

NAVIGATING YOUR 20's *With Confidence*

Living, Learning and Growing!



DELIWE MAKATA

Dedication

To my daughter, April-Calla

I am excited to nurture you into everything God has purposed for you to become. This book has you written all over it. One day when you are able to read and make sense of the words written in this book, I hope you will be able to see yourself as a living embodiment of everything it represents.

I immensely believe in you, and you will NEVER fail in life.

Love

Mum

CONTENT

Page 4

Introduction

Page 6

Decide to be different and authentically, boldly you

Page 8

Don't be everywhere doing everything- work towards picking a focus area

Page 11

Be Intentional about your social network and professional connections

Page 13

Give yourself to continual learning and growth

Page 15

Train yourself to genuinely value people and treat people well

Page 17

Focus on Building Character

Page 20

Cultivate a teachable spirit

Page 22

Give yourself the permission to fail, make mistakes and learn.

Page 24

Take care of your body!

Page 26

Before all else, GOD!

Introduction

Life in the 20s can be quite an interesting journey. It's a period that can determine the course and direction of life for so many of us depending on the choices one decides to take. I like to see life in the 20s as a long ten years of decisions. For many people, their 20s are a prime time that ensures that they transfer into a good progression of their 30s and more, while for many others, their 20s happen as life keeps happening. While there might not be one formula that fits all as far as life is concerned, I have personally found that there are some things that I did in my 20s that have helped set me up for success. There are also a lot of other things I wish I knew or even wish I had taken them seriously and done better. All the same, I am grateful that as I finish my 20s, I can confidently say I did my best, and I am excited to live the last year of my 20s even becoming bigger and better.

I have written this book because I believe in you. As simple as that. I believe that regardless of where you are right now, whether good or seemingly bad, there is a set of choices that you can decide to make, ultimately ensuring that you live the best of yourself through your 20s. I am writing this book because I want to gift you a little bit of knowledge for life in this period, both on things that I am grateful I knew and those I wish I had done better.

Short as this book is, I hope within these pages you will find the confidence to understand that no one is coming to do life for you. The quality of life you live depends on the quality of decisions you make. You alone are answerable for how your life turns out, and as you are in your 20s, understand that you are in a time where you can make decisions that will either reap you fruits or cause your destruction. I don't intend to communicate that I know it all, but whatever little I did know, I did my best with it and can confidently affirm that my 20s were not all that bad.

Navigating your 20's *with confidence*

I hope that as you read this book, you find the strength to dream bigger, to be better, and to live more boldly. Remember that at whatever stage you might find yourself in now, there is bigger. Remember that if you think you have done your best today, there is more. Remember that you might not have the power to change yesterday, but you can definitely do something today that will change your tomorrow.

As you continue to explore life in this 20s period, I am cheering you on. I believe that each one of your dreams are valid and achievable. I believe that there is no better person to do your life and achieve everything you desire to achieve than you. I hope this book gives you the confidence to make better and bolder choices that will reap you fruits of joy and good success. Here is to you...YOU WILL NOT FAIL!

Nugget 1

Decide to be different and authentically, boldly you

One thing I am glad I learned earlier in my twenties is the power of a decision. One strong and defining decision that I am so grateful I made was the decision to be different. The 20s can be a very complicated and challenging journey. In all that beauty and mess, one thing that helped me was as far as my life and destiny are concerned, I will decide to be different. Deciding to be different can look like many things to a lot of people, but to me, it meant I will make life happen, and NOT LET LIFE MERELY HAPPEN TO ME.

That automatically meant that I accepted that I would have to take a path that may not be the expected normal life for a twenty-something-year-old according to society. If I want to live my twenties strong and big, I will have to cultivate a set of beliefs that will place me on a path different from what everybody may expect. Starting an organization, writing two books, applying and winning a scholarship for further studies, and deciding to establish myself as a speaker or a figure of inspiration were all part of what I decided to do to be different. I could have decided to live small and walk on the sidewalk, but that is what anybody can do. I didn't want to do what everybody can do. I wanted to be different. I wanted to set myself apart. I wanted to be a voice that would be heard. I wanted to be a force, a light. And I got myself on that path and I am growing in it.

