like how with charisma you avoid hatred, with good looks avoid looking ugly, weirdo, freaky, or out of place by all means necessary. Standing out is good, but not beyond acceptable standards. This is not asking to conform, rather, encourages you to win.

Hygiene

Have you ever passed someone and immediately sneezed because of the strong odor on them? Sometimes the distinctive, unpleasant smell they have comes from the wrong choice of perfume they use, sweat from a long walk or work, or simply a couple of days of missed showers.

Whatever the case, try not to be smelly around people. People are naturally supposed to breathe in only oxygen, which we can all agree is not a component of sweat or body odor.

If you tend to be sweaty, carry with you small towels you can use to clean yourself just in case you begin sweating. Excuse yourself once in a while and use the bathroom for not just short and long calls, add in medium calls for cleaning up.

Don't use strong odor perfumes, you'd rather not smell like anything than smell like something rotten. Some people don't need perfumes to smell good, I guess they are among the natural ones. About perfumes, keep in mind that some people can be allergic to certain perfume smells. You definitely don't want to be the cause of a

sneezing epidemic at your workplace, party, train plane, or date.

Showering has its separate health benefits, especially for your skin. The most natural and inexpensive way to care for your skin is to take regular showers with a good soap. Do this and you're good to step out of your house.

Care to shower before going out into the public. Shower before going out on a date, shower before going to work, and certainly after work. Showering also keeps your body a little less dry which is good for your body cells and skin tone.

You cannot talk about showering and forget about brushing your teeth. Sometimes an entire group goes quiet when somebody shows their teeth. Dirty, crooked and yellow.

This is the ultimate embarrassment. Yet it's not the worst. Top of the list is bad breath.

You don't want to be the person who opens their mouth and everybody takes cover holding their nose tight.

It wouldn't be prudent to conclude on bad smell without mentioning the disastrous and most shameful air bombs you might release from the lowest chamber of your stomach. Please, by all means, try not to fart in public.

It's okay to excuse yourself, step aside from the crowd, and let that fart go. Out of curiosity how do you even know it is only fart and nothing solid before releasing it? What if somehow it is more than a fart, a trojan horse carrying inside it other hard toxic substances? The more reason to maintain a safe distance between you and

everybody else before pressing and releasing that 'f' bottom button.

The moment other people have had you fart, they don't stop smelling bad odors from you. Even when you've great teeth and brush all the time, they start to feel like all your body holes smell, nothing personal.

More importantly, farting in the public is hazardous to the health of others. One rotten-egg kind of fart can trigger stomach aches in many people including yourself. Therefore, it is dangerous to people's well-being. Please just don't do it. Conceal it, hold it, and step away before releasing it into the general atmosphere alongside other chemical gasses.

For your own good, once you feel like you want to fart, don't stay long trying to reverse it unless you want it off through the mouth.

As mentioned earlier, always feel free to excuse yourself, step aside, and maintain a safe distance then press and release. After blowing it off, simply return among others and chill as if nothing ever happened.

Still, on the lower hole of your body, I cannot emphasize how important it is to clean it efficiently each time after a long call. Some people tend to be hasty, hurrying up everything. Their busy schedules don't allow them to take time and pay attention to small yet important issues. One of them is wiping clean after a long call and a short call. In either case, if you do it wrong you'll come out of the bathroom marked, either with an unusual smell or stained middle front parts of your clothes.

In case you have fluid flu, use a clean handkerchief, and don't keep sniffing it in, it is annoying and disturbing to other people including yourself. Before wiping your nose, excuse yourself and step aside from people. A couple of steps away is enough.

Finally about wiping, always remember to clean your mouth after every meal and drink. And when you eat or are drinking, care to do it gently.

Whatever needs wiping clean on your body, please do it without haste or distraction because you might end up regretting it.

Always put on clean clothes and shoes, and make sure whatever you carry with you is clean. Stay in a clean house, work in a clean office or place, and also let your work be organized and well done.

CHAPTER three

Power #3

WEALTH

-Financial Freedom-

*“ Income Must Flow into Your Accounts Like
Rivers Into The Ocean”*

Clean Income

Many people have risen up the success ladder so high their pictures got hung on the wall of fame amassing huge wealth and power along the way, only for their mansion of cards to crack and end up serving life in prison because they were the almighty mafia, with no respect for rules, laws, and norms. You don't want to be rich like this.

You can not live life playing dirty and expect to never be thrown into the same mud. What you do goes around to come back around to you. All the dirty deals you have done, all the dirty partners you've shaken hands with, all the dirty employees you've hired, and all the dirty bribes and favors you've given will someday somehow catch up with you. Make no mistake about it.

Clean money gives you peace, freedom, and the right to enjoy the fruits of labor without constantly looking at the back of your shoulders scared someone is coming for revenge. I guess you've seen or heard about millionaires who

cannot dare walk down the street freely without a gang of bodyguards around them because they know that out of their many dirty dealings, someone might try to make them pay for whatever bad things they did to them. Therefore, be clean and try to be good with most people.

Even when you fall into trouble, clean money gives you the confidence and support needed to overcome them. But when your money is dirty, trouble only calls for more trouble. Once there's a crack, the whole empire begins shaking, with you stuck inside, unable to jump out because it is only inside you can be safe from the consequences of your past deeds.

