

Refine Your Value

By Preston R Harris

"The R Stands For Relentless"

Caught in the eye of the storm but secure in your strength!

You know the beast that you are!

All of the battles that you have won! All of the giants you have conquered!

This is not the time to remember the past but to move. The next level requires you to glean the resources and knowledge from your mistakes. Now those mistakes must be transformed into FUEL to get to the top of the mountain!

Worthy. Love. Class. Gangsta. Forgiveness.
Money. Permanent.

You know who you are!! Now it's time for the world to see who you are....

**This book is dedicated to my late cousin
Angie Harris and my son Legend Preston
Harris.**



Angie was my adult cousin she was everything you wish your adult cousin could be. So sweet but gangsta. I am so incredibly blessed for the opportunity to represent you and our family in this way. The LOVE that you have given me and your mother, sister, my cousins Mike, Mark, Martise and Azyia is felt every day! My desire to get rich is so that we are never in a situation where a family member needs something, and money is a barrier to receiving the best life has to offer. Everything about you made me respect and adore you. Single mom, three boys and an amazing girl who is phenomenal, I know you are proud. Thank you for the life you lived and I'm glad I get to honor you my first cousin in this way.

Refine Your Value Introduction: Go Super Sayian

Saiyan : A fictional extraterrestrial race in the Dragon Ball manga series.

One of my favorite cartoons growing up was Dragon Ball Z. The story of Goku a Sayian (Royal) Warrior placed on Earth with the task of defending the planet. Sayians are a warrior race known for fighting and capable of God like destruction. Goku has a young son named Gohan, a wife and friends who join along in this quest to defend Earth.

Goku is the BEST! He is a pure soul but will put hands on you. It wasn't until he met a new villain named Frieza was Goku's true power unlocked. Frieza was a shape shifting being who only cared about power and destroying planets. Frieza was tough to fight because he would level up to a new form every time, he looked like he was defeated.

There are new levels in YOU that open up as you stretch yourself. Showing up to the FIGHT is the only way to know if you can WIN! This book is about WINNING CONSISTENTLY by using your successes and mistakes a FUEL to be BOLD in every area of your life. Make a promise to yourself that you will always show up to the fights or opportunities as they present themselves in your life.

Go Super Sayian!!

Back to the story, Goku and Frieza were fighting, every time it looked like Goku was getting close to victory Frieza would level up. Frieza went to his final form, he seemed unstoppable because he was ruthless and loved to showcase his power. He kills one of Goku's friends Krillin, then laughs in Goku's face. Goku is not the type a guy to kill anyone he is usually friendly and light-hearted, but everyone has a breaking point.

Frieza assumed that Goku didn't have another level, he mistook his kind spirit for weakness. The pain of fighting Frieza, losing his friend, being laughed at in his face had pushed Goku to a breaking point. At this moment all the pressure had reached its combustion point where it becomes the DIAMOND! The pain had been converted into POWER!

Goku let's out a scream with all his strength.
AAAHHHHHHHHHHHHHHH!

His hair has turned from black to blonde, his eyes have changed from brown to blue, he was bigger faster and stronger in every way. Everything about him had leveled up, he was a new animal and new creation. That thing that you are fighting is designed to push you to new levels. There is a different person for you to become, with higher standards, a greater impact and tons of money. When you reach new levels, you can't play old games.

Goku turns into a Super Sayian and kills Frieza before he can blow up the planet. In the past he might have been too nice to kill him and would have tried to give him a chance to make amends. But there was no hesitation, it was time for victory.

The stories and concepts in this book if utilized properly will multiply your value beyond belief. You have already Defined who you are, but the process of refinement is not for the weak.

Refine: Remove impurities or unwanted elements from (a substance), typically as a part of an industrial process.

I am neither the Hero nor the Villain I merely do whatever it takes to get the job done! Think about exactly what you want. Write it down before you read this. Now make the plan to get there, after that begin reading.

One step at a time DREAMS are built. This book not only accelerates the process but makes

it permanent! Longevity is what separates the real from the fake! Frauds are forgotten but legacies last. Everything holding you back is in the past!! Refine Your Value.....Go Super Sayian!!!!

WORTHY

Worthy: Having or showing the qualities or abilities that merit recognition in a specified way.

The first chapter of this book is ESSENTIAL in understanding and retaining the information. This is a step-by-step guide to help you ascend to new levels and crush the barriers that show up in your path.

You are FEARFULLY and WONDERFULLY made! You are created in PERFECTION!

This fundamental concept is a belief in yourself that you are WORTHY of the best this world has

to offer. No matter what happens, you are GOD's Masterpiece.

That worth is either fed or starved by the things that you feed your mind. The inner conversation is what allows one to UNLEASH their greatness to maximum levels. My goal in creating this legendary manuscript to elevate our culture for generations to come. Elevation starts in the hearts and minds of the people, but until we expose ourselves to a new way of thinking we will always get the same results.

Worthiness requires Discipline. Because of your worth, there are certain things you can and can't do! That will be a consistent theme of our journey. Everything that you can do, isn't something that you should do. Staying focused on the vision by applying discipline and consistency will get you there every single time!

One night in Kansas City at Power and Light District changed my life. I was out with my

friends enjoying the nightlife when we walk into El Tangos a little Hispanic club in the district. I see the most beautiful woman in the world, might have been the drinks but I was certain she was an angel. Light skinned (for the record dark skinned women you are gorgeous as well), cute face, nice shape with a slim thick waist and she was a basketball player. Thank you, God, for sending her my way.

"What's your name she asks?"

"Preston." "Bryson?" "No, Preston!" "Bryson?"

"No, Preston!" "Bryson?"

"F it yea my name is Bryson."

Lol I didn't know I would see her again; I was in a relationship at the time. But her laugh was mesmerizing and the striped shirt with a pink skirt rocked my world. I got the number just in case I was back in the area, we danced and went about our way.

Fast forward three weeks, I'm in the house by myself and I'm thinking about her. I'm going to call her to explain that my name really isn't Bryson but Preston and that I couldn't stop thinking about her. She was just getting out of a relationship and mine was getting ready to end. I couldn't help but think, maybe this is the woman that I am supposed to spend my life with.

After my relationship ended my friends and I returned to Kansas City for a Bachelor Party. We rented a limo, I invited her and her friends to come join us. We had the best time that night and it sparked a beautiful long-distance relationship.

She made the trip to visit me in Lincoln, Nebraska and I had a drink that didn't sit right with my stomach so I projectile vomited all over my bedroom door. O I was so embarrassed. She didn't run away or leave she just laughed and continued to have a fantastic night. I was in LOVE she was everything that I thought a

woman should be. Goofy, funny, cool, a football fan and fine as ever!

As we continued to grow, I was getting ready to quit my job. I didn't think I would be able to keep up the level of money or time that I was giving her. I pulled the plug told her not to come up for a Halloween party bus with her friends that I had invited her to attend. I instantly regretted this decision and she let me know how she felt.

"You ain't SHIT!" Those words rang through my head!

The truth was, I was insecure! I didn't feel worthy of such a beautiful woman and didn't think she would love me or give me a chance if I wasn't super rich anymore. I didn't even give myself a chance I bailed out and ran away. I didn't want to FAIL.

How often do we take ourselves out of opportunities because we don't feel WORTHY of the blessings in our experience?

My life went into a tailspin afterwards and I couldn't get her words out of my head. "You ain't SHIT!" I had never had anyone say that to me and it hurt me. When we are hurt the natural reaction is to hurt others. For a long time, I carried that in the back of my head.

“Don't get too excited remember you ain't shit it's going to fall apart eventually.”

That's the conversation that I was having with myself and guess what? It kept manifesting. Throwing away great opportunities because I didn't feel worthy. Not even trying because it couldn't happen for me, I wasn't worthy of good things. Everything changed in one day when I changed my mindset!