We don't have to do and achieve the same things in our twenties. Being different and authentic to me might not look like being different and authentic to you. In fact, that's the whole point, right? What you decide to define your life as may be different from my definition of life and that is as it should be. We don't hold the same purpose and destiny in life. But one

Navigating your 20's *with confidence*

thing I know for certain is that in all our different callings, there is a mindset and path we have to take that is different, if we are going to achieve results that are different.

I was recently talking to a friend on an issue not quite related to what I am talking about here. I sincerely told this lady that there is something about her demeanor that is so elegant I want to learn. It's the way she carries herself effortlessly with such grace and beauty. If you met this girl, trust me that on the first encounter, you will agree with me that she has an elegance. I told her that I want to learn to be as elegant as she is. There is something about her that is so simple, neat, pleasant and just graceful. As our chat went on, she said something about her choice of clothes that struck me. She said and I quote "I only wear what suits me, not what's trending." Now, I know she was talking about clothes, but to me that stuck as "I do not do what everyone is doing, I don't just go with the trend, I am uniquely different, I understand that and I act accordingly".

I wish that you cultivate and grow this mindset of accepting that you were not placed here to be like everybody else in your 20s. Decide to be different in your thinking, in your doings and even in how you execute your plans. Your 20s aren't a time to be wasted away. They are a time for you to purposefully navigate through who you are, what inspires you, what you are passionate about, your dreams, your love life and everything you'd like your life to look like. But to successfully do that, you must make a stern decision to BE DIFFERENT, and be authentically you.

I am cheering you on!

Nugget 2

Don't be everywhere doing everything - work towards picking a focus area

One of the privileges we have of living in a time like now is the richness and abundance of opportunities. There are so many avenues of learning, so evident if you allow yourself to see and open your mind enough to observe. We are constantly being taught that instead of staying put and waiting for solutions, we should become the solutions our communities are in dire need of. With such, a wave of open opportunities to serve, volunteer, and become agents of change is constantly at our exposure. If you asked me, your 20s are such a wonderful time for you to give yourself to such endeavors. They not only give you a good foundation for your professional advancement, but they also help shape your passions and your vision as a young person desiring to live a meaningful life.

However, with such an abundance of opportunities, confusion becomes inevitable. It becomes easy for you to find yourself everywhere, doing whatever is available for you, as long as they need someone, right? Don't set yourself up for that trap. Strive to find your focus.

I have learned through my twenties that while I am on a path exploring and articulating my life passions and dreams, I also have a responsibility to make sure that I am not blindly giving myself everywhere that my efforts aren't concentrated enough to bring me any positive substantial impact. I have always been very conscious about producing results, and I keep learning and accepting that producing results follows a concentrated level of effort towards a goal that is done consistently. Being here today and there tomorrow rarely gives you the focus you require to articulate what direction your life will take.

Navigating your 20's *with confidence*

Don't get me wrong. I am not at all implying that you will have it all figured out in your twenties. I think the twenties are a time to learn and explore and trust me you will make many mistakes in the process, and THAT IS OK! However, I am against the intentional pace of confusion young people often put themselves in by allowing themselves to be everywhere aimlessly. The only way you will be able to know that you need a change of direction is if you have traveled a path long enough to understand the costs and benefits. It is fine to change the course of your focus, and if you must do this, your 20s are perfect for that change, but you must have been on a cause enough to have noticed that it doesn't align with your abilities and passions.

Strive to give yourself to a cause with a specific focus. They can be related series of causes, but they must at least feed into a specific goal. When I started my journey as a young leader, I had one goal in mind. I wanted to create a platform that empowers women and girls. As simple as that. so how do you create that level of focus for yourself? I will share one principle that worked for me throughout my 20s.

Start with an end goal in mind!

I had one goal at the top of my mind, and that was **“CREATING A PLATFORM THAT EMPOWERS WOMEN AND GIRLS.”** With that goal in mind, I made sure that I aligned my efforts into activities that will ultimately feed into empowering women and girls. When Women Inspire started in 2016, I only had that goal in mind. Everything else that happened after that was a result of weighing my choices on a scale of one to empowering women and girls. Over the years, the vision grew, and we gained more clarity and direction, I learned so much as a young woman and as a leader, but all of this was birthed from a position with one end goal in mind.

