

JOEL MWAKASEGE

**ITS
TIME
TO
RISE
UP**

YOUR DREAMS MATTER

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WINNING IS AN ATTITUDE: WINNERS DO NOT WHINE THEY ROAR

You were born to win.

But to be a winner you must plan to win, prepare to win, and expect to win. The main difference between losers and winners is in what they do.

Everyone is a potential winner do not let appearances fool you. Some people are just disguised as losers. A winner is someone who has given his best effort, who tried the hardest he possibly can. Utilize every ounce of energy and strength within him to accomplish something. It doesn't mean that they accomplished it or failed, it means that they've given it their best. That's a winner.

Winners and losers aren't born, they are products of how they think. That's why it's important, not ever to let a soul in the world tell you that, you can't be exactly who you are.

Although the world is full of suffering, it is also full of the overcoming of it. — Helen Keller

IN LIFE YOU FACE HARD TIMES

Experience shows, it's in these moments you tend to ask a lot of questions as Why now?, Why me? or Why?

It's when you hit your lowest position you're opened to the greatest change. That good wife might not have found you, before that heart breaking situation.

This dream job would not have been here if you still kept the old one.

So you see, most of the time you meet with your great change when you're down. I'm not saying you should expect the worst, but whatever life throws at you, there will always be the best. This is me saying things turn out the best, for the people who make the best of how things turn out. Even if it's for the worst or for the best. You can still be at your best.

It's not always easy to take everything at best, but for those few you can, be the best.

It might be bad, calamity but we live to fight another day.

Don't you worry about the rest, you will face them when you're at your best.

In life, it doesn't matter who knows the rest, but who survived this (the known) the best. So when it comes to facing obstacles and problems in Life. Please don't call them obstacles say challenges. For obstacles are challenges for winners and excuses for losers, so instead of saying why me you can choose to say try me.

TO IMPROVE DO THIS

1. Be brave, even if you're not. No one can tell the difference.
2. Don't burn bridges. You will be surprised how many times you have to cross the same river.
3. Don't major in minor things.
4. Don't waste time grieving over past mistakes, learn from them and move on.
5. Get your priorities straight. No one ever said on his deathbed, 'Gee, If I would only spend more time at the office'
6. Don't say you don't have enough time.
7. Judge your success by the degree that you're enjoying peace, health, and love.
8. Seek opportunity, not security.
9. Spend less time worrying who's right, more time deciding what's right.
10. Stop blaming others. Take responsibility for every area of your life.
11. The importance of winning is not what we get from it, but what we become because of it.

12. When facing a difficult task, act as though it's impossible to fail.

CHARACTERS OF WINNERS

1. Winners do things losers don't want to do.
2. Winners don't do different things they do things differently.
3. Winners see the gain losers see the pain.
4. Winning is an attitude. You take the good with the bad and you keep on going. It gets hard, you get tired and sometimes burnt out but you keep on going anyway because you can.
5. Winners execute the dream losers keep dreaming.
6. Winners have setbacks, but winners learn to tighten their belts and go on.
7. Winner look at what has gone wrong and instead of complaining they find ways of doing it better.
8. Winners don't bury their failure they get inspired by them.
9. A winner knows how much he still has to learn, even when he is considered an expert by others.
10. Winners do not whine, they roar.

11. Winners know that Rome was not built-in a day and take every day as it comes.
12. Life is filled with difficult decisions, and winners are those who make them.

DEAL WITH IT

Life is struggling and the struggle is real.

You will get lonely sometimes. People you respect and admire will betray your trust. What brought you joy will turn into a source of sadness and tears.

Crying might be alright for a while, but at the end of the day, you need to get up and deal with it. No one is going to save you, you're going to do that yourself.

You might think it's so bad and it happens only to you, please know, it happens to us too

We had to deal with it.

If you've to know, time heals all wounds... regardless of how you feel right now.

So deal with it.

THIS TINY LIFE HABIT CAN MAKE A BIG
DIFFERENCE IN YOUR LIFE

Have courage.

Life is about choices.

Cowardliness refuses choice.

- It says you have no choice.
- It says you need to tolerate.
- It says permission denied.
- It says you don't have to speak up.
- It says what happens doesn't concern you.

Before you go back to sleep today, think, who got us here?