This wasn't easy but I started to go back to my foundation. To find the source of my confidence

and self-belief. (For parents think about the belief system that you are placing in your kid's heads.) In my youth I spent all my time in church. They teach you all of these bible stories, but the basis of each story is God's LOVE supersedes everything at the end of the day. We are created in the image of God he is our father we are his children.

I remembered the story of Joseph who was thrown in jail for something he didn't do. He was still worthy of all of God's blessing but his situation at the time didn't match his worth. If you are not familiar Joseph's brothers were jealous of him and sold him into slavery. He got out was doing great work and his boss's wife came onto him. He refused to do anything with her and found himself back in jail.

During the process he never cursed God he just trusted that God had a plan for him. Soon the KING needed help interpreting a Dream the cook knew Joseph from jail because he helped him with his dream. The cook tells the KING

about Joseph and BAM! He ends up as second in command over all of Egypt.

Was Joseph worthy of the role of second in command while he was in jail? Yes, his worth didn't change based on his location!!!

There was a famine in the land and his brothers traveled to Egypt to get some food. These are the same brothers who sold him into slavery. Now they were asking him for help, but were they worthy of it?

Joseph brings his family in and feeds them without giving them too much hassle. My point is that your worth does not fluctuate based on the situation you are in life or what you have done. In the bible there are all sorts of criminals, cheaters, hoes, murderers and people who would be deemed unworthy by society that GOD said You Are Worthy! And I'm going to use you for my purpose!

So as the first and most important concept in this book is **YOU ARE WORTHY!**

No matter what you have been through, are going through or have planned for your future **YOU ARE WORTHY** of it. God placed the dreams that you have in your head and it is your responsibility to bring them to life.

The proof that you are worthy of them is the fact that God gave them to you. That means that they are part of your DNA, if you don't make it happen, who will? Better yet what will happen if you don't do it? Think about this how many people would have died if Joseph stopped believing in his dreams and God's calling on his life? He predicted a famine in the land and the Pharaoh started saving food to prepare for it. If Joseph listened to the voice that said "You ain't SHIT!" millions of people die! God had him positioned in the perfect place to save all those people and his family.

Sometimes he has to hide your SHINE to protect your purpose. If I would have played in the NFL, I would have never had the opportunities afforded to help me write this masterpiece. So don't despise where you are especially when you know where you are going. Your worthiness can be affected by how you speak to yourself! The conversation between your ears is more important than anything coming in your ears.

Think about trendsetters like Steve Jobs, Keenan Ivory Wayans, the Wright Brothers and all your favorite musicians. They have an idea that they feel is worthy of the world hearing or seeing. So, they give 125% no matter who doubts them, what challenges are in the way and who talks about them to make it real.

What if you believed in yourself like Kanye believes in Kanye? What if you believed in yourself so strongly that no matter what came up you kept going? What would you do? What could you do?

ANYTHING!!! That's the answer! Everything on this planet was created by people who are no smarter than YOU! They believed in their WORTHINESS and accomplished what many people thought was impossible. So, write down 10 of your biggest goals and write I AM WORTHY of this then write the reason WHY!

I am worthy of a house on the ocean because it's always been my dream to wake up to the ocean! I work hard and help people reach their dreams therefore I am WORTHY of my dreams manifesting! O and I'm God's SON!! - Thank you, Thank you, Thank you

The more you write it the more you begin to believe in your power! Confidence in your WORTHINESS is the first key to VICTORY!

"There are no prerequisites for worthiness."

"Real worthiness comes when we understand that we don't have to prove it." - Brene Brown

LOVE

Love by definition is an intense feeling of deep affection.

Rarely in society do we hear black MEN talk about love! Now maybe because there is a distinct focus to distort what love really is, but this chapter will go into the highs and lows of love! The often-misunderstood concept of unconditional love and how to demonstrate the POWER of love everywhere you go!

The most important person to have this intense feeling of deep affection for is YOURSELF!! That is key to having balance in your life and achieving your dreams. When this LOVE is out of balance then there is nothing telling what can and will happen in your life. In the 10 Commandments God clearly states no false idols and love no one before me! You are God's creation he is your father therefore anything you place before the GOD in you is missing the mark.

Have you ever done something you didn't really want to do just to make someone else happy?

At first it might feel good but somehow putting yourself on the backburner leaves you with a feeling of emptiness. Therefore, you must put self-love at the top of your agenda and commit to the discipline of self-love.

Our culture has so many definitions of LOVE nowadays it's confusing for the average person learning about what love truly is. I have seen true love. I have seen love in a variety of different ways but the most potent love, is the love that parents have for their children. I have never seen a love so fierce so PURE and unconditional as that parents LOVE.

My son Legend Preston Harris was born via emergency C-Section at 7:11am on December 15th, 2017 in the morning at Bryan Hospital in Lincoln, Nebraska. This was the biggest experiment in LOVE I have ever personally

witnessed because the things that women go through to deliver children is PURE LOVE. We went to the hospital the night before scared and excited to become new parents. His mother and I were freshly engaged and when I say FRESH, I mean literally hours before we went to the hospital.

The day was an interesting one for me December 14th was the last day I could make a payment on my new facility. My training company moved to a new warehouse and my check bounced. I was the best speed and agility trainer in the region, but it wasn't feeling right I knew I was in transition. I decided that I was going to go to Daymond John's Success School because if I could meet him, I would pitch him and save my company.

He never showed up, he just sent members of his team to teach us. I felt dumb but I had already committed to being there, so I took the time to be present and learn something. The black gentleman was speaking about using businesses

to protect your assets. To be honest I was too arrogant to listen to him. Isn't it crazy that when things are falling apart in our lives often times, we are still too PRIDEFUL to listen?

During the presentations I was running in and out of the parking garage so that I didn't have to pay for parking. I knew I was going to lose my gym and I was still reaching out to people to save my ass. But the second presentation was truly life changing for me. Not because of the information that was presented but because of the two words that are fundamental to LOVE.

He was talking about all the possibilities and options that you can take with real estate, these things sounded easy enough. But the real value came at the end. If you have never attended a success seminar, I suggest you do because of the energy in the room and to pick up on the sales tactics used. This man was getting ready to close but before he did, he said something that rocked my world.

"If you are HUMBLE & TEACHABLE I will help you get RICH.."

Humble and Teachable! Humble and Teachable!
Humble and Teachable!

Those words just kept pounding in my head. I was failing at my business, yet I was too PRIDEFUL to even really listen to the first speaker. I rushed to the back of the room and apologized to the first speaker. I had to because I hadn't given him the respect and honor that he deserved while he was trying to teach me something to better myself. During my time back there, a friend was signing up for the advanced training and asked if I would be her guest for the advanced training. I accepted and cried a little bit because I couldn't afford that training on my own, but I took a leap of faith by going back there. LOVE requires FAITH!

What in the world does this have to do with LOVE?

In LOVE that lasts there is no room for PRIDE. It's almost the exact enemy of real love because it makes the assumption that you are complete and superior. My PRIDE wasn't allowing me to be receptive to the information being presented and stopped me from asking more people for help. PRIDE doesn't want us to look dumb, it doesn't want us to be vulnerable and especially as a man to FAIL is unacceptable.

LOVE leaves room for error. LOVE leaves room for growth. LOVE leaves room for learning. LOVE is always evolving which is why to truly love you must be Humble and Teachable.

Humble enough to make mistakes. Humble enough not to try and change the other person to your version of them. Teachable enough to receive new information that might be different than your previous thought. That is huge in parenting and raising a child because you don't even know what you don't know. LOVE is learning, growing, and evolving into the best version of yourself every day. Once you stop or

feel like you have made it that's the first step to destruction.

LOVE & FEAR disguised as HATE are the most powerful forces on the planet. Our society is driven off of FEAR just watch the news and count the "what if" stories or the murders that they pump in our heads. I say this so that you are aware of what you are seeing and use your mind instead of mindlessly following what we have been told.