It is easy to commit a crime or fraud but most criminals or fraudsters never ever think about how easy it is to catch them. A thief plans the entire heist to perfect detail, without considering once the exact same plan will be hatched to capture them after the heist. Getting caught is as easy as doing the crime.

The problem with most criminals and bad people is that for some weird irrational reason, they begin to think that they are smarter than anyone else, more intelligent than anyone else, and lucky than anyone else. Definitely wrong. There's always someone smarter, more prepared, and ahead of you.

Then there is the everpresent unknown factor. No matter how great you are at planning, doing bad things, and getting away with it, you never know when somehow, something is going to go wrong. It always does. Something unexpected is going to happen that you're not ready for, someone is going to snitch on you, somehow you'll make a slight mistake and that's what will cause you trouble.

A perfect plan does not exist. It would require controlling all things in the universe at the same exact time. Are you really that powerful? More reason to give up the criminal path and take the good road to success. Better is to try to control yourself, your ego, judgment, ambition, greed, appetite, desires, wishes, intelligence, and your

attitude than to try to control the world around you and dictate to it how it should react to your schemes.

Obedying the laws in turn protects you as well. If you buy something legally, and something happens to be wrong with it, the laws grant you the right to get a refund. But imagine if you bought from a hacker on the dark web. Or a fraudster on the darkest corner of the street?

Generally, most people, companies, institutions, organizations, and governments don't like to be involved with people who commit illegal acts and demonstrate illegal unacceptable behavior. This isolation can ruin your business if it already exists, or prevent you from starting one.

Life-threatening consequences are inevitable for criminals, and people who don't obey the law. You risk your life the moment you decide to engage in illegal unacceptable business activities. To make it worth it, the deeper you get involved with mafia-type-of-people, the more

you expose even your own family members and loved ones to danger.

In business, as is with other fields of life, reputation is the foundation of partnerships. You don't want to be known as a thief, a con artist, a fraudster, or a person who deals in illegal activity. If potential partners think of you negatively, as a bad, immoral, undisciplined, rebellious evil person they'll change their minds and choose someone else. Guard your reputation, it holds all your business relationships together.

Clean money is not only about avoiding business crime and fraud but also choosing safe and simple yet profitable business opportunities, partners, and stakeholders. Why get yourself into a business where you'll never sleep well again?

Risky, complicated, and highly demanding businesses are dangerous to your overall health system. If you can't eat, if you can't sleep, if you

can't be happy and continue to enjoy your social life, perhaps you should reconsider and find out something you can change about that business.

Some employment opportunities are enticing and attractive in salary and convenience but the conditions they come with might not be one bit good for you as a mature and free human being. If an employment or business opportunity irrespective of how big it pays, comes with conditions that put your life in danger, give it up. If such an opportunity will exploit you sexually, morally, or physically, you better give it up before it is too late.

Eventually, the mistakes we made, and sacrifices we committed trying to secure conditional opportunities return to haunt us. Nothing should ever make you compromise your dignity, your self-worth, your conscience, or your peace of mind because, at the end of the day, those are the very things that make you feel human and alive. If you lose them for money, you'll indeed have sold and lost your soul.

Multiple Sources of Income

Trade is the foundation of all income-generating activities. Everything that generates money involves a certain degree of trade. Trade refers to the buying and selling of commodities or services for profit and utility. Profit for the seller and utility for the buyer. Thus, making selling the most profitable business activity there is.

Whether you are self-employed, employed, an investor, or an entrepreneur selling is what you do. It is always a product, service, skills, time, presence, attention, and knowledge you are selling to others who need it and are ready and willing to pay for it.

Even in barter trade, where money is not a medium of exchange, and people just exchange things they have for others they don't, there's selling involved. In fact, with barter trade everyone involved is both a seller and a buyer at the exact same time.

Employment is the most common source of income for many people. Employment is the easiest source of income as long as you can do as you are told. It is the easiest because your salary or wage is guaranteed.

For most people, employment becomes their first safe means of earning money. The risk involved in getting a job is less than the risk involved in starting a business yet there exist some high-paying jobs in which an employee can earn more than an entrepreneur or an investor.

There's a tendency to undermine people who are employed. Regarding them as the inferior ones. Nothing can be further from the truth. Employment is a source of income just like any other.

The employee goes through almost similar experiences as an entrepreneur or an investor. They all get challenged, frustrated, tired, worried, anxious, excited, etc. What distinguishes the three is the ability to grow and

scale, which gives them the capacity to multiply their income many times over.

The factor of independence is questionable since everybody in whatever field of life is to some extent dependent on something else or someone else to some degree. Whichever way you earn, more important is your ability to retain what you earn, save it, invest it, and multiply it. If you can do this, it won't matter if you are self-employed or not.

Employment doesn't reduce your chances of becoming extremely wealthy. It doesn't make you unlucky in the game of the rich. You still have a shot just as entrepreneurs and investors. All you have to do is retain most of it after earning it, then saving it, and then investing it to multiply it.

Employment becomes your channel to obtain means to step into the investment or entrepreneur world. Keep in mind that you can have one foot in all those income-generating fields as long as you earn from all of them.

