

A BOOK BY NINA KABESA



POWER OF GOALS



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INTRODUCTION

When it comes to goal setting, I was not always an expert and there were times I did stop everything I was planning to do all together. I remember a motivational book on goal setting and what these words stayed with me. I may not have it word by word but this is how I understood what it said about setting goals. It said:

‘Some people say that Life is an obstacle course. They say that most people seem to have a problem with getting through that obstacle course to their desire goal. They go on further and say that, It is only normal to encounter obstacles in the pursuit of your goal because apparently, It is a form of a test to see if you are worthy.’



INTRODUCTION

This is where I started focusing on self love and self worth. The process of working in you will determine the type of goals you will be setting. The power in goals is depending in the knowledge you have on your own worth and power.

When the obstacles start to become a nuisance to the point of almost putting a stop to your goal(s); or worse, making you to completely abandon your goal, you must take action and think things through. Something I discovered later-on, in the pursuit of my goals. So, with that said, here are some helpful, tested pointers that will keep your attention focused in achieving any goal that you put your mind to.

1

THINK POSITIVE

This means: Do not quit. Especially when one is midway in working for a goal, there should be no room for quitting.

To quit is going back to the starting line of goal accomplishment. That is time, energy, money, and a whole lot of things wasted and lost.

It is more costly to quit than to find a solution to the problem, not to mention the frustration one feels.



Your Reflection



Your Reflection



2

KEEP A CLEAR AND AN OPEN MIND.

This means: Do not quit. Especially when one is midway in working for a goal, there should be no room for quitting.

To quit is going back to the starting line of goal accomplishment. That is time, energy, money, and a whole lot of things wasted and lost.

It is more costly to quit than to find a solution to the problem, not to mention the frustration one feels.

Your Reflection



Your Reflection



3

PERSIST AND PERSEVERE

Sometimes people shy away from problem and some have the illusions that what they have imagined in their mind will be exactly how they imagined it when they start. I hen they realised, that's not the case, they stop or quit all together.

This is why it is important to be sure to exhaust every possibility, even to the point of trial and error. This is because you need to be sure that there is a solution to correct the problem you are dealing with at that present moment.

Your Reflection



Your Reflection



4

IMITATE WITH YOUR PERSONAL TOUCH.

People have been imitating what others have started and they make other discoveries or in the musical world they remix songs differently to suit the Era they are in. This is the beauty of creativities. Haven't you ever watch a movie and said: 'I don't like how they ended it' and find yourself talking how you would have ended it if it was you? This is the type of imitation I am talking about.

You will go on ahead and write a movie that will be similar, but with your own perspective. When we are doing anything in life, we should not just take in information without doing anything. We are to try to picture inside our head a possible solution to help overcome and/or solve the obstacle that is setting us back. No, that's not over thinking!

Your Reflection



Your Reflection



5

ASK FOR HELP

Some people have no clue on how they can ask for something because all they have ever done is giving. This is an area I did struggle with before and my struggle was more of, when I did ask for help people automatically assumed that I was stupid, weak and at a worse place than them.

When all fails, it is important to get assistance from people you know or people who are more knowledgeable on the work being done. Their suggestions might not necessarily be the exact ones you were hoping to hear, but often their suggestions, trigger's some NEW ideas in finding the right solution to your problem.

5

ASK FOR HELP

Today, I am doing all the things that many see me doing and those who assisted me are surprised. Often this happens because they saw themselves above you because you asked for help. Failing to understand that, a person that asked for help adds knowledge to what they knew and tomorrow they will be at a better place than the person who never asked for help.

Do not be afraid, do not pay attention on how they will treat you or belittle you. Ask for that help, gain knowledge you never did have and use the knowledge you gained. We all learn from someone in life, never ever struggle alone.

Your Reflection



Your Reflection



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Your Reflection



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ABOUT THE AUTHOR

Niina KABESA

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