For example, all of the major religions on the planet teach the same basic concept: Do unto others as you would have them do unto you!

Yet everything that we are told makes us compete with one another instead of partnering with one another. What stops us from doing that? The FEAR of our belief system not being dominant. So instead, we silo ourselves as Catholics, Lutherans, Baptists, Mormons, Christians, Muslims, Jews, Buddhists, Hindus and Atheists. Using labels to help us feel

comfortable with our FEAR rather than taking the time to get to know one another.

FEAR is the foundation of racism, hate and prejudice. LOVE is the solution but the only way to learn love is to build relationships. The FEAR is based on the unknown. Relationships expose you to the unknown therefore allowing you to come to new conclusions and eliminate the FEAR.

If you look at the HATE filled pockets of our world, there is a lack of relationships. Our biggest opportunity as a country is to lead with LOVE.

It's time to stop talking about what makes us different and begin looking at our similarities. We must remove the labels that give us blind loyalty like Republican or Democrat, Liberal or Conservative and Black or White. There is so much more that defines us than these shallow labels that give us preconceived notions of one

another. Take off the labels and allow yourself to see the beauty in people.

This comes back to the birth of my son! The first nurse we had made a Chamillionaire reference when we got to the hospital. I think she was trying to connect but that did not make me feel comfortable at all. One of the keys to self-love is standing up for yourself and your family. We ended up with a new nurse because you have to stand up for yourself. And we began the process of birth. There is nothing that compares to a mother giving birth to a child.

We were up all night. My son's umbilical cord was wrapped around his neck, so his heart rate kept going up and down. This was the first time I truly felt powerless. I couldn't reach in there and fix his positioning, take the cord off of his neck so he could breathe. LOVE requires trust. I had no control but that's when LOVE came in and saved the day. Our doctor comes in and tells us that we are having an emergency C-Section.

In that moment you have two options....

FEAR: OMG what is going wrong?? This isn't part of the plan.

LOVE: God knows what's best! This is for the better of his mom and my son you are in control.

My son was 7 pounds and 11 ounces born at 7:11am. Healthy and strong. All that I had ever dreamed in one tiny package. I cried my eyes out as I held him for the first time and kissed his mother. I knew that I had to grow because this man was counting on me.....HOLY SHIT!

I just lost my company. How am I supposed to LOVE and provide for him? LOVE and FEAR filled my heart and mind. Never have I felt so connected to something this kid was literally me in the flesh.

My nose, my name, my features! LOVE fills your heart! FEAR filled my head.

What if I'm not good enough? What if I make mistakes? What if I don't get along with his mother?

What if, what if, what if! Love is in your heart in the moment! Fear is in the future in your head.

No matter what you do there will always be what ifs? You will make mistakes but when you are humble and teachable you get to experience LOVE. The most powerful force on the planet. When you focus that love on yourself then you can spread it to the world. Be LOVE and your dreams will become reality!

CLASS

A set or category of things having some property or attribute in common and differentiated from others by kind, type or quality.

Mamba Madness – Boss Up

The best thing about Kobe is that I felt like I knew him. Awkward kid in a foreign land with at desire to be one of the all-time greats. I study GREATNESS and Kobe's ability to "Boss Up or Level Up" to every challenge is what made him so inspirational. I think about the video game 2k how there are different challenges that you must complete to get to the next level. What mindset do you have when another challenge or obstacle presents itself?

Kobe embodied the Eye of The Tiger, The Mamba Mentality, Relentless Pursuit Of Your Goals. He came off the bench, earned his spot, failed, came back stronger better (EVERY-TIME!)

No excuses, just execution.

When Kobe was at the top, the bottom fell out. The rape charge in Colorado tainted his then perfect image. As a lifelong fan it's your instinct to defend him, but what he did next is the REASON WHY he will always be my favorite.

“I committed adultery, I have embarrassed my wife and my family please forgive me.”

To have the balls to do the press conference and admit your faults to the world. Knowing that now your family, your freedom, career basically your whole life is at risk. Do you know how scary that is?

How do you focus on your job when you have all of that going on?

“Eye of the Tiger, Dance through Fire” – Buy *Define Your Value* on Lulu.com

Kobe executed at the highest levels under the most pressure. He made the world forget about his mistakes because of his masterpieces. His basketball career is such a microcosm of life because we are constantly reinventing ourselves to achieve new levels of GREATNESS. My people it's time that we BOSS UP!

The Status Quo is no longer good enough...Kobe taught us that GREATNESS means holding those around you to a standard of excellence. His death breaks my heart but also teaches it that every second is precious. Therefore, don't take anything for granted, your next breath isn't promised. Strive for GREATNESS every day. Here are three areas that I must BOSS UP in, what about you?

BOSS UP – I am clutch! I want the ball in the ball in my hands at the end of the game! I handle pressure with preparation. I provide for myself and my family at the highest levels.

BOSS UP – Men won't tell you this but a lot of us are hurting right now. We are evaluating what is important to us and trying to figure out how to deal with this pain. Our mental and emotional health is vital to success! We must get more comfortable addressing our emotions without feeling weak!

BOSS UP – 81 points! 61 points! 60 points! My point is to be a volume scorer. There is nothing wrong with putting up crazy numbers (WINS) in

your given field! Don't pass the ball when you are in the Zone!

I will leave you with this, family first. Kobe rode in helicopters so he could spend time with his daughters instead of in traffic. What if we focused on being great with our spouse, great with your kids, great for our community wouldn't the world be a better place?

Stand for something or fall for anything! Rest In Power Kobe Bryant

Has anyone seen the movie Harlem Nights? This is a time when black people were class personified. All of the men were dressed in three- or four-piece suits and the women in dresses or elegant gowns.

Class isn't just about what you wear, it's about how you carry yourself and the aura surrounding us. In our world today there is a Hot Boy and Hot Girl movement. We have replaced speakeasy's with stripclubs. The only way it seems to get attention is to be ratchet or to take your clothes off. We don't respect the

relationships of others and we will do whatever it takes for clout or money.

What are the costs of that? We over sexualize everything. Our family unit is destroyed, and we lose sight of what's important in life.

Black culture has made two major flaws that are crippling the moral fabric of our society.

1. We have eliminated ma'am and sir within our society which taught youth respect of their elders. We stopped referring to each other as KING's and QUEENs instead of niggas and bitches. The problem with that is mental and physical manifestation of these words.
2. We adopted a compete versus collaborate mentality which has black people fighting with one another instead of building with one another.

If a woman is a QUEEN, she must be treated as such. If she is a bitch then she is less than HUMAN, yet women refer to one another as

BIIIITTTTCH all the time not knowing what they are actually saying to one another. YOU FEMALE DOG!! This is my Bitch. This is my female dog! That is incredibly degrading.

You may say it's not the big of a deal we are just playing. That may be true, but that inner conversation knows what that word really means. Which is the reason that you get so upset when someone who doesn't know you uses that word in reference to you. If that word was good then you should be able to use it at any time, in any situation, by anybody but it's not a good word.

Here it is for males replace NEGUS (KING) with Nigga. That's the way we say it to one another which keeps us mentally enslaved by the words that we speak.

"What up my NIGGA?" A contemptuous offensive term for a black or dark-skinned person.

How would your great-great grandfather feel about that statement?

Would we (black men) treat one another differently if the conversation started with, "What's up my brother?"

The way you communicate with the people in your life matters because words have POWER.

The fact is that words matter, and we are the descendants of royalty. My grandmother was the first black female state senator in the state of Nebraska she had to embody class to be appointed to that position. If truly believe your ancestors were royalty then you have a responsibility to carry yourself with class, like royalty.

People mistake class with money. You can have all the money in the world and still no class.

I understand that you have to do whatever it takes to provide for your children. So, there is no

judgement in these next statements. Just respect and admiration for the women who work two, and three jobs to make it happen.