Employees seem inferior because, most of the time, most of them know nothing about the art of multiplying money. They don't even believe they can be extremely rich. Therefore, they stick to low expectations and only hope to obtain their daily bread and pay their monthly bills.

Their failure to become extremely rich is not because they can't but because they don't even believe they can in the first place. They never think about it. They never talk about it. They never look and behave like it. Worse of all, they don't learn, and study the world of entrepreneurship and investment because they've already settled for a monthly paycheck from their boss.

Just like experienced entrepreneurs and investors, employees too need to be financially literate. Learn the language of business and money. Learn the theory part of it before you can ever begin to practice it and later on experience it.

As an employee, work on your philosophy about a lot of money, and dare to develop desires of wealth and financial freedom. Work on your beliefs, and attitude about work, partnerships, and money-making. Usually, a person is their number one setback. Try not to get in your way on your way to success.

Also, contrary to popular opinion, you don't have to quit your job first to become an entrepreneur or an investor. Making money has nothing to do with quitting your job given the fact that a job is also a legitimate source of income.

The worst of all is to quit your income-generating job to become a beginner entrepreneur or investor without any experience whatsoever. The chances are you'll be among the majority who fail. It is not the transition that makes you rich, it is you and how you think and react to opportunities and challenges. Even monkeys don't let go of the previous branch before grabbing on tight to the next. Do better.

Employment has its pros and cons, the downside being that other people have too much control over how you behave. They even go further to dictate to you how you should think and interpret situations. This is probably why employment is regarded as a cousin to slavery.

The best solution is to plan and decide how long you will remain in the employment sector before transitioning to being a fulltime entrepreneur or investor. You can even plan when you will retire, having invested your earnings over the years in multiple income-generating opportunities.

The point is, that there's no hierarchy to amassing wealth and becoming rich. One effective strategy applied to good opportunities on any good day can make you a millionaire. This can happen regardless of whether you're employed or not.

Entrepreneurship, on the other hand, is also another source of income that gives you a chance to scale and grow massively earning

huge profits along the way in case your business is going well. This is where an entrepreneur differs from an employee. Their business can grow and become big at any moment hence making them extremely rich overnight or gradually.

As an entrepreneur, avoid the trap of falling in love with your company, product, or service so much that you forget the real reason you went into business, to be rich. Entrepreneurship is not a philanthropy venture, it is a for-profit endeavor. Everything you do is aimed at making you more money and fast.

Understandably entrepreneurs prefer to have a great cause behind their businesses that goes beyond profit-making. That's correct and fair enough. Some entrepreneurs choose to do what they love and make money out of it. Yet that's no reason for making losses and wasting time on business ventures that have no future.

If you insist on helping and being a champion of positive change then simply change your career path and go into the charity sector. Transform your company into a non-government organization. Your primary mission as an entrepreneur is to grow and make your business successful which means, profitable.

Entrepreneurs are also required to save part of what they earn and invest massively as well. For them, investment is a part of their diversification strategy. As their original business begins to grow and take off, they begin to look for other profitable opportunities they divert part of their profits into.

Investment is probably the most liberating source of income. All you've to do after making an investment into an already existing operational business or real estate is wait for the right buyer or time to resell or simply enjoy your dividends payouts assuming that the businesses you invested in are profitable.

In the case of real estate, invest in rental houses. This will give you enormous cash flow for diversification and lifestyle. You can also invest in for-sale houses provided you make sure that they will be profitable.

Not all money is worked for out there, some money is freely given away through grants and subsidies by the government depending on the importance of a service or a product. If you can set your business to gain from such subsidies or grants your income will certainly increase.

Fundraising is another way to generate income. You can fundraise capital for a new business or investment opportunity or you can do it on your own for personal use. Whatever the case, if done right, for the right target audience and a good, sensible cause you can gain a lot of money from interested people and support across the globe.

Assets

Whatever you do as an employee, entrepreneur, or investor, care and focus on increasing the overall number of assets in your possession. Assets are the best store of value, they are the most effective way to both save and invest money. Some assets have the potential to double, triple, or quadruple in price overnight.

Great assets must have a high earnings potential and a low-risk potential. They must always be appreciated. Except for seasonal adjustments which can be tolerable.

Your assets must also not be tied to debt. Until that debt has been paid off, they are liabilities.

Until you possess enough risk-free high-earning and appreciating assets, only then have you arrived among the truly financially free people. At this point, indeed money is working for you.

Notice how as an employee you work so hard at someone else's business for a paycheck. The same is true as an entrepreneur even though you're your own boss. But still, you work so hard to start and lead your company to growth. New investors and others who have not yet amassed large sums of risky free high-earning, and appreciating assets also work hard to keep their investment capital safe.

Your goal should be to get to that higher point where the assets holding your money keep generating more money while you enjoy life.

Talent

Talents are assets, but you need to keep adding value to them by improving them every day. Most great businesses sprung forth from the talents of people. All products and services come to exist through a combination of multiple talents by different people. The economy itself is sustainable and upheld by the talents of people on its two main levels; production, and

distribution. Therefore, if you've got a great talent, it's no different from having a gold mine in your backyard. All you've to do is act like professional miners. Roll up your sleeves, and get to work. Start and build a business around your talent, the chances of success are high, and if anything, failure only leaves you with tremendous experience and a more developed talent. If you're not earning money from your talent, blame yourself. Just like gold miners, when they can't seem to reach the gold, they blame themselves, not the mine. Because, they know, the gold is stuck in there, waiting for someone to reach it, and rise with it.

