

# Kunle Pelema

*Global Goodwill Ambassador - Nigeria,  
Chief Mental Health Strategist - Mycarebuddy,  
Ambassador - The Kindness Games,  
Global Mental Health Strategist*







*“I work on having complete peace of mind all rounder.”*

---

*Where in Your Life  
do You Have  
Complete  
Peace of Mind?*





*“I use my strategy called G.M.C to co-exist with uncertainty.*

**G-** Gratitude, **M-** Mindfulness, **C-** Conscious breathing”

---

*How and When  
Can You Peacefully  
Coexist  
with Uncertainty?*





*“I could still remember events that happened when I was still 5 years old 😊, the family bond and parental care I had.”*

---

*What is The Earliest  
Memory That You Can  
Remember  
of Your Childhood?*





*“I always bring myself to the moment using mindfulness.”*

---

*What Prevents You  
From Being in The  
Moment, More Than  
Anything Else?*





*“My dreams and goals”*

---

*What do You Usually  
Think About  
Whenever  
You're Alone?*



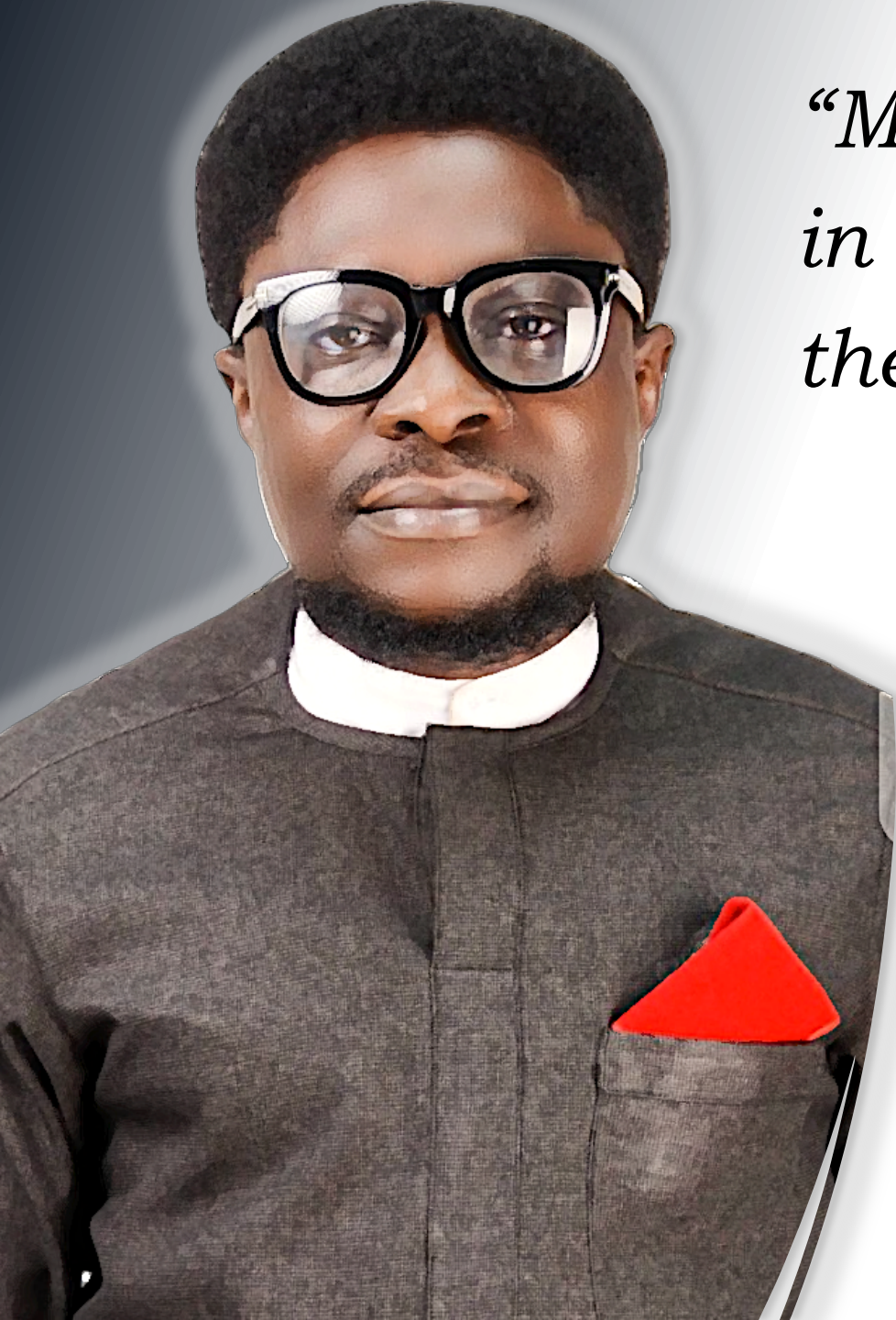


*“With my faith.  
I keep starving my doubt.”*

---

*What Questions or  
Doubts Are Currently  
Unresolved  
in Your Heart?*





*“My effect is to make positive impact in my immediate environment and then take it beyond.”*

---

*What is Your  
Effect  
On Those  
Around You?*