

# NEWSLETTER AUGUST 2009

## DO YOU FEEL INFERIOR OR INCAPABLE SOMETIMES?

“No one can make you feel inferior unless you agree with it” (Eleanor Roosevelt)

Do you let another person’s negative comment dictate your reaction to certain matters? Or are you able to maintain your stand and personal conviction in the face of adversity, where it is more difficult to hope? Be conscious of how you build your thought patterns, as it quickly forms a habit. Habits are created by repeated activity. The ability to create enduring faith within you depends on your choice of what you allow to influence your thought processes.

If you maintain a thought pattern that suggests that you cannot attain a certain path, it forms a self-belief notion within you and you attract the result of such belief. I recall a time that I had sort to develop business in a certain area. I had wondered for a while why it had not happened as quickly as I had wished until I eventually realised that my thoughts were of the possibilities that the business may not develop! Wishing or merely hoping will not attract what you want, but desire built up by your thought processes will certainly bring about what you want.

Do you doubt your abilities? This can result in an inferiority complex, which is the same as a deep and profound self doubt – the inability to follow through on your personal conviction and belief! The way to recognise this doubt is by taking a look at your results – are they in line with your desire?

Below is an excerpt from my book ‘Dream and Achieve’ which describes ‘Enduring faith’ with some examples. “It is easy to keep going when things are going well and to your advantage. There is an extra ingredient required to keep going when things appear to be going against you. This extra ingredient, ‘enduring faith’, which I also used to describe the development of your thought processes as described above, helps to form your character. This ingredient, ‘enduring faith’ enabled Nelson Mandela to survive 27 years’ incarceration and ruled out the need for personal benefit. He later obtained political freedom for South Africa and stamped his name among the world’s greatest achievers in history! The same ingredient gave assurance to Mahatma Ghandi, who induced over 200 million minds to peacefully protest against British rule. He fought a cause and his name is etched in history.”

Dear friend, dare to develop enduring faith with your thoughts. May the Author of life richly bless your life until your destiny is fulfilled.

See <http://www.getkola.org/event.html> for some media comments on my book ‘Dream

and Achieve'. Order your copy online today from <http://www.trafford.com/08-0066> or from [www.amazon.com](http://www.amazon.com) or [www.amazon.co.uk](http://www.amazon.co.uk) (for worldwide delivery). The book is also available as an e-book via <http://www.trafford.com/08-0066> as well as being carried by most bookshops around the world! The audio book is available as a download at [www.annexemusic.com](http://www.annexemusic.com) <<http://www.annexemusic.com/>> - select 'Dream and Achieve' from the 'Artists' dropdown menu. Kola Olutimehin BSc FCCA, is the author of 'Dream and Achieve'.

An Information Tycoon, (who is an internationally acclaimed Inspirational Speaker and Publisher), Business Consultant, Investor and Chartered Certified Accountant, Kola conducts 'Dream and Achieve' seminars and various conferences in addition to bespoke workshops to organisations and individuals. Reach Kola via [www.getkola.com](http://www.getkola.com) or send an email to [info@getkola.com](mailto:info@getkola.com) <<mailto:info@getkola.com>>

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To obtain a copy of 'Dream and Achieve, go to <http://www.trafford.com/08-0066> ; [www.amazon.com](http://www.amazon.com) <<http://www.amazon.com/>> or [www.amazon.co.uk](http://www.amazon.co.uk) <<http://www.amazon.co.uk/>>

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