Taking your clothes off for money is not classy, it's trashy. Taking off your clothes just because you can makes you a hoe. Women you are more than your body. There is a soul in there and even the hoes in the olden days carried themselves with class.

Our bodies are supposed to be the temple where God resides. Then we created this thing called Tinder where you can swipe right or left to determine if you wanted to meet or hook up. How does that honor anything that God created?

Now I'm not perfect. I have many one-night stands under my belt but never have I used an app to feel something or someone. There is no judgement because my Instagram timeline used to be full of women twerking and with no clothes. But I made a decision that my time and energy was worth more than sliding in some

DMs to get some attention. It ruined my relationship because I wanted attention from people, I didn't know instead of giving attention to the woman I loved right next to me.

I used to pray for a beautiful talented wife and instead of becoming the King and husband I needed to be. I was scrolling. Ask yourself is the grass really greener on the other side or does she just have a nice profile? It's easy to quit but class says for better or for worse, in sickness and in health, for richer or poorer and committing your life to your partner or yourself.

I went to a J Cole concert early in his career I had the perfect spot. Second level I had my brand new all white Men With Dreams shirt on and we were rocking. My chain was shining bright man we were in for a great night.

Dolla and a dream that spoke to me because my dreams were finally starting to produce some dollars. I knew J Cole could see me and I could see him. He was going to call me up on stage at

the Bourbon Theater and it was our night to get famous.

As the night went on the drinks started flowing and I wanted to explore the venue. Ok I'm lying I left the second level perfect spot to go chase some women (you never have to chase the right women they come to you) on the floor. At the point where I realized it wasn't going to work J Cole begins looking up at that second level for the guy in the Men With Dreams shirt. He couldn't find me because I was pushing my way back to the second level but couldn't get back in time. The point of the story is that if they are looking for you at the top you can't be at the bottom.

Don't make less of yourself to fit in with everyone else. If you are special then you are special do not degrade yourself, your family name and your future for temporary pleasures. Delayed gratification is a key to success. Play the long game and take full advantage of your opportunities.

How many extremely talented women are we losing to sugar daddies?

Instead of working to get it themselves they are more willing to suck some old dick for a Gucci bag. Do you know your worth? Do you love yourself? Do you have class?

See class does what's right even when it's unpopular. Class delays gratification because character is more important than speed. Class is the vehicle that takes our culture to new levels. Class is KING!

"When they go low, we go high." - Michelle Obama former first lady

She is class personified yet black culture respects Cardi B more than her. Not a shot at Cardi B, but you can't be what you don't see.

Many young men and women in low income and high crime areas have never seen felt or

experienced class. That's why it's our responsibility to show them what looks like. Class is not soft! Class is about representing something bigger than yourself.

"Nah, Nah, Nah wait til I get my money right! Ohhhh I had a dream I could buy my way to heaven when I awoke I spent that on a necklace. I told God I would be back in a second man it's so hard not to act reckless. To whom much is given much is tested..... Hold up was you saying something. Uh-huh you can't tell me nothin."

- Kanye West "Can't
Tell Me Nothin"
Graduation

Class means accepting criticism! This idea that if I disagree with you means that I don't have to listen to you or that you are automatically wrong is DUMB. It's childish and juvenile. If we automatically disqualify people based on whether they fit into our belief system, we set

ourselves up for a shallow existence. How will you ever learn unless you listen?

Look at the people society elevates as our "LEADERS" it's usually not because they are good people. They entertain us, make us forget who we are or have qualities that we wish we had. Many of our radio shows are not hosted by scholars but comedians who put their own spin on the story. These are the people who we trust to fill our brains with high quality information, and they have failed us.

This is the reason why our leaders like Dr. Martin Luther King Jr., Malcolm X, Fred Hampton and Nipsey Hussle were murdered in front of our community because of what they represented.

Black Excellence! Class. Morals. A code of conduct. A set of values that forced us to be different and want more as a people.

Harlem Nights was so cool because each one of the people owned businesses, had their own money and was able to work together to accomplish a task. When everyone who comes to the table is a BOSS can be trusted to keep their word and genuinely wants to make their community a better place think about all we can get done! That's what Dr. King, Malcolm X, Marcus Garvey, Fred Hampton and Nipsey Hussle want to see. Black people with class buying the block and leading the way with class serving one another!

GANGSTA

A gang member.

To me the definition of GANGSTA is someone who is respected in the streets for sticking to the unwritten code of conduct. They do right by people and by the streets. Someone who is not afraid to take the risk and shows up when called upon.

There is also an aggressive nature to a gangsta! The respect is a healthy fear that this person is not to be messed with or tried. If one were to test your gangsta they would be testing, your ability to keep your word or check you if the line is crossed.

Rules often don't apply as gangsta's are consumed with getting the job done by any means necessary. This can be a positive and a negative when going after your dreams. While

most people are created to stay between the lines, your ability to be BOLD and do what others won't, will separate you. At the same time jumping through hoops and toeing the line is required for some projects.

For example: Frank Lucas in American Gangster was able to find an alternative way to sell and move drugs that was innovative and differentiated his business. At the same time, he was selling drugs which is against the law, so even though it made him rich it also landed him in jail.

My goal for this chapter is that you find your GANGSTA. A code or standard of beliefs and practices that are essential to YOU as an individual and that you will not compromise.

Gangsta's are gangsta's because of consistency. If this happens then that happens. Action and reaction. Cause and Effect. For me my gangsta had to come with the value I placed on my time and services. My gangsta had to come in the way

I demonstrated self-love to myself and how I provide for my family.

Some of my favorite GANGSTA's are:

Dr. Martin Luther King Jr., Malcolm X, Muhammad Ali, KRS One, Nipsey Hussle, Angela Rye, Damon Dash, my father and mother. And the most underrated Keenan Ivory Wayans.

Not what you were expecting! All of these people were selling a drug of exceptionalism and progress.

"You gotta be fearless in order to be first!" - Damon Dash

Let's level up the gangsta in you!!

At the beginning of 2018 and album came out called Victory Lap by Nipsey Hussle. This album changed my whole perception of what GANGSTA could truly be. I always had the desire to be the total package. Respected wherever I went not just because I was rich but because I stuck to a code of ethics and standards that were consistent from the boardroom to the streets. I grew up with gangsta's my dad ran the high school ministry at Bible Club. So, some of the roughest and toughest guys in the city were at my house and my father was their mentor.

He was a genius! He knew that the reason they sold drugs was to make money, so he provided an alternative route, making and selling buttons. I remember it being 10pm at night and we were in my basement making buttons to go sell at the University Nebraska football games. People do things out of necessity and the reason they would get in trouble is because the alternative activities were not fun or cool. We had until

midnight basketball at the Salvation Army to keep them around positive role models.

As an adult I can only imagine how many times my father put his reputation on the line to show these young men something different. That's gangsta to me! To put your reputation, family on the line to make the world a better place. Not every one of those guys turned out to be angels but the majority of them are still alive. RIP Jarvis Long who told me bullets don't have names on them before he shot up a party.

As much as I wanted the streets to love me, I never sold drugs. I always went about it the same way my father did. Being myself and investing in the minds of kids who grew up in the same neighborhood, encouraging them to chase their dreams. Sticking to the code not snitching, respecting my elders and always showing love to people despite their situation.

This served me well in Nebraska where my name and face means something. No other

instance in my adult life embodies this than an Omaha versus Lincoln fight on Husker Gameday in Downtown Lincoln. Omaha Negus are reckless and if they come downtown leave them alone because they like to fight. That's the narrative in Lincoln about dudes from Omaha and tonight it was true.

One of my friends, more like a brother Shaudy Mo had his family in town. His little cousin had some beef with some Omaha girls, and they went to jump her. They were fighting outside while the police watched but when some dudes jumped in Shaudy Mo and went out to protect them.

