

NEWSLETTER JULY 2009

DO YOU LIVE BY YOUR CONVICTIONS?

Wise counsel is invaluable and important. However, the decision taken by the counselled is far more important because this is what will lead to actions that will generate a result.

A strange phenomenon amongst humans is sometimes the thought and action to please another person's sometimes selfish desires. You find yourself doing what you don't believe in or that which you know will not solve the particular problem at hand! Your actions infringe on your personal convictions or the experience of wise counsel. When and how will you snap out of this?

Do you make your decisions or live your life based on what you think other people might say? This clearly, is a way to live a doubtful life, and it leads to confusion and usually a lack of beneficial results. You vacillate and wonder what step you should take. This can result in an inferiority complex, which is the same as deep and profound self doubt – the inability to follow through on your personal conviction and beliefs!

Successful people are sometimes accused of being arrogant and that they hardly listen to others. Often times, what is regarded as arrogance may simply be a personal conviction. They believe in themselves and their capabilities.

In my book *Dream and Achieve*, I have attempted to deal with this through the principle of congruence. Below is an excerpt from *Dream and Achieve*: "It is not unusual for a person to pray or seek for something, but you may easily decipher the opposite of this so called desire in his/her speech.

Congruence is a state in which all of your thought processes, words and actions are in alignment. In simple words, this means that you are in agreement with yourself. You have no internal inhibitions about what you believe to be possible.

One of the most important attributes for the attainment of congruence is peace of mind. You must have peace within yourself, without which an agreement with yourself and thought processes become a real challenge. It is with such peace that you are able to confront the contradictions that present themselves to you."

In the song "Greatest love of all" (I have been listening to Whitney Houston's version lately), a part of the chorus is: "I decided long ago, never to walk in anyone's shadows, if I fail, if I succeed, at least I live as I believe..."

My question to you is; do you live as you believe, or do you no longer have a conviction

for your desires and capabilities?

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 or 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/>> - 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 or send an email to 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/>> or www.amazon.co.uk <<http://www.amazon.co.uk/>>

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