CHAPTER four

Power #4

HEALTH

-Fitness, Healing Power, Sanity-

*“A Person Needs A Trinity Of Fitness; Body,
Heart, Brain”*

Body

The human body needs maintenance. A sustainable system of care to keep it functioning at its best and to help it withstand the various challenges it endures on a daily basis. A strong body is essential in preventing diseases and helps in quick recovery in case of any illness. A strong body means stronger body cells, tissues, and organs that can stand up to any external threat.

Stronger bones and the skeleton prevent you from injuries and hurt. They also reduce the level of pain you experience in case of an accident. They are also good for your body posture and movement, both of which boost your confidence and self-image.

It is important to always remember that every part of your body needs regular exercise to keep it functional, strong, and ready. That's why when talking about physical exercise, it is not just about your muscles but also about other body

parts like your teeth, and other internal parts like your lungs.

How do you exercise with your lungs? You hold regular breathing exercises. Breathing in and holding for a couple of seconds and then breathing out. This is great for your lungs, your heart, and your brain too.

The body's three parts are all essential and critical for the continuity of your existence; the skeleton for movement, internal organs for biological life, and the skin for structural appearance. Each of these body components has its unique and necessary set of safe exercises that must be done to keep it functional and healthy.

Every component of the body needs regular and consistent care and attention. Their functioning capacity, even though natural, depends on what you do to care for your body and how effective and often it is.

So far, regular well-done physical exercise is the most effective, affordable, enjoyable, and convenient way to care for your body. Physical exercise is all about motion, engaging your body in coordinated movement with an aim to stretch the muscles, strengthening both them and your bones in the process.

A fit body makes you feel confident and excited, it makes you want to go out and enjoy life. It is important that you pay attention to your weight. Don't be overweight, don't be underweight. There's a standard measure of weight a healthy person ought to have which is in correlation to their height.

Unless you are a professional bodybuilding professional doing it for passion and work, there's no need to look like you are about to explode with unusually big muscles. The effort and the pain your body goes through to look like a heavyweight champion is excruciating. Why would you make yourself suffer to that extent?

Looking good, fit, and healthy has nothing to do with six packs on your stomach. Imagine the stress and suffering your body organs have to bear in all those years you spend trying to look like a heavyweight champion. Do you really think you can go through with it without any internal damage?

The physical exercise you need to be fit and healthy should be simple, enjoyable, and not painful. Contrary to the belief of heavyweight builders, that ‘when you begin to feel the pain that’s when you should double down on those push-ups or when lifting you should add extra weights’. Pain is not a green light for anything. It is a red flag. It is your body begging you to stop hurting it.

Jogging and walking mixed with safe stretching of muscles before and after the jogging or the walking does almost everything you need to maintain a healthy fit body. Start early in life and make jogging and walking a habit. Then you

won't need too much at once because your body's way out of shape.

Talking about shape, remember that it is all about perception. Some people think 'big size' is good shape. Others think 'slim' is good shape. Others think the medium is a good shape. Therefore, don't expose yourself to dangerous physical exercise just to obtain a specific body shape you've heard about or seen in the media.

Massage is best not just for relaxing the muscles but also for skin care. By gently rubbing your skin, you are exercising the skin itself.

A balanced diet is another effective irreplaceable method of taking care of your body and supporting all other attempts to do so, like exercising. Before and after exercising you are required to eat enough food and good food. Good food is full of nutrients needed by different parts of your body to function and survive.

As the adage goes, food is medicine. Organic food has all the nutrients and natural treatment and maintains the power to keep your body growing and strong. As a matter of fact, in the process of caring for your body, eating good food comes first and all other things come in to supplement and complement the work good food is already doing in your body for your body.

You've to learn and know which foods are good for various parts of your body and commit to including them in your daily meals. The reason it is called a balanced diet. It means your small plate has on it everything your body needs to function well.

Failure to eat, and eat well renders all other attempts to care for the body futile. As mentioned above, food makes the body, builds the body, and keeps the body intact. Without it, full of needed nutrients and fed on consistently, your body will be damaged in and out, low and up and it'll affect all other aspects of your life, including your life itself.

That's why food is a basic need and a human right. You can't deny yourself good food, and nobody should dare try it either. It's your right to eat well, and it's your natural duty and responsibility to find, prepare, and eat good food.

Listen to and respect your body. Your body is naturally designed to know what it wants to the exact amount of dosage. If you can listen, you can hear it talking to you. Whispering exactly what it wants, when, how, and why. If the body needs it, it tells you through your brain. If your body needs to pee, it tells you through your brain. If your body needs to have some rest, it tells you through your brain.

Your body talks to you through a warning and signal system. Everything that happens to the body, is communicated to you through your brain. And sometimes when the excitement or pain is overwhelming, the body releases different types of fluids to indicate and confirm to you what's going on.

When there's too much temperature, the heat on you burning hot, your body releases sweat to show you what's happening. When there's too much cold, temperature freezing, your body contracts to inform you what's happening. When it is turned on sexually, it still tells by releasing specific fluids through your sexual organs.