You will grow. You will change. You will evolve. And for you to gain that level of clarity, you must start somewhere. Have a goal in mind. You could be a young person who has gained and

Navigating your 20's *with confidence*

found passion in entrepreneurship for example, stick to that as your end goal. That passion might change over the years, or it might just get more refined with time, and both options are okay, but you must start somewhere. Decide in your twenties to decipher an end goal that will attract your concentrated efforts.

I believe in you. You will NOT fail.

Nugget 3

Be Intentional about your social network and professional connections

One of the things I am so confident about in my path of growth is that I have reached my current point through encounters with different people that were rightfully placed in my life, and others that I intentionally sought out. I have had a lot of opportunities brought my way because I was deliberate about the people I associate myself with and connections I plant and water with different people in my areas of work. As a young person in your 20s, it will do you very good to be intentional about the people you decide to associate yourself with.

It's very important for you to deliberately expose yourself to the right people. In your 20s, you will need to build and cultivate a supportive ecosystem that will propel you forward. It's an error to think that you can achieve everything by yourself. Allow yourself to be influenced by the positive impact of other people. Introduce yourself to the right people, whether it be friends, acquaintances, mentors, and professional buddies, make sure they are all people who add value to you and essentially can contribute to your growth.

Make friends with people who will inspire you, encourage you and build you. I know someone might think "Oh Deliwé, its really just friendship". Trust me, it is NOT JUST FRIENDSHIP. Friends in your 20s should exist for more than just dress up meets and pretty pictures. Your friends should understand more than just your "type in men or women". They should understand your dreams, your aspirations as you do theirs. Friends can be such a valuable ladder to progress, if picked wisely. I have a line of friends who are more than just WhatsApp catchup people. I have visionaries for friends. I have God loving, God seeking

Navigating your 20's *with confidence*

passionate people for friends. I have professional moguls; I have social enthusiasts. I can name at least one or two friends in each of these categories. That's because I became very deliberate about my social connections and that starts from the circle of friends I decide to keep.

I dare you, to get a mentor. Your 20s are a time for you to build yourself as you take advantage of the vast availability of people who are at your disposal. It's a lie to think that there is no one you can learn from. We are living in a time so filled with people of great knowledge and achievement. Surround yourself with a pool of such knowledgeable individuals. Mentors don't always have to be people you meet or have met personally. In such virtual world, learning and growth can be done from so many avenues.

Now I am not saying go out and surround yourself with so many people that it overwhelms you. I am saying, QUALITY over QUANTITY. It's not the number of people you decide to pick, it's the quality of people you decide to have. Are your friends inspiring and challenging you? Are your social connections adding value to your life?

One thing I always do is I make sure I find opportunities that align with my goals at the time, I plan to get involved, and I make sure I introduce myself loudly. Your 20s are good time to make sure that your name is known to people who matter, because you are exposing yourself to learning and growing, and ultimately to opportunities. It's not always about what you know, who you know and who knows you is very important. Decide to be known. You don't have to be famous, you simply have to make sure you expose yourself to the right people who can write on the canvas of your growth.

Remember that you are living in your best years yet, and you will not fail.

I am cheering you on!

Nugget 4

Give yourself to continual learning and growth

I like to believe that we are so advantaged to live in a time that has knowledge in its abundance. So many opportunities at our disposal for learning. In this era, it is not a lack of knowledge that is your problem, it is your lack of getting that knowledge and applying it into the different areas of your life. There is something about getting knowledge and seeking understanding that gives you a confidence beyond what people can merely see. It is that kind of confidence you require to successfully navigate through your 20s.

Your 20s are a time for you to give yourself to learning and growing. The more you expose yourself to learning, the more enlightened and more valuable you become. Use that \$10 to buy a book and read it. Use that bundle to enroll yourself into a free online course and give yourself whole heartedly to that process. Decide to be a well-informed, appropriately knowledgeable young person. Your decisions will be highly influenced by what you know, how much you know and how much of it you apply. The pursuit of knowledge in this era is no longer an issue of choice, it's a matter of necessity. Opportunities are plenty for the knowledgeable individual. Take it from one who has had to enjoy plenteous opportunities based on the knowledge I decided to acquire and apply.

Your 20s are a perfect time for you to explore your curiosities, to dig deep into your open mind capacity and to hunger for learning and understanding. Learning in this age is beyond the classroom perspective. Gone are the days when the four confinements of a class were what the world used to define the learned. In this period, learning is about a refining of the mind to adapt to every growing setup of the world. You can agree with me by experience that what things look like today, will not

Navigating your 20's *with confidence*

be the same way tomorrow. In a blink of an eye, anything is bound to change. Change is really the only constant. In such a world, you will need to have a mind that is sharp and thinks beyond survival.

