

**Five Steps  
To Purpose  
Actualisation**

**By**

**Shirley Murphy**

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## **Table of Content**

<b>Acknowledgement .....</b>	<b>5</b>
<b>Introduction.....</b>	<b>6</b>
<b>Part One.....</b>	<b>8</b>
<b>Chapter 1</b>	
<b>Understand who you are....</b>	<b>9</b>
<b>Part Two.....</b>	<b>15</b>
<b>Chapter 2</b>	
<b>Confidence.....</b>	<b>16</b>
<b>Part Three.....</b>	<b>28</b>
<b>Chapter 3</b>	
<b>Being Positive towards yourself.....</b>	<b>29</b>
<b>Part Four.....</b>	<b>48</b>
<b>Chapter 4</b>	
<b>Take charge of your life....</b>	<b>49</b>
<b>Part Five.....</b>	<b>68</b>
<b>Chapter 5</b>	
<b>The power of prayer.....</b>	<b>69</b>
<b>Prayer Points.....</b>	<b>86</b>

## **Acknowledgement**

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## **Introduction**

**Five steps to actualising your life purpose is a must-read for many that are still wandering the paths of life with no result, direction, no answers, and no focus. Whether you are at the peak of your life in career, business, or your life is collapsing right in front of your eyes; the truth is, we all want to become better. No matter how wealthy or fulfilled a person may be, they still seek to do more and be more. You were born for more and for better things. You deserve to live at a higher level than you are currently living.**

**The question is, how can you actualise your purpose to becoming better? In this book, I am hoping to take you deeper, help you look inside and discover the priceless seeds of greatness that God has placed within you. Too many people settle for mediocrity in their thoughts, attitudes or actions and cage themselves in mediocrity life and live unfulfilled lives. It is time to rise above every limiting thought, take charge of your life, and become all that God has created you for.**

**I will share with you five steps on how you can live above every limiting and negative mindset to actualising your purpose, because God wants you to become all that He created you for. Enough of you giving room for the devil to cheat you and make you feel as if God is not able. Then again, you need to know that in this, God will do His part, and it is your responsibility to do your part to become better, live and walk in purpose for your life. Get ready, you are about to embark on an inner journey through which you will explore parts of yourself that you never thought were possible for you.**

**Actualising your purpose is all about growing, learning and improving on that which God has given to you. The more you learn to trust God, the more He expands your horizons and help you become all that He sent you to become and live a more fulfilled and happier live. Cheers!**

## Part 1



## **Chapter 1**

### **Understand Who you are**

**The Journey to actualising your purpose is first understanding who you are and who God has created you to be. When you understand who you are, it will help you become focused on executing your duty or assignment. It's just like an employee in an organisation that seems not know why or what he or she is doing in the organisation. Why their name on the payroll each month? Another example is for a child not to know his/her place as the child in his/her father's house. Ultimately, as the child of the Almighty God, the Supreme God, Omnipotent, Omniscience, the all-knowing, the God that has power over the heavens and the earth. Before you were born, God saw you and endowed you with gifts and talents uniquely designed for your optimum success.**

**Therefore, your inability to understand and have the knowledge of these will make you wander the earth and live an unfilled and dissatisfied life. Of course, you**

**can't be satisfied when you have so much and yet living with nothing. You really have a responsibility to discover who God has created you for and ask yourself, what qualities and attitude defines you?**

**When I talk about who you are, I'm not talking about what position you occupy in your office or what professional degree you hold. There are so many ways we define ourselves. We may describe ourselves as our emotions; I'm a lover, I'm peaceful, I'm intense. By our profession: I'm a lawyer, I'm a journalist, I'm a teacher, etc. Our titles: I'm an executive, Managing Director, etc. Some people even describe themselves based on their past. Some say, in my family line, this befalls us. The identity that our friends, family and peers have seems to affects us as well.**

**Do you look at your past, your present, or your future to define who you truly are? It is very important when you are answering this question that you get in the right frame of mind. You need to feel relax, safe and curious.**

**If you are just scanning through this book or having some distractions, you may not get the desired answers you need. Take a deep breath, relax, let your**