Whatever may happen to the body, it finds a way to let you know, by changing color, sweating, contracting, releasing fluids sending pain signals through nerves to the brain for your interpretation, or not responding at all. Whatever the case, always be on the lookout for signals and warning signs from your body then act and behave accordingly. Don't form a habit of contradicting your body's demands. It backfires causing unbearable damage to you in the end.

Heart

Many doctors tell their patients that a big percentage of their healing depends on their desire to heal besides the treatment they are

receiving. Healing happens first on the emotional and psychological level, it is from here that it manifests as recovery.

The treatment you receive at the hospital mostly cures the symptoms of your problem. But because the body has its own natural healing power, it depends on you to choose and decide to heal. Yes, healing is to a large extent a personal choice depending on how strong your inner spirit and desire to live and be happy is.

As weird as it sounds, we choose to heal and we choose to recover of course with the assistance of various types of medication. Accepting to take treatment by itself is a process of healing. Abiding by the recommendations and guidelines of the medicine you take is also another step at healing. Yet all these steps can't happen if you don't want to. You've to be interested in your health, well well-being, and eager to be up and living.

Deciding to go through with the whole process, slow but sure is the final step into healing. At each level, it's you who's choosing and deciding to take action. And to give other people permission to do something about your pain.

Without your consent and strong will, nobody can treat you well. Forced cure doesn't work. It might buy you time, but eventually, you succumb to whatever is hurting you because you are not fighting for yourself.

Medicine works when somebody is also fighting to stay healthy, recover, heal, and live. Constant disregard for medical requirements and disdain for medical professionals interrupt the right dosage of treatment you need to recover and heal. This applies to all medical conditions.

The state of your emotions plays a big role in your recovery process. Positive emotions help a person to heal faster while negative emotions weaken the body further. Healing power is derived from your inner powerful will and desire

to want to live, to be alive and happy. This requires you to maintain a positive state of mind, and positive emotions and stay in positive environments.

Being in the company of naysayers, negative doubtful cynical people does harm to your heart and overall health. It affects your inner healing power. When your surroundings are negative and destructive, your inner light begins to dim. In this low state, anything that happens to you meets little resistance from yourself because you are already compromised by the overwhelming darkness both within and around you.

Hence, you are your own doctor, everybody else irrespective of their higher qualifications comes in second place. You lead, they follow. You consent, they do their job consulting with you every step of the way. In fact, you are the only doctor of yourself, everybody else plays the role of a nurse.

Brain

Of all human body parts, the most powerful yet unappreciated is the brain. The brain is the center of life as we know it. Everything we see, everything we hear, everything we touch and feel, everything we taste through all our senses comes from and goes through the brain.

As a commanding center, the brain gives millions of pieces of orders to different parts of the body and follows up to make sure that they are executed, it then records the entire process for future reference. It is like a natural biological intelligence system within your body doing everything for you without you knowing or trying hard.

The talk about what AI does or the fear of what it might evolve to do in the future is nowhere close to what the human brain does and will continue to do in the future. The capacity, endurance, and power of the human brain cannot

and should never be compared to the artificial intelligence stored in computers.

The life you know is the life your brain interprets for you. Without your brain explaining, defining, and breaking things down for you in a way you can easily understand them, you wouldn't understand a single thing in life, you wouldn't see, hear, taste, or feel a single thing either because it is the brain doing all that for you.

How then do you not appreciate and be grateful for what a wonderful biological magical tool the brain is? Why then don't you commit to taking care of it, and refrain from doing things that affect your mental health?

The funny part is that everything damaging you do to yourself the brain warns and advises you against. Yet more and more people continue to do things and accept things that affect their brains.

You already know that overworking yourself, without ever getting enough sleep, eating well, or relaxing, damages brain cells before repair. You already know that over-drinking alcohol and overdosing yourself with drugs affects the functioning of your brain, causing severe damage along the way yet many people go ahead and do it.

You may wonder why the brain, given how powerful it is and all it does for us, allows us to do things that affect it and our lives. Well, it's because the brain is designed to allow you to choose, and most of the time your choices are based on emotions, something that the brain has no jurisdiction about.

The brain is not only a natural biological intelligence system it is absolutely programmed to be democratic. That's why it'll provide you with all the necessary information about drinking alcohol, give you all warnings but will not force you to break that bottle of beer or force

you to walk out of that bar and leave your peers behind.

Unlike other body organs that talk to you using signals and warnings, the brain goes way further and actually communicates to you in the most vivid way possible, thoughts. Before you cross the road, it has already calculated the distance and proximity of the incoming vehicle to you, it has already determined the probability of danger and within an instant it informs you. But do you listen? Are you ever paying attention?

Paying attention to the daily state of your mind and brain is the first step to your mental health. Pay attention to what your brain is trying to make you see, hear, feel, taste, and choose to react accordingly.

The brain on its own is designed to resist the pressures and the threats directed against it. But what causes severe damage to the brain usually comes from the damage other organs of the body are experiencing. Every part of the body is

connected to your brain. Thus, anything that happens to any part of your body affects your brain.

This way if too much is going wrong at the same time to many parts of your body, your brain becomes overwhelmed, and tired and might even begin to malfunction. At this point, you've failed your natural duty of taking care of yourself as a human being for survival's sake.