- What kind of behaviors lead to mass murder of passion and enthusiasm?
- Who gave all the power to the dream killers?
- Who told us to obey, since our grandfathers?
- Who snatched the importance that was at the heart of creativity?
- Who nurtures this shaming and harmful behavior of telling don't fall? Follow the map or you will be alienated.

They? Or us?

HOW TO ANSWER THE LIFE QUESTION: JUST WHO THE HELL DO YOU THINK YOU ARE?

It's wrong.

To believe you're alone, exposed, and deeply flawed.

To believe. Is to limit your choice. Is to limit your power. Is to be forced to choose between bad or wrong.

- Be thin, but don't be weight-obsessed.
- Be perfect, but don't make a fuss about your looks.
- Be yourself, as long as you're young, thin, and beautiful.

It's not you.

It's they.

They want to define who you're.

And then make you believe it's your own definition.

You're who you choose to be.

Choose to liberate yourself from conventional expectations. From what you think your life "ought" to be or "should" look like. Choose to give yourself a free pass to screw up as much as you like.

The inner critic?

His ass is not permitted in the building.

Stay stupid.

Follow your unconventional, crazy heart.

3 SIMPLEST WAYS TO MAKE THE BEST OF FOCUS

To focus is choosing exactly where you want to concentrate your effort and remain there in spite of all the background noise.

There is always room to improve, and that's why the focus is necessary.

THE LEARNING CIRCLE STARTING

You see I arrived late at school, so you find Mr. Popular and Miss. famous there. They already know things; you become a guest of their family.

So here I'm in school, let's do this, right. My first maths test score comes out. Men. I got 5%. I showed my score to dad. He said, "Oh don't you worry, you will catch up I know you can."

So I men up a little study had a bit, second math test, another 5%. The growth curve was steep, but at the end of a year, almost twelve months from the mathematics result.

My math score was consistently 72% and above. Okay, except for those bad days, you know the such. There are habits I picked up along the way

MAKE ROOM FOR FOR MISTAKES

You're improving make room for mistakes.

You might be tempted to stop improving because the mistakes are so much and the process is not delivering desired results. But after reviewing my first math test and scoring another 5%, I could have stopped, but I didn't.

Key Take Away.

Keep reviewing and improving, repeat the process until desired results are achieved.

ISOLATE YOURSELF

This matter because keeping your best is hard especially when you see others are onto other aspects of growth regardless of what you have chosen to focus on.

While maintaining your focus and a goal to be accomplished after a given period, isolate yourself from such noise.

Key Take Away.

Have a goal in place with a deadline (particular time), so you will always have an understanding of your progress. With relevance to your focus keep a keen eye on what's going on and what people are doing there might be a better and easy way to do your current goal.

SPLIT YOUR GOALS

While you're improving, I urge you also to keep up small daily achievable goals. What is important here is to make sure they are possible daily.

Example:

- not [work up early] but [work up at 5am].
- not [read this book] but [read five pages of this book].
- not [say hello to friends today] but [say hello to John and Jimmy after 20 minutes]and others of alike.

Key Take Away.

Has your focus aligned with your daily, specific, achievable goals?

BONUS POINT

Get answers to your responded to questions: Questions are a part of any progress, and unanswered can become a major stumbling block to your focus.

As for me a significant change to my mathematics scores happened when I found a person who answered correctly any question I threw at him and taught me how to do so.

That's why mentors are important, and my advice is to learn from the best.

ART OF ASKING A BRIEF INTRODUCTION

We need each other.

No amount of money, influence, resources, or determination.

Will change our physical, emotional, and spiritual dependence on others.

- Not at the beginning of our lives.
- Not in the messy middle.
- Not at the end.

Generosity and giving are not the opposite of receiving.

- To judge yourself for needing help. You judge those you are helping.
- To attach value to giving help. You attach value to needing help.
- The danger of tying your self-worth to being a helper. Is feeling shame when you have to ask.

Offering help is courageous and compassionate.

But so is asking for help.

HOW YOU AREN'T AS BAD AS YOU THINK

You don't have to listen to those people.

Who want to measure you based on what you can't do.

Ignore these people.

And it's okay to know you've areas that need to improve.

We all do.

But that's no excuse for anyone.

To make you feel unimportant.

You are important.

Don't let anyone else make you believe otherwise.

Not even me.

SOMETHING FOR YOU

I teach a 7-day free writing class, [click this link to learn more.](#)