**mind be curious, not concerned about looking for perfection, but just ask yourself. WHO AM I?**

**There may be dreams we all want to believe deep down in our souls that we have, and that we can make a difference, touch others specially, and make the world a better place. We sometimes see the quality of life that we desire and deserve, yet for many of us, those dreams have become shrouded in the frustrations and routines of daily life that we no longer even attempt to accomplish them.**

**For many, the dream has dissipated. Many have lost that sense of certainty that creates the winner's edge. My life's quest is to restore the dream and make it real, get people, especially women, to use the unlimited power that is sleeping within us all.**

**The power to become unstoppable, to make positive impacts in the sands of time. I'll never forget the day it dawns on me that I really must make a difference. I wanted to give more to this world; I wanted to make a difference that could help me and others to shape our destinies.**

**Now so many people today feel unfulfilled in their lives, dabble their way through life, never deciding to master anything in particular. Most people are merely working at some mundane jobs, trying to earn a living, stuck in a career they don't even like. All because they are not pursuing the dreams and desires that God has placed within their hearts. When we are not moving towards our God given destiny, tension and dissatisfaction will always exist in our inner being. The greatest tragic thing is to come to the end of life on earth and realise that you never really lived. You simply endured an average mediocre life, got by, and lived without passion or enthusiasm and allowing your inner potential to lie dormant and untapped.**

**It is widely believed that the wealthiest place on earth is not the oil fields nor the gold and diamond mines, but ironically, the wealthiest places on earth are the cemeteries because lying in those graves are all kinds of dreams and desires that will never be fulfilled. Buried beneath the ground are books that will never be written, businesses that will never be started and relationships that will never be formed. Sadly, the incredible power of potential is lying in those graves. God deposited a gift, a treasure inside you, but you have to do your part to bring it forth. Be determined to**

**live and focus on your divine destiny, taking steps towards the dreams and desires that God has placed in your heart. Your destiny has to do with what excites you. What are you passionate about? What do you really love doing? Your destiny will be a part of the dreams and desires that are in your heart, part of your very nature. Search it out, discover who you are and what you were created for, explore and reign.**

**Who you really are is the summation of what you intrinsically feel you value and don't, what you desire and don't, what you enjoy and don't, and what you think and do not think. Who you are is not something you define once and then hang on to forever; it is an evolving thing. The first rule of the self-awareness game is not to accept anything as permanently true. Your idea of yourself must keep evolving as you do.**

**Everything that makes you "You" is right there on the surface for other people to see. You are the sum up of your actions; simple.**

**The two most important days in your life are the days you were born and the day you find your WHY. And then you take action.**

**As you keep up with everything going on in your life, the responsibilities, the obligations, even the distractions – there will be times when you'll look in the mirror and struggle to recognise yourself.**

**“Where did I go wrong? How can I understand myself better?” You'll ask, wondering how you've ended up where you are. “How did my plans for the future end up so screwed up?”**

**When you don't take the time to understand yourself and who you are, your sense of individuality weakens. You become easily influenced and pushed into a lifestyle that doesn't represent who you are. The good news is, you can gradually transition into the life you want by periodically “checking in” with yourself. The better you understand yourself, the easier it will be to steer your life in the right direction.**

**The only person who travels with you throughout your whole life is you. Yes, it is only you right from the cradle to the grave. I don't mean to sound morbid; this is only meant to emphasise the importance of the relationship with yourself and the importance of knowing who you are.**

## Part 2

## **Chapter 2**

### **Confidence**

**Self-confidence is a needed virtue for a greater life of success. It is important that we choose what we say about ourselves at all times. Are the words negative or positive, capable of boosting our self-worth and image? We often talk more to ourselves than we do to anybody else. What are you saying daily to yourself, what do you meditate on? Is it positive or negative thoughts? Are they empowering, affirmative thoughts or do you go around with defeated thoughts all day telling yourself that you can't make it, or that**



**nothing good comes from you? Do you put in front your mistakes more than the positive things that lie ahead? The negative self-talks have kept millions of people from rising higher and actualizing their purpose, their existence, and grappling with that which God has in store for them.**

**So many people have sowed seeds of negativity and it has grown so much in them that all they see are negative situations. When they see someone that is successful and achieving results in his or her chosen field, they'll say to themselves: "that will never happen to me because I am not as smart, intelligent, influential as that person. My shape is not good, I'm not**

**attractive, I'm not good enough." It is the voice telling you, you are not good enough or that something is wrong with you.**