Stress is a warning signal the brain emits so that you can take appropriate actions about whatever you are doing or experiencing that is not good for your mental health. Before your brain activates stress signals, it tries to advise you against every mistake you make. Eventually, it decides to wake you up to the danger that you are causing. Funny enough, even after the brain has used pain to warn you, most people go ahead to do the unwanted things anyway.

If you've been looking at your computer screen for 10 hours without taking a single break, your

eyes experience damage which also reaches upstairs in your brain. It's as if those other body parts experiencing damage because of your actions cry out to the brain for help, the brain in turn activates stress and pain to try to warn and stop you hoping you can change course and do what's needed for your body.

If you go to the gym and lift too heavy objects, all internal organs will scream out loud to the brain, then the brain will activate pain, and later on, it will activate stress and weakness trying to warn you and stop you from doing it again.

If the brain did not do this, limit us, and control us with pain and stress you would succumb to your suicidal behavior which most human activities seem like. A human knows that it is dangerous to climb a freezing mountain, but still, you climb it. A human knows that it is dangerous to drink too much alcohol, but you drink it. A human knows that is dangerous to overwork and not give yourself regular pauses,

but still, you do it. As you can see, most out of behavior is suicidal.

The brain, your brain is always trying hard to protect you, to stop you, to weaken you at times, and to scare you but all to save you and sustain your life.

There are things you can do to help your brain help you. Simple things you can do regularly to make the brain work easy and thus keep your mental health stable. The good thing is that most of the things you are required to do to maintain stable mental health are exciting and enjoyable. Imagine that!

Playing, dancing, singing, and laughter are the most effective support systems for your brain that ensure your mental health. Dancing goes further to also be physical exercise. Someone who likes to dance can become as fit as someone who goes to the gym every evening.

Play, dancing, singing, and laughter relax the brain making it function smoothly and properly. It is because these fun activities are not harmful to any internal organ but rather useful therefore no stress is produced because of them.

While you play, dance, sing, and have fun your brain goes on a short break. Imagine that! Who doesn't need a break from hard work?

Another simple yet important thing you can do for your mental health is to avoid complicated work, things, or situations if you can. The brain works double to get you through hard, troublesome, or complicated situations. That's why it is advisable to do things you love, be in the company of people you like, and stay where you enjoy and feel comfortable. All this makes the brain work easier which in turn contributes to good mental health.

Make sure your beliefs and philosophy are positive and constructive, beneficial for you and others around you. Otherwise, given the hard

stance of beliefs and philosophy on the brain, if they are evil, wrong, negative, or destructive it will cause severe damage to you and others around you.

Beliefs and philosophy are powerful in a way that they act like preinstalled commands the brain has to obey irrespective of the situation or circumstance. This is dangerous given the fact that the brain works best free, capable of analyzing, evaluating, judging, and deliberating on every single situation you are in for your own good.

When your brain is following your preinstalled beliefs and philosophy it cannot work at full capacity, which compromises your decisions and choices hence putting your life at risk.

Respecting your conscience is also something you can do to maintain your mental health. Every time you contradict it, your mental health sparks conflict within yourself which in turn

creates stress and negativity within your brain system.

Doing or saying things that contradict who you are or what you like and love affects the well-being of your brain. It is disrespectful. Who likes you be disrespected? Your brain through conscience tells you that something is wrong or not good but you instead shrug it off and do it anyway. This disappointment does not go away even for your brain. It stays within your system as stress, negativity, or some other malfunction.

Grow and improve your mind to keep it young and active. Your mind must be updated and sharp, ready to tackle any theoretical challenge. This in turn grows your rationality which is what your brain bases on to pass judgment. Therefore, read good informative constructive books, learn new useful things, and stay open-minded to allow in what is good while blocking out the vice.

You can avoid depression by making sure that you are always high. Not high on drugs and alcohol but high on excitement, positive vibes, coolness, and calmness. The low feeling is a sign that something is wrong. If it persists, it itself becomes something wrong going on which causes other mental health problems.

Therefore, try to remain excited, happy, cool calm, and strong in every situation. Keep your energy up, that will keep you up and well. Be happy, even when everything going on in your environment tells you otherwise, just do it anyway for the good of your health. Be happy. Keep smiling, and keep laughing even in war-like situations, it keeps your brain sharp and your conscience active.

CHAPTER five

Power #5

ALLIES

-Good Friends, Partners, Family-

“Supportive People Are Bridges”

Good Friends

An ally is any person who has agreed and decided to support you in any way possible expecting you to return the favor whenever need be. Allies are brought together and held united by mutual interests guaranteed by their cooperation. This win-win cooperation is usually predefined and determines what the mutual interests are and how each side will fulfill its obligations.

An alliance, basically a union of allied parties, thrives because each side benefits by relying on the strength of the other side. It is a ‘scratch my back, I’ll scratch yours’ deal. The difference between an alliance and usual friendship is that it is founded on consent, agreement, and predetermined obligations to be fulfilled by either side.

It is definitely a partnership contract. Once into an alliance, or have agreed to be an ally, you can't just walk out of it without mutual consent of all people involved. There are consequences involved in not completing your end of the deal.

An alliance is guided by predetermined principles, rules of engagement, communication channels, and constant monitoring and evaluation of the status of each party to find out who is falling behind, why, and how to correct it. All this due process, procedure, and standard course of action is non-existent in a friendship.