Build yourself as an individual of value. Position yourself as a young person of skill and understanding. You can decide to take up a new skill, sharpen it and position your value in that space. Learn a new course online. Attend a seminar and conference. Have goals set up that are specifically for your learning and growth. Trust me, you will be glad you did this earlier in your life, and what better time than your fresh 20s. Time and again, sit back and ask yourself the hard questions.

“Have I purposely pursued knowledge and growth thus far?”

“Is the person who woke up today the same person as the one from three months ago?”

“Have I acquired any new skill, any understanding, a different and improved mindset?”

If you can sit with yourself and honestly respond to these questions and act on their answers, you will be amazed at what level of growth you can experience. You were never created to remain the same. You were made for progress, for improvement, advancement, and fulfilment.

I DARE YOU TO REFUSE TO BE IGNORANT. Challenge yourself to grow. There is too much space to be occupied, you cannot waste it by remaining the same.

You possess a vast mind, that has a vast potential to hold vast knowledge and apply it. You were made for a time like now, and you will not fail.

I believe in you!

Nugget 5

Train yourself to genuinely value people and treat people well

I earlier spoke about the importance of being intentional with the people you decide to surround yourself with. While that is majorly for its benefit towards you, this one goes beyond just having people for you, but valuing people for WHO THEY ARE! In that process of being a person who is intentional with relationships, it is also very important for you to be very deliberate about the value you place on people and how well you decide to treat people. Often times, when we are conditioned to being individuals who value connections for growth, we miss a fine imprint of realizing that ultimately, people have to be valued for who they are as human beings. I have noted that the more you treat people with importance and genuine kindness, the more you attract the same level of genuineness and kindness for yourself, even without intentionally seeking it as so.

As you are growing and developing, I would like to ask of you that you develop a spirit that values people regardless of who they are or whether you gain something from them or not. Develop an attitude that respects people regardless of their social status or standing. Train yourself to be kind and respectful to a CEO in the same way you would be kind and respectful to a janitor. I know that might sound farfetched to some, but I learnt earlier in my life that the best people aren't always the one who are socially elite. It would do you such great benefit to make meaningful connections with people just for them being human, and understanding that ultimately, no one's future can be predicted by man. Train yourself to never look down on anyone regardless of who they are in society. Decide that what you can do for a man who drives the latest BMW is the same kindness you'd extend to one who owns a bicycle.

Navigating your 20's *with confidence*

I have people in my contact list who run vending business in the busy streets of the city, I have made friends with office cleaners who I can call right now and they'd welcome me into their home with excitement. Yet, I am also friends with those who are considered the elites of society, and all these play different roles in my life AS HUMAN BEINGS. I don't look at one group as more deserving of respect than the other. To me all of these are people who are in my life and I appreciate them for being who they are. In time, whether are lives are meant to be a drinking together of shared importance or not, we shall know. But for now, as long as they are people who have in one way or the other given me access to their lives, I will value them and endeavor in my best efforts to treat them well and genuinely kind.

Time and again, decide to think of life outside of yourself and ask "How best can I be a value adding individual to someone today?" I have meant that being actually requires a lot of intentionality and progress. I am not saying be kind and allow people to use and take advantage of you. I am saying you can be wise and harmless at the same time. You can be kind with strong healthy boundaries, but by all means just ensure that you have room in your life and space in your heart to genuinely care for and be kind to people.

This will teach you not only to be humble, but also be a person who understands that life is beyond benefits. You also have something you can pour into the lives of people. Your 20s are a perfect time for you to build such traits because I absolutely guarantee you that you will need the later in life. Remember that you contain in your heart light to lit up rooms, and flames to spark up lives. Decide to use it.

I have so much faith in you!

Nugget 6

Focus on Building Character

I like to look at character as the culmination of our attitudes, deeds, and mannerisms as people. It is the compass that leads us through life's intricacies, directing our responses to obstacles, interactions with others, and guiding us through wise decision-making. The influence we have on the world and the legacy we leave behind are determined by our strength of character, even though abilities and skills also do open doors. As someone in my early 20s, I wish I had learned this and applied it more seriously in my life. I am going to be very honest with you, I have lost a good share of opportunities, connections and friends because I did not take this issue as seriously as I had to earlier in my 20s.