**You have a responsibility to shut that voice up and put up with the "I can do all" spirit and see yourself actually doing all. I have discovered that those wrong thinking often spring from our childhood. Because our parents who were supposed to have nurtured us and help us in building our confidence did the opposite, and some of them never really knew what to do to help us. It is time we reprogram our mind to what can help us grow. Stop rehearsing all your mistakes, thinking about what you cannot do or how you do not have what**

**it takes. It does not really matter how many times you fail, but what matters is the spirit you put up to rise again. Learn from the event, build up positive experience and mindset to winning big. Remind yourself: I am the child of the most high God, I can do all things through Christ (Phil. 4:13) I have a bright future, I am talented, my story is different, I am favoured, I will fulfil my purpose and destiny. I have what it takes to be different, and influential, I can make impacts positively in my generation. God loves me.**

**Our internal dialogue daily must be positive and hopeful. You may have suffered a great loss, you may have had an unfair experience or people trying to**

**pull you down. Your beginning may not have been pleasant, but don't allow that to pull or weigh you down into negativity. Believe what you say about yourself more than what anybody says about you because when nobody is left to encourage you, it is only you that can encourage yourself to move on and you'll not only enjoy your life but rise to a higher level of self-confidence.**

**According to Norman Vincent Peale, "having faith in your abilities, without a humble and reasonable confidence in your own powers, you cannot be successful.**

**Self-confidence often leads to self-realization and successful achievement. It is appalling to realize the number of**

**pathetic people who are hampered and made miserable by the malady called inferiority complex". You can develop creative faith in yourself, faith that is justified. Somebody once said to me, "Shirley, where do you think I can start from at my age, I am over forty years of age. Why is it that in all my life, I've not known this?" The only thing I told him was, eliminate self-doubt or inferiority complex, have faith in God completely, believe that the best is yet to come.**

**Lack of self-confidence is the problem besetting many people today. Some people are inwardly afraid; they doubt their own power. They cannot believe that they have it in them to become what they want to become in life and**

**so they try to make themselves content with something less than what is capable and possible for them. So many adults struggle today because they didn't get the encouragement they needed from their parents or from the people who raised them.**

**As Parents, we have a responsibility to instill confidence, self-esteem and security into our children. You don't just correct a child without showing the child the right side of things. Try as much as you can as parents not to condemn your children no matter what they do, they are prone to make mistakes but never play it to them or make them feel they are failures in their academics or in any other area of**

**their lives. Maybe you equally did not have a positive side of encouragement from your parents. Your earthly father may not have told you who you are and what you carry. Let me remind you “you” are the child of the most high God. You have been crowned with God’s glory and honour.**

**You are full of potential. You are flowing with creativity; you have so much to give out to your generation. You are the awaited messiah of your time. Whatever you touch is blessed and successful, you are blessed and not cursed; that’s who you are.**

**“Wealth is the product of man’s capacity to think” -- -- (Ayn Rand.)**

**You must get your thought about yourself moving in the right direction and gain clarity for your purpose actualization. Throughout the day, you have to be thinking of positive and great things about yourself. You have to understand that negative voices always seem to be louder than the positive voice.**

**Sometimes when people tell us any negative message, it seems to play louder in our minds again and again. You can do a hundred things right but once you make one mistake, you’ll have**



**to fight being guilty and condemned. As long as you stay focus on the negative, you'll have a war on the inside. You cannot have a critical attitude towards yourself and expect God's best. Quit focusing on the wrongs you've done. God has already rolled away your shame, your past, your failure. It is up to you to do your part. Let it go so you can go into your promised land. Our faith is made effective when we acknowledge the good things that are in us. You don't apply faith in the negative, weakness or past issues, but you apply faith in a hopeful situation.**

**On the positive side, I have talent, I will succeed, I have the favour of God, and I am blessed. This affirmation pushes**

**faith to benefit you. When we believe we have what it takes, we focus on the possibilities of achieving our best.**

**Unfortunately, most people are in this situation. They constantly fix themselves in a negative posture. If you are in that group, get a shift out of it now, get your inner dialogue going in a different direction. Then you will eventually become what you believe and what you see yourself becoming. Develop a habit of being positive toward yourself. Have an expert opinion about who you are. Tell yourself, each day “I am actualizing my purpose.” You are not just a housewife, common teacher, or just a business man or woman. You are the child of the**