A friend can be anybody who does not mean you harm and is less willing and likely to hurt you in any way. The transition from stranger to friend is easy and fast. It can take a fraction of a second just to feel comfortable and yourself around another person. Half a second earlier you can be a stranger to another person, and half a second later become friends.

Even one shiny smile can take you through that transition. One shakehand, one hello or hi, or hug, or one mutual friend can make you a friend to somebody else instantly.

It is a common understanding that friends of your friends are also your friends. Friendship is easy to forge because it requires no solid conditions or requirements. You don't

have to bring anything to the table just yourself as long as you are willing to mingle.

As fast as you can enter into a friendship with another person, the same way, with the same speed you can get out fast. Friends, easy they come, easy they go. This is the downside of friendship. There's no guarantee. No rules of engagement: everybody keeps on being them irrespective of the other person's interests.

People like this kind of friendship, with no conditions at all, because they can do whatever they want, whenever they want without serious judgment and repercussions from their friend. In Fact, they expect support in whatever they do even when it has nothing to do with you or is not benefiting you at all.

Such simple ordinary friendships are good to have. It's okay to have as many people as you can, in many places as you can. They come in handy and make your life smooth and convenient.

Then there are the 'not just friends' but also good friends. These kinds are more loyal, more reliable, more

trustworthy, and they stay around for a little longer than others. With good friends, the relationship comes with a little sincerity and responsibility. You advise each other and watch each other's back. Also, you enjoy life together in many ways. And sometimes work together on many mutually profitable projects.

Good friends do often volunteer to each other's work and aspirations, helping out and giving necessary support where it is needed. Most of the time without even being asked to do so. Nonetheless, all this goodness can suddenly stop and what was friendship can quickly become enmity or decide to go back to just friends or fresh strangers.

The line between friendship and enmity is tiny, sometimes it can be crossed twice in the same day. People can be great friends in the morning, worst enemies in the afternoon, then back to best friends in the evening. Sounds like the stock market, with its bulls and bears. Most people survive and thrive through that chaos.

Obviously, people like having friends primarily for social reasons. It's a lot easier to hang out with people you are familiar with, and those that you know and know you. It makes communication easier. It makes enjoying the moment easier. People are naturally inclined to be social and to have others around them so that they can do things together.

Loneliness can be an excruciating feeling, painful and unbearable. For this reason, many people would rather be surrounded by friends, even if they were fake friends, than be alone. Fake friends are those people that stay in your life because perhaps they are benefitting or maybe because they too don't want to be alone. So they fake everything in that relationship.

Meaning that they are definitely and obviously not reliable, not trustworthy, and not fun to be with. It is easier to spot a fake smile, a fake handshake, a fake hug. You can tell if someone doesn't mean what they are saying, or when they are outright lying to you or gossiping behind your back. This fear of being alone is the worst reason to have friends.

Unfortunately, there's a stigma around not having friends. It is called 'antisocial'. This status of a loner comes with many at times severe consequences such as deliberate isolation by others even in matters that concern or benefit you. Being picked on as a dangerous person, etc. a loner is the primary suspect in case something wrong happens anywhere.

For some reason, people evolved to believe that people who live alone are not stable mentally. This at times turns out to be fact, especially with people who experienced trauma or those undergoing severe depression. This makes it harder for a person to be alone when they just want to, not because they have psychological issues. Therefore, it is advisable to keep at least a few people close and around you.

Often you hear about friends betraying each other, hurting each other, gossiping about each other, or fighting each other directly or indirectly. Yet this does not stop people from keeping others close as friends. It is mostly because the benefits of having friends far outweigh the troubles. Even one benefit essential to your career well-being or success can make you stay in a

friendship you know is fake. In this case, it's not just them faking it, you also are faking it.

For what it's worth, have as many friends as possible wherever you go, the benefits far outweigh the danger of isolation. Make sure your friendships are reliable, sustainable, sweet, constructive, and flexible. More importantly, keep in mind that people imitate your behavior and they reciprocate it. What you do to them, they do to you. What you don't do, they don't do.

People, especially friends, like to return a favor. Thus, know that whatever you do for them or to them, they might return that favor in one way or another, someday. It better be good. If the returned favor is not good enough as yours was, at least you will have a basis for complaining and demanding more from them.

In all your friendships, try to be as good as you can be, as genuine as you can, as kind as you can, as professional as you can, and as rational and mature as you can. Don't be naive, reckless, ignorant, superstitious, rude, indisciplined, immoral, ungrateful, hypocritical, and all vices. Remember, what you put in is most likely

what you'll get out of it. And friends, they do return your favors.

Good Family

Family members are natural friends. They are your friends by default. Tied to you by blood and genealogy. You're supposed to uphold good relationships with your family since most of the time they are the closest human beings to you. They are not just close to you, they know a lot about you, past and present.

Unlike friends and partners, you can't choose who your family members become except later on through marriage. Saving marriage for later, family members are unexpected yet they should be respected and cherished. Often they turn out to be the most basic support system you'll ever have.

Family members ought to be caring, loving, supportive, protective, and reliable. They've to be people you can count on. But as is with all human relationships, you are also required to reciprocate their care, protection, love,

and reliability. They've to count on you too. It's a two-way process.