Now there were 15 to 20 people fighting. My homie M-Beezy and I get out there to diffuse the situation we start moving Shaudy Mo and his family into PepperJacks a local restaurant to keep them safe. M-Beezy and I were standing in front of the doors while seven to eight Omaha Negus lurked outside trying to get to my friend and his family.

I don't know if you have ever been in a situation where someone is trying to do everything in their power to provoke you so, the fight can begin again. We are in our suits so naturally we were fresh we didn't want to fight but those dudes weren't getting through those doors. He is talking in my face and I'm running through scenarios in my mind in case we have to bang with these dudes.

But right before it's about to go down the homie D rolls up with his crew and daps us up as to say get out the way. Then his whole crew rolls through and they start fighting with the Omaha crew. While they were fighting, we move the family out to safety and keep it moving ourselves.

Now, which one of us was more gangsta?

M-Beezy and I who didn't fight anyone or D whose crew took over for us?

To me it took more power not to smack the shit out of the dude talking in my face then it did for D and them to fight them. I had a company to think about mouths that count on me to be great. And if they would have swung on me then the story would definitely be different. I'm all for defending yourself but it takes more gangsta to be non-violent than to be violent. It takes more gangsta to apologize than to be stubborn and wrong. The way gangsta is portrayed is completely fabricated to give you a false narrative of what a man or a leader really is.

Enter Nipsey Hussle: I'm prolific so gifted. I'm the type that's gone go get it no kidding.

This dude was amazing! I had been introduced to Nipsey before most, two guys I knew worked on his team. Nipsey was cool because he was himself in every situation. You could tell that he meant what he said in the interviews and held his own in the streets.

I loved the album because when everyone else was doing trap music. Music with no message and the only purpose is to shake your ass or nod to the beat. Nip came in with hip hop. A motivational manifesto for the streets. It just put me in a state where everything that I had felt for years was in a CD.

Hussle N' Motivate, Grinding All My Life, Victory Lap, Dedication, Real Big, Keys 2 the City, Million While You Young, Double Up, Blue Laces, Rap Niggas, Young Nigga and Right Hand To God

His gangsta only multiplied with his assets in real estate and his relationship with Lauren London. When we lost him, the world mourned but to me we got a glimpse at what we should aspire to be.

Gangsta but educated! Hood rich but classy!
Totally in love with the woman of your dreams
but not a simp. A man of his word!

Gangsta's are MEN OF THEIR WORD! I learned this the hard way one time with one of my business partners. I told him that I would pay the \$5 dollar email address monthly fee. I hadn't paid because I felt like if I'm helping you build your business I shouldn't have to.

Before we met my business partner, he had a very violent past. He was trying to change but told me that he was going to drag me! I'm not the one who take lightly to threats, so I let him know "brah you got the wrong one" and the argument intensified. The Bible says, "A soft answer turns away wrath."

We met at the park the next day the open space and water was calming but we were both on edge. I felt like I was going above and beyond for the company. There was no reason for him to ever threaten my existence. He felt like I was trying his life and that he was going to have to return to his violent past. We talked I knew he brought his gun in his bag, but I didn't care.

If he was going to use it, he was going to have to do it in front of everybody and ruin the new reputation he was building. He knew that he felt disrespected but was working to find alternative ways to let out his emotions other than violence. As black men violence is often the first option, this was proof that we can be different. We can disagree but not harm one another physically.

The thing that unites all gangsta's is principle. If doesn't matter if it's \$5 dollars or \$500,000 dollars if you said you were going to pay it then you have to pay it. I knew that I was in the wrong and even though I didn't want to I apologized. "Please Forgive Me." Learning to use these three words can change and/or save your life. There are things that people respect and one of the biggest is having the humility to admit when you are wrong.

Gangsta's will always respect the code and that code says to always keep your word. Fast forward two months and we are hosting a summer camp together. My phone is off, and I

need to borrow some money. I told him I would have it back to him by the end of camp the next day. I ask and he gives me \$100 bucks and I pay my bill.

More than anything I knew our friendship and partnership is based on me keeping my word. For the first time I didn't stress I knew that I would find the money. I get a text that I got a new coaching client and they just made their deposit. Beautiful! We are at summer camp I sent the money to his Cash App and even though there was still nothing in my account I was proud. I kept my word, and I hadn't always been the best at that.

At the end of camp, I gave my friend a hug and said "Thanks man. I'm glad you ain't gotta shoot me now."

He smiles back and says, "Me too."

Keeping your word is GANGSTA! Treating people with respect is GANGSTA! Taking care

of your family is GANGSTA! Making a
difference is GANGSTA! Breaking barriers is
GANGSTA!

"Like a muthafuckin boss ask me how I feel.
Successful street NEGUS (Kings) touchin them
first mills"

Grinding All My Life RIP Nipsey Hussle

FORGIVENESS

Forgive: Stop feeling angry or resentful toward (someone) for an offense, flaw or mistake

There is a difference between "I'm sorry" and "please forgive me." Forgiveness removes the emotion attached to the offense. It is saying wipe the slate clean. In this chapter we are going to talk and discuss at a high-level trauma and abuse.

As an Alpha male it took me awhile to come to a place of forgiveness with the abuse that I received from others and that I gave to myself. All of us have an idea that it could never happen to us but what if you are the one doing harm to yourself? No one likes to think of that concept but some of us self-sabotage ourselves in the name of practicality and safety. When really the inner conversation in your head is extremely abusive.

"You're so stupid." "Why would you do that remember what happened last time you tried something new?" "You're a screw up." "You will never get it right."

That shit is abusive! I want you to see the power that you have not only when you forgive others but when you forgive yourself. Before you start this chapter write down five people or situations where you may need to ask or give forgiveness. Also write down five things that you need to forgive yourself for! These could little like procrastinating on something or big like not doing everything possible to make a job or relationship work.

Keep this top of mind as your reading. My favorite part of forgiveness is that it usually leads to changed behavior. Make the choice to forgive and see if it doesn't open up your creativity, heart, mind and soul to all that God has for you!

On a champions journey there is one tool that allows them to FREE their minds and perform to levels beyond belief. That tool involves shedding the skin of the past mistakes, wrongs, and creating a new narrative that showcases their strengths. It's called recreating yourself or reincarnation.

Forgiveness is necessary to make sure you consistently win battles because it's letting go. It's saying I no longer want the emotions, trauma or energy that is associated with the event. I have seen the inability to forgive cripple relationships all over the world because one person can't let go.

In this chapter I'm going to get extremely personal because I took the time to forgive myself for allowing it to happen. There are so many things that we will cover in the chapter, but I want you to keep this in mind.

Forgiveness sets you FREE!

That's what you need to see as the point of this and use it as FUEL to be better.

I just started a relationship, and she was going on a trip overseas. I knew that she had this planned for a while, so I wasn't trippin. Then she said her ex was going so she decided not to go. I knew she was going to go because she had already paid for the tickets and he was going to be on the trip even though she said he wasn't. I let it slide and didn't think much of it but later I got a message in my DMs from him. With an email she sent saying how it was just a game I was filling space and more.

Instead of addressing the red flag and keeping it an isolated event, I chose to do something different. I addressed it and kept a number in the back of my head.

"Okay. You trying to play me I'm going to save one for you so when I go on a trip and do my thing you already know what it is."

Basically, I will get my revenge when the time is right. I liked her and I knew this dude was crying out for attention. I wasn't going to be harsh, but I knew I was going to get mine.

Eight months later, we have a child on the way. My first son, he was unexpected (strap up please) but a blessing, nonetheless. I'm getting ready to take this trip and I can feel in my spirit something is saying payback time.

See the thing about not forgiving and holding on is that it shows up when you least expect it too. I'm in Charlotte the Queens City and I see legs for days matched with a nice, intelligent smile. Target acquired. Even writing this I know I'm taking a risk because I betrayed the movement "Black Men Don't Cheat."