I want you to understand that your early years are like a blank notebook waiting to be written with chapters that will eventually create the book that compromises your character. It is imperative that you pay close attention to your moral character and be intentional about developing it during this critical period. Building your character is a life-changing experience that promotes human growth and establishes the foundation for a strong, moral, and meaningful existence. It can determine what comes to you, what leaves and what stays and what grows. Building a solid moral foundation as a young person prepares the path for a significant and impactful future and serves as a compass that helps you navigate the intricacies of adolescence. I will list below a few of what I have come to accept as very important traits you must pay attention to as a young person in your 20s, and whether or not you might feel like you have been successful at practicing them so far doesn't matter, it's what you do going forward that will to matter.

Have a benchmark of personal integrity- I like to believe that personal integrity and good character are fundamentally the same. This means that as a young person, you should develop

Navigating your 20's *with confidence*

an attitude of transparency and honesty in all facets of your life. Maintaining integrity builds a foundation of trust with family, friends, and connections, ultimately creating genuine trust and credibility that will benefit you in both the now and the future. Train yourself to live and deal honestly, and ensure that you leave no room for people to question your character.

Set standards for behavior- Setting standards for your behavior while in your 20s is essential to developing excellent character. It involves continuously making decisions that are compatible with your beliefs and ideals. Setting standards of behavior at this stage helps to foster an environment that will not require you to compromise on your values and principles. You should decide sternly that as a young person, there are some things you just won't say, do or engage in based on how you've defined right living, value and success in your life. As you grow, you will realize that the world actually needs a lot more people of character than we are willing to admit.

Be careful with and watch after your words- Do what you said you will do, when you said you will do it and don't make promises lightly. Train yourself to take your words seriously and watch after them to perform them.

Be a person of consistency and focus- If you really desire to grow and live a productive life, you must train yourself to be a person who values consistency and has a sharp adhering to focus. Train yourself to see to the end what you decide to start, and this requires only starting what you have weighed to be of importance and worth pursuing. Consistent people are bound to achieve results, and you can decide to be one of them. Consistency and focus allow you to concentrate your efforts on something until results are evident, and trust me the world does not argue with results. Have a mind that set on achieving and seeing results by being very intentional and consistent. I know a lot of people who start one thing today and leave it tomorrow. I also know who continued when things were easy, but as soon as the going got tough, they quit. Decide that you will be consistent. Apply effort consistently. Focus on what you must do and do it well. It's okay to break, rest and get right

Navigating your 20's *with confidence*

back. Whatever you do, just do not quit.

Nugget 7

Cultivate a teachable spirit

Throughout my twenties, I have sure testimonies of the people who freely and lovingly taught me so many things that progressed my path as a young person. From all these experiences and from my personal experience of growth, I can definitely tell you that learning is beyond just hearing what someone is saying. A lot of us can hear, very few are learning. For one to be able to learn and benefit from the abundance of teachers and mentors existing in this era, it requires a heart that is positioned in humility and a spirit that is trained to be teachable. You will be wise to train yourself in your 20s to possess a mind that is willing to be taught and to learn.

A teachable spirit is one quality that sticks out as the driver for ongoing learning and development in the broad field of professional and personal development. Being teachable is more than simply a skill; it's a way of thinking that encourages curiosity, openness to new ideas, and a dedication to continuous growth. Adopting this mindset is essential to being relevant, flexible, and happy in a world where change is happening at a speed that has never been seen before.

Develop a spirit that is willing to ask question and ask as much as you can. You are in your 20s, trust me you don't know it all. You need to open yourself up to a lot of learning. Develop curiosities that will cause you to go seeking for the right people, the right resources, and the right opportunities of growth.

Humility is golden- Humility is fundamental to a teachable spirit; it is the recognition that no one is an expert in everything and especially NOT in your 20s. By embracing humility, you can let go of boundaries and preconceived conceptions that are motivated by ego, making room for fresh viewpoints and ideas to emerge.

