

NIINA NIA KABESA TM

GET

READY

SET

C H A N G E

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Introduction

I was at work one day, calling on a customer who wasn't answering her phone. Her voice mail message started out in the usual way, "...we're not home, leave a message..." what followed was not so usual. It continued, "by the way, we've recently made some changes in our life, if we don't call you back, you're one of the changes, beeeep".

My first reaction was disbelief at what was probably one of the rudest messages I had ever heard (and I've heard quite a few!). But I couldn't get it off my mind, and by the end of the day I had changed my perspective.

I began to admire this woman, who was obviously at the end of her rope. She was very determined, for whatever reason, to end relationships that were affecting her life in a negative way.

Change is never easy, especially when it requires us to dramatically alter the way we've become accustomed to living our lives. Leaving our comfort zone, no matter how much we dislike it, requires a combination of bravery and determination, as well as education in that area.

Many times we're so desperate to better ourselves, we hastily make ineffective and, sometimes expensive decisions that we feel will quickly produce the results we are looking for.

Purchasing a costly gym membership and vowing to attend seven days a week while surviving on lettuce, may seem like a great idea for a few weeks (if you're very determined,) but how long can you live like that?

If you're serious about making a long-term change in your life, take these steps to ensure your success:



STEP

ONE

EDUCATE YOURSELF

Aside from determination, education is the most important key to your success.

Knowing exactly what you must do to accomplish your goals will give you the power to make them a reality. Consult a professional or check out a book written by a credible authority on the subject.

You can also tap the wealth of information to be found on the Internet.

Friends and acquaintances can also provide insight. I have a good friend who is very organised, an area in which I am always trying to improve.

Over the years I have learned a great deal from watching her manage her incredibly busy life.

STEP

T W O

**SET REASONABLE
GOALS**

You are not going to lose 30 pounds in two weeks. Nor are you going to undo years of financial irresponsibility in six months. Many people like to blame or point fingers as suppose to taking responsibility to their actions.

After becoming educated, you will get a realistic picture of how long it will be before you should expect to see results of any circumstances you may be facing.

You will never set reasonable goals if you are indential of your life and ways you have been living it.

Having this knowledge upfront will prevent you from giving up too soon on life and your ability to change it for the better.



STEP

THREE

PLAN AND TRACK

Many people like the saying 'Qu'est sera, sera' French for 'what will be will be' because it's easier to blame it on what's outside of us than ourselves.

If you are trying to accomplish something that requires long-term commitment, purchase a journal or notebook to write down your short and long term goals.

You do not record everything in your mind and say what will be will be. No. Remember to be realistic in your planing and go back to track your progress. Be specific and detail how you will carry them out and when you will complete them.

When you have all the items in place, check each item off as you accomplish it. Keeping a journal to record your achievements can be motivating on those days when you feel like sliding back to your old ways.



STEP

FOUR

JUST SAY NO

Every one reaches that cross road of life. Some make it out by following exactly what it is they wanted to do, while others get pull back.

I feel as though many do not have the emotional intelligence to turn away people who are acting as blockers.

This is where you say 'NO'. Remember you are not saying NO to the individuals but the situation you find yourself with them at that moment.

Avoid situations that will prevent you from accomplishing your goals. This is especially important in the beginning, before your new way of life comes natural to you.



STEP

FIVE

**PAT YOURSELF ON
THE BACK**

Self love was never really taught when I was growing up. It was referred to as being selfish. Sharing, however, was the thing that was promoted the most and I personally did not agree with the sharing term. No one should be force to share something that they are not finished playing with or using. Share when you are finish with it.

Therefore if you are going to love yourself, make sure you are proud of yourself for making the decision to improve your quality of life. We are always pointing out the badside of life but when we reach a milestone, we do not celebrate ourselves.

When you reach important milestones, reward yourself in a way that is in sync with your new lifestyle. A new outfit is a great reward for losing weight, but would be considered a setback if you're trying to cut back on spending!



ABOUT THE **AUTHOR**

Niina Nia KABESA, the outstanding mother of the Year 2012 & 2022 winner with Women4africa, is known for her mothering abilities with everyone she meets.

Her mission is to see more people mentally able in this world.

Niina is passionate about bringing people to their conscience awareness level so healing could commence.

She is a Woman of Faith who never leaves God out of anything she does. In her own words she said:

“My calling is to bring solutions to humanity as a whole”. ©Niina Nia Kabesa

This book is part of her life coaching Ebook Series.

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