We began talking, the connection was real, and I sealed the deal emotionally. I liked her, I gave her time and attention, that's cheating whether you think it is or not it's cheating. Now in my mind at the time I knew I crossed the line, but I

didn't go too far. I didn't sleep with this woman just merely enjoyed her company and used it as an escape from my situation for a few days. But in my heart, I knew I had done wrong.

My partner she knew it too, it was like she could feel it in my energy. Men, postpartum depression doesn't start after the baby is born it starts while they are pregnant. I sent her into a state of depression you could not imagine all because I chose to take revenge instead of forgiveness.

The baby was born, and we began our family. Everything was fine until she began having abusive outbursts towards me. First it was verbal, then they became physical, and I was in a world I had never been in before.

How could a community leader, alpha male be in an abusive relationship? Why did I allow this behavior to continue? I was so strong on the outside but on the inside, I was ashamed of what was taking place in my house. I was never hurt

physically but my spirit was crushed. I had to find a way back to me.

My journey back to me started with taking responsibility, "I created this!" I didn't deserve the abuse, but I did create the situation. I put myself in this world and I will figure out how to get myself out. Every time we compromise our self-love and worth to make someone happy in the short term we lose in the long term.

Number 1: Forgive Myself - Preston, I forgive you for creating this situation in your life.

Number 2: Forgive Them - I forgive you for hurting me and treating me in a way I did not deserve.

Number 3: Ask For Forgiveness - Please forgive me for the ways that I hurt you out of my own pain.

Those are the three levels of forgiveness. Two of them deal with you and one deals with them

because you are the one taking control of the situation. Forgiveness frees YOU! Therefore, it must start and end with you because it is for your benefit.

The reason forgiveness is so powerful is because it unlocks the energy inside of you. Whether that be creative, love, money or whatever else you have been blocking. This book has been in my head for a couple of years, I knew the title as soon as I finished my first book *Define Your Value*. But I had to take on the process of Refinement and the key that unlocked everything was falling on my face before God and strangers. I was at a church I had never been to before crying my eyes out.

Asking for forgiveness for allowing my family to fall apart. Asking for forgiveness for achieving less than I am capable of. Asking for forgiveness for not being myself and caring too much what other people thought of me!

If you look historically many of the great ICONS in American history have had to publicly ask for forgiveness at some point in time. I have done it multiple times! It doesn't keep us from messing up, but it puts us on a level of humanity where we are vulnerable. Many times, that weakness becomes our strength.

Forgive and Forget. There are things that we will never forget but that doesn't mean we cannot forgive. In any relationship there are mistakes made, if you forget the mistake then you open yourself up for it to happen again. When you forgive you acknowledge the fault and you let it go! That's about emotions and feelings it doesn't mean you aren't triggered at times. It doesn't make what they did right or okay, but it allows you to control the narrative. The story that you tell yourself about the situation.

My decision not to forgive gave me a reason and ammunition to clap back months later. Are you holding onto something like that? That decision ended my relationship! But I also made another

decision, to forgive myself so that weight and pain from the first decision is no longer on my shoulders. It allows me to be the man I needed to be back then and not hold back.

PRIDE keeps reopening the old book and old wounds. Never allowing you to truly move forward.

FORGIVENESS starts a new book! Allows for a new story to begin and that's what I'm most excited about. I know what happened in the old book but in this new one I'm a new creation. No blemishes. No baggage. NO LIMITS! Forgive, release, and fly higher than ever!

MONEY

A current medium of exchange in the form of coins and banknotes

Some say the love of money is the root of all evil. I like to think it is the lack of money that causes just as much evil as the love of money. There is definitely a problem with doing anything for money. Many people will sell their soul for a specific dollar amount or for something they place immense value on. I don't want to talk too much about that instead I want to talk about the spirit of money, and how money can be used as a tool for good.

Money was something I had a poor relationship with for a long time. I was never grateful for the money that I received, or I always thought that I never had enough. Then while searching YouTube I came across a preacher named Rev. Ike in the 70s and 80s he had a ministry called the Science Of Living. He used positive self-image psychology to educate and empower

people regarding money. He was flashy and made no apologies about the success that he achieved helping people with their money problems.

I had always wanted to be RICH, but I never knew how until I learned about the psychology of money. What behaviors and thoughts attract money to you and what pushes it away? How can you have \$50 dollars in your account and be richer than someone who has \$500,000? Money is all in your mind! Whether you felt like you have more than enough or if you lack money is all a matter of choice and perception.

In this chapter I'm going to give you tips to stay out of money trouble, affirmations to help you multiply your money and what to do with your money. To get us started grab your wallet, close your eyes and state the following affirmation. While you do this visualize money coming to straight to you.

"I see God multiplying back to me all of the money and time that I use, give and/or circulate in anyway in a never-ending cycle of increase and enjoyment." Thank you, Thank you, Thank you

Say that every time you open your wallet! After you buy or pay for something say, "Thank you, paid!" This is a powerful money attraction technique! Gratitude about your money shows its importance and supercharges it directly to you. Keep in mind the opposite is true as well, keep that positive money consciousness top of mind and watch the floodgates open up for you!

My goal in life has always been to build and empire for generations to come! That means making a lot of MONEY! With that being said there are definitely levels to money and without a proper money education there is a rare chance you can get there or stay there.

The first rule of money is finding multiple streams of income. I say that is rule number one because the average millionaire has seven streams then I have to have more. (There is nothing average about me!) It allows you to have comfort that if one gets shut off then your back isn't against the wall with no options.

The second rule of money is pay yourself first. No matter what bills that need to be paid, you have to take care of yourself. So set a little reward yourself for the work you have done.

The third rule of money save money for the future or invest money in your dreams. Saving

money is extremely important and is a best practice.

For anyone ages 18 to 50 especially with kids the sooner you get a life insurance policy the cheaper the premium will be. I personally recommend an Indexed Universal Life Policy in which we would overpay the premium to take advantage of the tax deferred cash value generated by the policy. This type of policy has a number of different features and benefits that make it more advantageous than a 401k.

Features include a death benefit paid out to your beneficiary in the case of your untimely death, you can take out loans against your cash surrender value, you can adjust your premium payment and a number of additional options depending on the carrier you choose. My favorite thing about the policy is the tax deferred growth at 3.5% Basic Interest, 7.75% Global Index Account and 7.75% on the S&P 500. The growth is reflected in both your cash surrender value and the death benefit as well.

I'm also a big proponent of investing in your dreams. I cashed out a Life Insurance Policy when I first began my journey as an entrepreneur. That's what I have done put every dollar that's not going to my son into my dreams, my future and my empire. This can look like education, a website, business cards, networking and paying a mentor. The only return on investment is you get better which should I allow you to make more money down the road.

One of my favorite sayings is that it takes courage to make money. Do you have the COURAGE to be creative, innovative and do what others won't?

Sometimes looking like money is the only thing required to bring money to you. But most times you need the COURAGE to act on your convictions.

The fourth rule of money is don't be afraid of debt. Debt is a tool for the rich and a hole for the

poor. How many times do you hear I can't do that because I don't want to go into debt? Why not? The top companies in the world have debt! America is in debt! Debt is the reason the majority of us could pay for college. I'm not saying get into debt I'm just saying don't fear it! It's a form of currency and if it will get you closer to where you need to be by all means use it.

I'm at this point in my life where I'm enjoying my money. By enjoying I mean that I am extremely thankful for every dollar that comes to me and when I use it I know that it goes in a never ending cycle of increase and enjoyment so I'm not afraid.

I have had experiences with money and the biggest thing that I can tell you is HONESTY. Money is attracted to Honesty whether that is telling the truth about your budget or being honest about what you feel your worth is. There is a money feeling when you know that money is attracted to you and it always comes at the right

time. You have more than enough, and you are loving it.