GET A MENTOR

I can never overemphasize the importance of having a mentor. I spoke about this in a previous chapter, and I want to stress it again because it is profoundly significant. Have someone in your life who watches over you and can hold your life accountable. This level of mentorship is different from just learning from someone from a far. It involves having a personal close relationship with the person and willingly giving yourself to them for guidance and direction. You will need someone whose character is trustworthy, who has qualities worthy emulating and who is walking in a path that you also desire to walk, different as they may be. Such a person is will hold you, direct you, rebuke you, teach you and ensure that you are living a life of notable progress. I have two people of that nature for my life, and I am eternally grateful for them. I strongly encourage you to do the same because these years are very challenging years, you need close support.

I am cheering you on, and you will not fail!

Nugget 8

Give yourself the permission to fail, make mistakes and learn.

I will say this and I hope you don't misunderstand me. In your 20s, take yourself seriously without taking yourself too seriously. It's ok. You will be fine, and your life won't fail. The fear of failing is a major barrier that frequently stands in the way of self-improvement and progress for most people. We are living in an environment that is time and again promoting aversion to mistakes. People are more afraid of failing and making mistakes than they are afraid of the cost of not having pursued their dream. This fear of failure and making mistakes is often and occasionally created by society, our education systems, and most times than we are willing to admit, our own expectations. It is imperative to acknowledge, though, that failure is not the opposite of success but rather a necessary component of the path that leads you to success.

In your 20s, give yourself the approval to fail. Develop a paradigm shift, from seeing failure as the end, to seeing it as a starting point for a new and refined approach. Go after your dream without thinking of what if you fail, because what if you don't?

I absolutely believe in the concept of failing forward. Instead of seeing failure as a setback, learn to see it as a learning point to help move you forward. Every mistake you make is a chance to learn important lessons, change direction, and improve on your strategy. If you can cultivate this mindset and set yourself to live like it in your 20s, you will realize that there are some things that will become easy for you to start and to accomplish. Understand this, you will continue to have some mishaps throughout your life. You cannot afford to beat yourself up for the mistakes you make now, especially in such early and young years. Give yourself the permission to fail. You are trying, and that is good enough. The fact that you actually failed at

Navigating your 20's *with confidence*

something means you gave it a go, tap yourself at the back, celebrate the fact that you put in the effort, and learn from that for better application next time.

Try! Try! Try again and keep trying. Recognize that advancement frequently necessitates a sequence of retries. It means that trying several times before you eventually get the full idea of what you are trying to achieve. Try again. Don't quit. Give it another go. Give yourself permission to keep getting better and better at what you do. You owe yourself that much. I keep meeting so many young people in their 20s who seem to have given up on life and its opportunities. I like to call it a result of "we regret to inform you" emails, oh how I hate those. But that's just a general expression I use to account for the failures and setbacks we might face on our journey. But guess what, you will only get your congratulations for as far as you keep at it. If you quit now, you will not know the sweet taste of victory. So don't give up just yet, don't pack your bags just yet, there is so much more ahead.

Your errors are a perfect opportunity for you to acquire knowledge. They are a perfect opportunity for you to re-think, re-organize, re-strategize. Errors are not only mistakes; they are gold mines of knowledge. Consider your mistakes, evaluate what went wrong, and extract the lessons that may be learned from each encounter.

Throughout history, numerous innovations have come from what were once thought to be errors. Being open to making mistakes can inspire originality and innovative thinking. You need to cultivate this line of thinking for yourself, for your life, and your 20's are a perfect time for such.

I am cheering you on. And trust me, you will NOT fail

Nugget 9

Take care of your body!

This topic is perhaps one of the topics that is least discussed and prioritized among young people. There appears to be a misconception that tells people that if you are young, your body is naturally strong and therefore healthy. Well, it's true, being young naturally means your body is stronger, it just doesn't mean that your body will equally be healthier. I am not a medical professional, and so I don't intend to discuss the importance of taking care of your body as far as your health is concerned. I rather just want to really put it out that it will do you very good to prioritize taking care of your body. I know a lot of the issues people might struggle with later in life as regards their health could have been avoided if they had prioritized taking care of themselves in their early years. Here are three areas that I strongly implore you to work

Embrace active living through exercise

Engaging in regular physical activity promotes a healthy mind in addition to body shaping. Take part in the things you enjoy doing, be it hiking, dancing, athletics, or just a quick stroll. Engaging in physical activity can effectively alleviate stress, elevate your emotional state, and improve your mental capacity. Choose an activity that makes you happy to do and make it a mainstay of your daily schedule. You can't afford to be too busy for your own body, it might have repercussions later in life. This is your best time to start and make a habit of physical exercise.