**most high God. You have a purpose on earth; you are fulfilling your destiny. So much has been deposited in you. You are not just anything, but a product of God's glory awaiting manifestation. Knowing and acknowledging these things can boost your confidence and help you become who God has created you to be faster than you can ever imagine.**

**To those of us that are parents, we have to always tell our children who they are in order to help them build their self- confidence and self-worth with words like “you have what it takes to excel”, “there is nothing you can't do”, “you are a success” and “you are a winner and not a loser”.**

## Part 3

## **Chapter 3**

### **Be Positive towards yourself**

**If you want to actualise your purpose, it is imperative that you learn to feel good about yourself. Too many people live under condemnation, constantly, listening to the wrong voices. Each of us has an internal dialogue with ourself; meaning you are the best person to help yourself better than any other person would.**

**..... A consistent man believes in destiny and a capricious man believes in Chance. -Benjamin Disraeli...**

**.....We cannot rise higher than the thoughts of ourselves----Orison Swett Marden.” ....**

**If you raise your standards but do not believe that you can meet up with the standard you have raised, then you have sabotaged yourself.’ No matter how people try to encourage and inspire you to be better, if you do not see the possibilities of becoming better, you may not make it. So, you have to be positive towards yourself, declare daily what you want to become and when you want it to be. Is it in the next few years, then walk, talk and behave in that manner. Before I became a speaker, I first believed and saw myself as a speaker, I started telling people**

**and declaring that I am a transformational speaker and that helped me to remain focus on line of speaking. Reading books to become a wonderful speaker even when I did not even know how to go about it, but I believed it was part of my calling and therefore have to develop it, embrace and push that part of me out to the world.**

**According to Richard M. Devos, “the only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible”.**

**Brain Tracy said, “the most important laws of life are the laws of Belief” the law says, whatever you believe with**

**conviction eventually becomes your reality.**

**The bible says in the book of Proverbs 23: 7 “As a man think in his heart, so is he,” meaning that your actions daily concerning your life is based on what your belief on the inside.**

**Our forefathers behaved in the manner that they behaved based on their belief. Before now, in my part of the country, giving birth to twins was an abomination. They believed then that twins were bad luck to the family and then any family that had twins will either kill one baby or give out one to another family. They were in bondage**



**because of their belief until someone came in to break them out from such bondage.**

**Before you can rise, excel and actualise your purpose, you have a lot of work to do about your belief system. All improvements in your life comes from changing your belief about yourself and possibilities. Personal growth comes from changing your beliefs about what you can do and what is possible for you. The belief about yourself is largely subjective and often not based on facts at all. They are the results of information you have taken in throughout your life and the way you have processed that information. Your beliefs have been shaped and formed**

**by your early childhood, your friends, and associates. And all these can change based on how you process the information and what you want for your life.**

**In whatsoever, you may be going through, staying positive even in the face of challenges is the one and only factor that will bring you out speedily and lead to your success. Successful people usually look for the good in every situation. No matter how many reversals and setbacks they experience, they expect to get something good out of everything that happens to them, they believe every setback is part of a great plan that is moving them towards achieving the outstanding success that**

**is inevitable for them. Personally, I'm a very positive person, I can remember so many times when things would not work out the way my husband and I planned and I'll just say, "see, maybe God wants us to learn a lesson from the situation, and maybe it is not time." And he will often say, "why are you not always worried or bothered about things?" and I'll respond, "I can't be bothered because I already have the answer". Know that every situation that comes your way is to teach you and not to break you. Swing your thinking to the positive that no matter what happens, my peace, my faith is in God and nothing can take that away or have it shaken.**

**If Your beliefs are positive enough, you will seek the valuable lesson in every setback or difficulty. You will confidently believe that there are many lessons that you have to learn on the road to achieving your purpose. With this kind of attitude, you'll stand to gain from everything that happens to you, be it positive or negative. God did not create any of us to be average, He didn't make us to just live, we were created to excel. The bible says that God from the beginning of the world knew us and chose us unto himself and to his glory, he equipped us with everything we need to live an abundant life. Meaning that you have seeds of greatness embedded in side of you, but it is up to you to believe and act on**