There is also the opposite which repels money, that is the reason you must do right by money if you want more. Rev. Ike makes you do this exercise where you express gratitude for all of your bills.

“Thank you for my phone bill, I love talking on the phone, learning new things and being social with your friends. - Thank you paid.”

“Thank you for my car note, my mortgage and all these wonderful things that I get to pay for.”

“You know it's a privilege to pay bills and these things are for your enjoyment.”

Do you know how much money we touch every day that we don't even think about? Let's say you buy lunch at Chipotle! The money you used to get there, the money you spent on your car, gas, the money put into manufacturing it. The money it costs to produce the food, transport food, buy,

grow, and prepare the food. So many things have to happen so that you can eat and all of them cost money. If someone buys you lunch or buys you a cup of coffee think about everything that went into producing that food or, cup of coffee. That will change your ideas and the value you place on money!

Money is a tool to help us enjoy the best life has to offer and to help others. My plans with money are all about creating a better world for generations to come. What are you using your money for? How are you making a difference with it?

Being in non-profit work my father and family often lived off of the generosity of others, while I was growing up. They saw value in the work that my father did and wanted to support him in making the world a better place. It is important to give back because if we don't take care of our communities who will?

Everything is a business, education, and healthcare. Two of the scariest industries most important industries that we use to make money. The fact that our public school system is literally designed to educate students at the lowest cost possible. And being in Jacksonville, Florida, it is the worst I have ever seen. The school district has to sue the city to get money to fix the buildings that our students are educated in.

Of course, it is not right but it's not about right and wrong in America, it's about the bottom line. That's why our healthcare costs are so inflated and simple problems become complex because people cannot afford to do what's best for their health. Our doctors care more about how many patients they see then making sure they do right by each one.

Capitalism makes everything a business. Even the laws are based on money, so we make business decisions rather than people decisions.

Tobacco farmers lobbied to make hemp or marijuana illegal, so they didn't have to compete.

Slavery was a business decision. The North could never compete with the South if they had free labor.

No matter what your role is and how much they love you at your job if you left today how fast would you be replaced?

We trade time for money but is that really a fair trade? Time you can never get back, you can always make more money.

I want you to keep that in mind when you are placing value on things. There have been points in my life where I have valued getting rich over everything else. But there were also people that I lost because I didn't give them time, I only gave money. Anything that you don't value you will lose.

Don't put the pursuit of money so high on your list that you forget about your family, your kids, your talents or your purpose. It is easy to be faithful when the bank account is full, and all the bills are paid! It is harder to stay on course with your dreams when money is tight. But if you study success, you will see that almost everyone has been to that point when they were at their last dollar or had to declare bankruptcy. But they didn't quit they found a way out! My dad loves acronyms: FAW = Find A Way

You don't have to be broke to live your dreams.
You don't have to get rich to live your dreams.
At the end of the day JOY lasts longer than money. Money is not a requirement for HAPPINESS but get as much as you can because it certainly helps. The process of refinement means removing impurities and blemishes I am doing that in my life with money! To use my money in powerful life-changing ways building community centers that provide jobs, and services to my people. To support people making a difference all over the

world! To enjoy every luxury that this planet has to offer and spread my LIGHT to the corner of the earth.

There was a King in the bible I really like named Solomon. This man so rich they still talk about his temple to this day. He had hundreds of wives and a huge empire. But his greatest asset was not his money but his wisdom.

Money is AWESOME but so are YOU! Never sellout to make some money! Never do something out of character for a couple bucks. If you are going through some cash flow problems, FAW (Find A Way), ask for help or enjoy what you do have because if you work hard, it won't last long.

Everything feels different when you have a little money in your pocket! Hustle legally to get your bread! I don't sell weed because it doesn't sit right with my character or brand. I don't accept gifts from Suga Momma's because my temple is not for sale. If it feels wrong, then it is wrong!

Your soul is worth more than GOLD! I was offered 2 million dollars a year to conform! Stay true because if you Refine Your Value it will come to you!!

PERMANENT

Permanent: Lasting or intended to last or remain unchanged indefinitely....

In the introduction I told you the story of Goku transforming into a Super Saiyan and finding that next level in order to defeat his opponent Frieza. When Goku finally defeated Frieza he had ascended to a new level within himself and was now a new creation.

As a new creation he was the BEST thing on the block until he met a new challenge in a villain named Cell. I'm not going to tell you that whole story but what I want you to understand that you are only as great as your next battle. There is never a time where you can get comfortable, complacent or forget what it took to make you the champion you are! The reason we can look the storm in the eye with supreme confidence is because we have been through enough battles to know that we are the STRONG.

Goku had confidence that whatever the challenge, fight or opponent was that it was nothing compared to the power inside of him. He knew that no matter what he put the time in to be a CHAMPION! So, the fear is replaced with a sense of honor and supremacy that comes with being a warrior! This challenge has come up for me to CRUSH! This barrier is in my way so I can overcome it! Who do I need to become in order to WIN the next battle?

Whoooo! If that's the mindset, what do you think of the outcome?

My favorite fighter Floyd Mayweather (followed closely by Bud Crawford and Deontay Wilder) says it best when it comes to being a WINNER.

"Some fighters, may be faster than me, hit harder than me, be better defensively than me. But no fighter makes adjustments like ME! Mentally I'm unbeatable."

To make your success PERMANENT you must ascend to the place mentally where you know that your VICTORY is inevitable! The only thing you must figure out is how to bring it out in yourself so the world can see you WIN!

One of my favorite gospel songs has a line that says, "Every time you look up you gon see me WINNING!"

With the 2020 Election on the horizon our country is about to undergo another transition. Dave Chapelle said in his new stand up that Black people would have to save America again. I was listening to the Revolt Summit panel and Atlanta rapper; political activist and leader Killer Mike made an extremely valid point. He said that Black people need to have a 10-point agenda to present to every local, regional, and national politician that is looking for their vote.

I took this to heart and as a former political candidate I can tell you that I believe I cover all the major priorities that we should have as Black Americans and as a nation. I have a Black perspective that has been shaped by living in primarily white communities. I have seen what it looks like to live and work side by side in harmony. I have been both a democrat and a republican, a business owner and employee both rich and poor. I considered running for president, but I am still legally too young and have much to learn but this I do know for a fact.

That we have the opportunity to make America Great Permanently! It takes not one political leader but each and every one of us doing our part to improve our communities. If I had to pick a candidate at the current moment it would be Andrew Yang because he gets where we are going with automation and protects the most vulnerable American population. The Middle Class.

Do your research and make an educated decision. Here are the 10 Points of the Black Agenda that will make America the Greatest Country in the World once again.

1. **Education** - Every youth will read proficiently by the end of 3rd grade. Individuals who have been thoroughly background checked and trained will receive a tax credit for donating an hour a week to mentoring or volunteering at their local schools.

This would effectively end the school to prison pipeline and raise the standard for education in this country as a whole. With more positive role models for students to learn from and create relationships with, they will perform better. Teachers will be held accountable, and we will be able to prepare our kids to compete in global markets. Plus, the adults will benefit both economically and mentally from the time spent mentoring youth.

2. **Black Economic Union** - The Black Union will serve as an independent economic state with both political, voting, and governing power. This will provide a check and a balance to the current two-party system and strengthen the economy in primarily black communities. It would cost money and time to join into the union like any other and each paying member would receive voting rights.

Similar to the Black Panthers the black union will be tasked with rebuilding broken communities and

serving the interests of the people. It is not a requirement that you have to be black to join the union you must simply pay your dues. There will be national, regional, and local chapters with the immediate task partnering with community agencies to promote education, inclusion and jobs in our communities.

- 3. Preventative Healthcare Focus** - No one is required to have health insurance! But affordable healthcare is important! One may opt into an affordable healthcare program you must attend two community health meetings a month, which will be described later in the plan. Medicaid and Medicare would remain the same.