The family is a natural team we are born into. It is one we are forever bound to belong to and should therefore try our best to make it a good team and a winning team. When you score a goal in life, within your career, work, or business, you've also scored it for your family. The same is true when your family members make a score.

Keep in mind that the reputation of your family somehow becomes yours as well. And yours becomes that of your family. Therefore you cannot just ignore it, or separate from it. The best thing you can do is to improve it and help all your family members become better team players and successful ones too.

Whenever there's a misunderstanding or a problem between family members, the best thing to do is not walk out and say goodbye, the burden of even thinking that you're not on good terms with blood relatives is sickening. It weakens you even when you have friends, it counts less if your family is completely lacking in your life, especially if they are still in existence.

Every family member should see themselves as an extension of the family and should try to do and say things that don't affect or compromise the reputation and life of fellow family relatives. There's a lot one might give up or forego just to save their family and keep it united and happy.

Family members need to understand that what they've is a natural alliance given to them at birth to cherish and protect. Imagine it is like some animals, humans after giving birth immediately abandon their babies. Meaning that there would not be a family from which to grow up, and to experience love, care, protection, learning, and guidance.

What would become of human beings, what would happen to the world? The answer is pretty obvious, life expectancy would drop to a few hours. Thus, a family is a life-saving, and sustaining system to which you ought to belong.

Good Partners

Partners are also friends of some sort or at least ought to behave as your friends. The only difference is, that in a partnership there are more predetermined clear conditions, duties, and responsibilities all involved parties must agree to and abide by.

With ordinary social friendships, anyone involved can come in and out whenever they please without giving a single word of explanation, and in case of damage, they are not obliged to pay anything back or return the favor. Totally different from a partnership, it is based on legal or for the minimum cultural and religious contracts which can be verbal or nonverbal.

Partnership contracts are written down, signed by both parties with consent, and documented for future reference and guidance. These contracts define and illustrate what the partnership is about, and what is expected of all parties involved.

Partnerships have rules and regulations, they've performance measurements and indicators, and they also

have well-documented the consequences of not abiding by the rules or understanding of the contract. A person can just walk out of a partnership without explanation and approval by those involved.

In case there's any damage, payment, reimbursement, and punishment take effect with regard to what the original agreement states.

Partnerships are also different from friendships in a way that relevant authorized third parties play a monitoring, evaluating, refereeing, guiding, judging, and directing role in the partnership. Which can't happen with usual social friendships.

Good partnerships must adhere to all jurisdictions in place. Observing all rules and regulations that put and bind them into existence.

Whereas partnerships are protected and guided by laws, rules, and regulations. Partners on the other hand, even though are as well bound by the same rules, laws, and regulations are human beings who can choose to think, behave, and act as they wish at any time.

Hence, you must be careful when choosing your partners. Choose those who are ready and willing to let you win as much as they win. Choose those that are honest and not corrupt. Choose those that are not deviant, stubborn, and violent. Choose partners who you know will stick with you through challenges and triumphs.

A good partner should be reliable and trustworthy. You can't work with someone who you are not sure will show up at work or whether or not they'll manage to fulfill their responsibilities promptly and effectively.

A partner must also have the capacity and potential to cause and allow growth for all people involved in the partnership. Some people block growth with their limited vision, stereotypes, and poor judgment. With such people around, the partnership is doomed to fail.

Partners must have skills, knowledge, and resources that supplement and complement each other with regard to the success of their partnership. If one side has conflicting interests or conflicting behavior then the

partnership should not go on unless agreement is reached on how to accommodate and deal with such conflict.

Selection of partners sometimes does come with many alternatives depending on the situation and available potentials. Nevertheless, partners are forced and obliged to be good by the clearly outlined, and documented partnership conditions and guidelines.

Partnership conditions and guidelines must clearly elaborate on what's expected of each person, it must draw boundaries, and assign duties and responsibilities to each person.

Partnerships are formed for various reasons, some social, economic, and others political. Social partnerships are mainly about marriage between a man and woman who agree to join together, share life, and start a family together. This is a crucial partnership because it acts as a support system for all people in that family, giving them the necessary and right inspiration and support to pursue their various endeavors.

Failure of family members to be good partners and thrive in a good partnership leads to several other problems that go beyond that family. That's why you must be careful and do due diligence before choosing a marriage partner.

A good marriage partner must be everything good a person can be or at least have the potential to develop and be it. A spouse must be both a good friend and a good partner; a good friend to thrive with, and a good partner to survive with. To thrive because friends make life sweet and enjoyable. To survive because partners are bound by the conditions of the partnership to abide by them at all times.

In any partnership, either side must swear to confidentiality. Nobody can feel free around another person knowing that person will gossip about them behind their back. This is not just essential for marriage partnerships, but also for all kinds of partnerships. What happens between a partnership must stay between involved partners only unless by consent approved by the involved parties or unless the conditions of the partnership permit it.

Author



Gicaniro I is among Africa's prominent thinkers of the 21st century. He has authored 7 books so far. He's currently the founding CEO of Africa's #1 Online Business Magazine (Nipe Pesa Magazine/), and other online business platforms. He has a first-class bachelor's degree in social work and administration, from Mount Kenya University.

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