Normalize rest and recovery

In a culture that frequently exalts productivity, it is crucial to get enough sleep and recuperation. Your body requires time to renew and restore itself. Make sure you get enough sleep every night so that your body and mind can recover. Recognize that getting enough sleep is essential to realizing your best potential. It is also very okay for you to take breaks from what

Navigating your 20's *with confidence*

you normally do and focus on something that purely helps your mind and body. Rest is more than just sleep. You don't need to wear yourself out in the name of pursuing a dream or aching for productivity. You need your health and strength if all of those dreams are going to materialize. It's okay to pause, breathe and start again. Don't ever allow anyone to make you feel bad for deciding to take a break and prioritize rest.

Take care of your mental health

Maintaining your mental well-being is essential to living a happy and balanced life. Recognize and accept your feelings first; it's acceptable to not feel okay. To develop self-awareness and reduce stress, incorporate mindfulness exercises into your routine, such as meditation. Establish a network of friends, relatives, or experts that you can confide in and discuss your feelings with freely. Recall that taking care of oneself is not selfish; rather, it is the cornerstone of resilience and an optimistic outlook. Set aside time for joyful pursuits, cultivate gratitude, and remember to treat yourself with kindness when faced with difficulties.

I may go on to talk about being mindful of what you eat, and other aspects of taking care of your body that are important. For the sake of this book however, I will not dwell any further on those. Just remember that your body needs to be taken care of, and it's important that you cultivate habits of bodily care in your 20s. I am rooting for you!

Nugget 10

Before all else, GOD!

I would be deceiving myself and you if I did not add this most important aspect as far as doing life successfully is concerned. As a Christian, I am mandated to share the good news, and I endeavor to share it in whatever platform the Lord has enabled me to have a voice, and I believe this book is one of such. Let me candid with you, in this life, YOU NEED GOD. I can confidently tell you that if it weren't for the fact that I got the privilege to know the Lord earlier in my life, I don't know where my life would be right now. I sincerely don't. I am grateful that throughout my 20s, I prioritized having a relationship with God and I have Him work tremendously in my life. He has given a confidence that no man ever would have. God allowed me to see life through a different set of lens, that only divinity can explain. I have seen myself be bold about tasks and challenges that another young person of my age might shy away from, and that will forever be on the account of God.

Let me tell you, PRIORITIZE GOD. These are your best years yet. You will need God if you are going to do life big. I don't know how to define success outside of the lens of God. For others who might have their own definition of success, I'd understand if they did not agree with me. But as far as I am concerned, everything that I have achieved and have done and have become throughout my 20s has been because I know the Lord, and I keep learning and training myself to align with His principles of success.

As a young person, it is vital to recognize the importance of putting God first in your life. The Bible teaches us in **Matthew 6:33**, "But seek first the kingdom of God and his righteousness, and all these things will be added to you." This verse reminds us that when we prioritize God and His ways, everything else falls into place. In the fast-paced and ever-changing world that young people navigate, it can be easy to prioritize other things such as career, relationships, or personal ambitions. While all of

Navigating your 20's *with confidence*

these are important and God wants us to excel in them all, they are never to be placed before our pursuit of Him. As a young person, you will see all these align and perfectly fall into place if you train yourself to put God first.

The Bible instructs us in **Proverbs 3:5-6** to “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” When we put God first, we acknowledge His Lordship over our lives and trust Him to guide us in the right direction. Putting God first as a young person also means seeking His wisdom and guidance in decision-making. **Proverbs 16:3** advises, “Commit your work to the Lord, and your plans will be established.” By seeking God’s input in our choices, we invite His wisdom to shape our paths, leading to fulfillment and purpose.

Furthermore, putting God first involves nurturing a personal relationship with Him through prayer, studying His Word, and connecting with a community of believers. **1 Timothy 4:12** encourages young people, “Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.” By immersing ourselves in God’s truth and surrounding ourselves with fellow believers, we grow in faith and character.

As a young person, putting God first is not only an act of obedience but also a source of strength, guidance, and fulfillment. By prioritizing God, seeking His wisdom, and nurturing a relationship with Him, we set a foundation for a purposeful and impactful life.

I am cheering you on, and you will not fail.