If healthcare organizations Medicare and Medicaid reimbursement dollars were directly tied to reduction of return visits, we would see a change in how we do healthcare. The current system does not reward providers and doctors enough for keeping their patients

healthy. Using a preventative model along with the community health meetings you can drastically reduce our healthcare costs.

4. **Community Health Meetings** - Weekly community meetings hosted in every community where you will receive a physical workout, a meal and information about services in your area. With a specific focus on preventative health, mental health, employment readiness and sustainability.

The food will be donated by grocery stores and restaurants that is about to be no good to serve to customers. The healthcare organizations and doctors will be rewarded with continuing education and tax credits for their participation.

5. **Decriminalization and Legalization of Recreational Marijuana**- Marijuana can be used to as a tool to heal people and to fund many broken areas of our society. We can use people's love for marijuana

and hemp to create new industries. Revitalizing stagnant economies and improving the overall quality of life for people in America. Taxing marijuana will help offset the costs of the new tax credits given out for healthcare and mentoring.

Hemp is a huge industry. You can make so many different products with hemp and marijuana as a tool for economic development. The properties can be used to heal and help people both mentally and physically it is something we must use to our advantage.

6. **Sustainable Energy Options** - Every government building and agency will be outfitted with solar panels. Greenhouses will be planted in every community. Recycling will be the primary waste option for our communities. Plastic, Styrofoam, and non-biodegradable containers will cost so much more than environmentally friendly options.

To neglect our environment is foolish. There are simple things that

we can do to reduce overall costs and our carbon footprint. Investing in our planet has a positive return on investment long term for generations to come.

7. **Foster Trade Relationships with Africa**

- Africa has the most natural resources on the planet and has been raided by every world power. Our goal would be twofold: identify trade allies and remove the borders in African countries. To do this we must use the Black Union to build relationships with African nationalist living in America to open up and build pathways for future success in their home countries. A strong Africa equals a strong America.

China is already in Africa and if we are not there soon, we are late to the party. Using Africa as an ally opens gives us access to untapped economies and new markets. The African Nationalist in America look down on us because our value are in the wrong place. There is much that we can learn from them and it

would make us the world's greatest once again.

- 8. Punish Companies That Hire Illegal Aliens** - Immigration is part of our country and what makes America special. All the children and families who come to America seeking asylum will be treated with dignity and respect. ICE will no longer have its jurisdiction and the kids will be released. ICE will be reassigned to investigate companies whose primary workforce is illegal aliens. Based on their reports those companies will encounter severe tax penalties for not hiring American Citizens.

If we eliminate opportunities for illegal aliens to make money in America, they will leave. They aren't here for fun or to commit crimes they are here to try and provide a better life for their families. If they instead to do so they must take the proper step whether it be a work visa or applying to become a citizen. No wall required.

9. Street Police will Carry Non-Lethal Weapons - Our police are great but there have been far too many unnecessary deaths at the hands of law enforcement. There is no need for the regular traffic enforcement officer to be armed with deadly force. They have families as well and we need to respect that so we will have SWAT units on call to handle life or death situations.

If an officer commits a crime or is sued for misconduct, there is no more paid leave, and the cost will come out of the police officers pension program. Therefore, we will see more self-policing within police units because when money is on the line, everyone pays attention.

10. Mandatory Minimums For Certain Crimes - Our judicial system is not consistent across the board. Justice is swift if you are poor and diverted if you have money. There will be mandatory minimum if you are convicted of certain crimes like rape, murder, academic fraud and treason. Furthermore, we will have

non-monetary repayment options for simple misdemeanors like driving without insurance or a license so that citizens do not get caught up in the system of fines.

The judicial system is not meant to trap people but to provide justice. If we can help people stay out of the system with petty crimes, they will have more money to handle their business. Once you get trapped in the fines circle it is hard to get out and you become a target for law enforcement. To help everyone punish the offenders and make the petty law violations do jobs that benefit us as a community.

That's my agenda. I don't think we need anything crazy, but this will give us what we need to be safe and thrive in America. In my eyes to make America Great Permanently Black people must step up to the plate and better ourselves as a race. This agenda is not specific to the Black struggle because we aren't the only ones here. But what it does do is allow us to have economic

and political independence with a line back to our roots in Africa which we have been disconnected from.

We can no longer blame white people for our problems. With this type of agenda, we give ourselves the opportunity to strengthen our race and the country as a whole. I could see the Black Union doing a program to create a Historically Black College or University in every state. Where HBCUs and PWIs (private white institutions) partner together for the greater good. We equip our youth with a global mindset instead of thinking their hood is the center of the world.

This agenda addresses the most vulnerable parts of our culture and sets us up for success for years to come! Make America Great Permanently!!

Refine Your Value: Conclusion

My favorite player Kobe Bryant had already won three championships but was met with questions about whether he could do it without SHAQ. If you are not familiar with Shaq, he is the most dominant basketball player ever. I was faced with these same questions and uncertainty as I moved from Nebraska to Florida. I knew like Kobe; I too am a CHAMPION, but this was new territory.

Becoming a Champion once is to be commended, but to return to that level and stay there is only for a special few. I think of one of my favorite movies Gladiator. The General of the Roman Army a certified champion is betrayed and sent to death; he escapes then saves Rome.

Caught in the eye of the storm yet secure in your strength. He has been through it before battle after battle, fight after fight, victory after victory. So, he puts up with process and shows his

Championship pedigree once again. Instead of why me, the attitude is TRY ME!!

To get back to the mountain top or remain there it takes patience. You know that you are WORTHY. Do you LOVE yourself enough to get back to where you are supposed to be? Your CLASS is unquestioned, everyone can see you are a different breed which is why they are hesitant to test your GANGSTA. When they do, you must FORGIVE them for they know not what they do. This time it's not all about the MONEY because this time your success will be PERMANENT, and your legacy will last forever.

Kobe will never be Michael Jordan. But he won two more championships cemented his legacy and will go out with all-time great last game performance of 60 points.

I'm coming back for everything that I lost, and I want to make it clear! The King of the South is Here! Kings come to restore the order!

You have what it takes to be great! The world needs what you have to offer. Use your resources, look back on your past successes. Your history is the reason that your future is so BRIGHT. Join the movement and take the new level of your life! It's time for CONSISTENT WINNING! Check after check, victory after victory and hungry for the next battle, that next WIN.

Purify your vision. Let go of everything that is holding you back so you can fully step into your GREATNESS!

Diamond Season

Diamond in the rough but born to shine
Everybody see the dirt but it's my time
When Simba left he was still the King
So just because they can't see it don't mean a thing

Build yourself up, reclaim your throne

Some kings fight with an army some fight alone
Trust in your vision, believe in yourself
Don't let your pride get in the way, ask for help

From the PAIN comes the Power
It's time to flex on em, call it Power Hour
For Champions must stay Pure
Surround yourself with Lions that's the Cure

4th Quarter it's not too late
Gotta be hungry for this shit clean your plate
From a City Boy to a Royal King
Don't want no Hot Girls only Queens

I gotta job to Raise Royalty
They can't be what they don't see
So double up, do it real big
Hussle N Motivate for the kids

Frauds are forgotten but legacies last
Everything holding your back is in the past
Battle tested, born to rise
I embody everything that they despise

So shine on em, let the world know
No matter where you are planted the shine will
show
Let them hate, just be great
Well done faithful servant at heavens gate

Started at the bottom, destined for the top
Like Diddy said, Can't Stop
Started at the bottom, now I'm at the top
Like Diddy said, Won't Stop

4th Quarter it's not too late
Gotta be hungry for this shit clean your plate
From a City Boy to a Royal King
Don't want no Hot Girls only Queens

Refine Your Value by Preston R Harris "The R
Stands For Relentless"



REFINE

YOUR VALUE