

## HE WILL TO LIVE

Do you just merely tend to survive? Is this what life is all about? Can one really find a reason for our existence? Is there a way to enhance your quality of life so that you can increase the probability of attaining the reason(s) for which you live? I hope you will be able to think of practical answers to these questions for yourself after you have read this short article.

A knowledge of why you live is possible once you have been able to determine your direction in life. On ascertaining this direction, you should set your life goals that will guide you towards the attainment of your desires. The writing down of these goals provides clarity as to the reasons why one exists. It can be likened to a football match, where if there are no goal posts (or yard-sticks) to strive towards, then what is the point of playing the game? In the same way, you may say "what is the point of living if there are no aims or objectives to strive for?"

A goal in life provides the reason to live. Holding on to one's goals by faith makes life worth living. A goal is a step in your journey, and not a destination. The attainment of a goal is not an intended point of rest or retirement. It should provide the encouragement to carry on.

If you do not have life goals, then make it your goal today to begin the process of establishing your lifetime goals. In addition to these lifetime goals, there are six primary goals that you should have, which will provide the required boost for the attainment of your life's destiny and contribute immensely to your quality of life. These goals should be read or written out daily, until it becomes a habit for you, in order to help maintain focus and provide the power to attain your life's mission.

1. Being – Your spiritual nature and daily commune with your Creator. You must also train your ability to handle pressure or even criticisms as they will inevitably show up as a result of your commitment to your dream.
2. Time – Discipline is required in order to ensure that you spend your time wisely. It is important to factor in time alone with yourself and adequate rest periods. Rev Legh Richmond (1772-1827), an English clergyman, once said that *"There is a time to be born, and a time to die, says Solomon, and it is the memento of a truly wise man; but there is an interval between these two times of infinite importance."*
3. People – Harness your most important relationships regularly, especially your family, followed by your master-mind partners (like-minded people that you have chosen to associate with for the attainment of a specific desire or purpose).

4. Brain – Daily development by study and thinking processes. You can develop the brain through use and activity in a similar way to how muscles are developed during regular physical training or practice.
5. Physical – Those things that will help your body function properly, such as the need for daily physical exercise and careful selection of one's food intake (don't become a fanatic though!).
6. Money – A statement of how much money you want to earn (or give away, wisely) within a specific time period. Have specific knowledge and be conversant with your income and outgoings. Avoid the guess syndrome, which causes you to think that your income is greater than what it actually is, and/or your expenditures are less than what they actually are.

People are usually excited with the thought of impending activities, such as vacations, work or business prospects and/or ceremonies. Usually these are planned events. It suffices to write that your life is in your hands to direct as you desire – so take responsibility for it and plan it well. Get enthusiastic about your life – it is relatively short and time passes by very quickly. Give yourself the reason(s) to live. Start writing down some of the things you desire to achieve in your lifetime, today.

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