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REASONS

WHY YOU

ARE *Still* A  
SPIRITUAL  
BABY.

By Niina Nia Kabesa



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# Who is Niina Nia Kabesa?

Niina Nia Kabesa is an accredited life coach, singer and writer who helps others to create change. To those who feel unbalanced, she assists them in moving forward in their life.



NIINA NIA KABESA

SHIFTING PERSPECTIVE

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1

You watch TV  
24/7, 365 a year.

There is nothing wrong with watching TV. I watch Netflix as a treat when I have accomplished all my goals and targets for the day, week or month. There is something wrong if all you do is watch TV. What you watch also determines what you are feeding your spirit. Cultivate a habit of spending time alone and learn to listen to your thoughts. Are your thoughts serving you for the worst or better?



# 2 You refuse to build interest or Hobbies.



Everyone has an interest or a hobby. When you find yourself less and less interested in doing anything in life, there's a mental challenge. You will need to seek therapy to find out the root of why you're not interested in anything. My hobbies are singing, writing, cooking etc.





3

## You refuse to have passion about Life.

What are you passionate about in your life? If nothing, something is bothering you, and you need to seek professionals to assist you. Even if it's walking in the park, that is passionate. Everyone does have something they love to do. I'm passionate about writing and I write every day.



# 4



## Staying in your comfort Zone.

It is easy to remain in a situation that you have grown a custom too. No matter how you try, you will never succeed in a place that is toxic. Sometimes what we know, no longer serves us. We need to unlearn to re-learn.



5

Always waiting for a miracle. (Often from individuals).

The false information ever given to the black community is the 'Miracle Mantras'. To me, it made them the laziest community ever. Refusing to work because they are waiting for a miracle. God is not going to bring miracles to an idle spirit. In fact, He has finished everything. You are the walking miracle; start manifesting already.



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6

## Keep blaming others for your problems.

The day you decide to take ownership of how your life turned out to be, it's the day you have found yourself. No one does us wrong unless we permit them. Another person can never be responsible on how you feel or turn out to be because we have control over our emotions and everything that comes with it.



7

# Refusing to change the perspective or direction of your life.

All your life you have done things the exact same way and you are expecting a different solution? That solution will not come because you are the solution in your life. Changing perspective is important in everyone's life. When you change how you do things, you gain different results.





8

You expect people to do for you, what you have never done for yourself.

Are you that person that's always expecting people to do things for you that you will never do for yourself? That's selfish, don't you think? You do not love yourself, and expect people to love you. People gradually gravitate towards you, once they see you doing thing for yourself. Why should people invest in you, if you do not invest into yourself?



9

Mismanagement of your life resources. (Finances, mental wellness etc.).

Do you have an addiction that gets you to waste good resources in your life? What have you done to stop the habit? Being disciplined in life is very important for your sanity. When you do not care about your well-being, it communicates to many that they can use and abuse you.



10



## Assuming things that people have not told you.

You sit there reading people's social media accounts and assume that their post is targeting you. You have not spoken to them, yet you are 100% sure that status they posted was targeting you. When you focus on self-growth, you learn that people are hard to work with and you need compassion, respect and understanding if you want to have spiritually grow.



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