**them. There are a lot of people today going around their lives with low self-esteem, feeling inferior as if they don't have what it takes. As long as that poor self-image is there and speaking contrary to what God is saying in our lives, there is no magic or power that can help you from yourself. The greatest bondage anyone can be in is the bondage of "Self". You may not be there yet, you may have areas to overcome, but you need to know inside of you that you are a Victor. Believe first that you are not a victim but a Victor and then sow good seeds daily into your life.**

**Seeds are words. Words are seeds, they have the creative power to reproduce.**

**Make positive declarations over your life and things around you will begin to work for your good. As those words daily permeate your mind and especially your subconscious mind, it eventually will change the way you see yourself and change your belief.**

**When you change your mindset and belief system about yourself, all you'll see daily will be positive. When you get up in the morning, instead of saying things like, today I don't even know what will happen, I'm not talented or qualified as that person etc. Say, I am favoured, I can do all things, I have the can-do power. I'm approved. I am excelling and doing exploits in my career, my Job, my marriage and believe it when you say it. When you**

**say these words to yourselves daily, it will register in your subconscious mind, create a new image, change your mindset, belief system and things will work in your favour.**

**Your purpose will become more visible to you and you'll be encouraged daily to embrace, appreciate, and begin to do your purpose. What you believe about yourself is what you will eventually become. What are you saying about yourself daily? Learn to declare good things over your life. If you are negative and critical toward yourself, your own words can stop God's best plan from coming to pass in your life.**

**The bible says, if only you will believe. You need to have faith in yourself, because God has called you to do great things, he has put dreams, and desires in your heart. Sure, there are areas where you need to improve on things that you want to accomplish. Be careful that you don't use it to make excuses. Instead, decide right now that today will be a turning point in your life. If you want to know where you are going to be five years from now, listen to those words that are coming out of your mouth. Get in agreement with God and learn to speak words of faith positively and victory over your life, not only will you develop a better self-image, you will become a better you.**



**Believe that you have what it takes,  
focus on the possibilities. Have an  
expert opinion about who you are.  
Never allow what anybody thinks about  
you to tie you down or stop you from  
becoming your all.**

**-----Break Free-----**

**In being positive towards yourself, you  
need to hang around people of like  
minds, people who are positive. Hang  
around dreamers and achievers of their  
purpose; people with big goals, who  
plan to do something significant about  
their lives. Hang around people that are  
going to help you become all God  
created you to be.**

**This is the time for a new beginning. Get your fire back, get your passion back. You may have been in that situation for too long, but this is the time for you to break free from every limiting position. You may have struggled with depression and disappointment; this is the time to break free. You may have come from the family of negativism, failure and defeat. This is your time to rise above the morass, start stretching your faith once again. Get up each morning expecting good things to happen and planning to receive good things. Don't ever settle for mediocrity, never let good enough be good enough, you too will discover that your purpose is true**

**and can work. You can never change what you tolerate. As long as you accept and accommodate it, you are going to stay right where you are. But you don't have to live that way, I encourage you to go one step further, believe in yourself, develop a stronger faith for your life, change your thinking and change your life for good.**

**... Put away negative emotions....**

**Agreed, no human being is perfect. We have all sinned, failed, and made mistakes. But many people don't know**

**that they can still receive God's mercy and forgiveness, instead, they allow themselves to be beaten up on the inside. They tune into that voice telling them, you messed up; you are not good enough. They become so hard on themselves with a mindset that nothing good can come out of them. You'll have to break free from this habit. If you want to live in peace with yourself. You must learn to put your heels down and say, "I may not be perfect, but I know, I'm growing, I may have made mistakes, but I know I am forgiven. I have received God's mercy." Sure, we all want to be better human beings, but we don't need to beat ourselves up over our shortcomings. People may not always be pleased with me, but I know**

**God is. Sincerely, this is how I live my life, in as much as God is pleased with me, I care less about what anybody says about me. Quit condemning yourself. Your analysis and observations may be true, but it doesn't do you any good to put yourself down. Always put up a positive character towards yourself. Let the past be the past, you cannot change it and if you make the mistake of living in guilt today because of something that happened yesterday, you won't have the strength you need to live this day in victory.**

**Know that God approves of you and His mercy endures forever. None of us deserves it. It's a gift. We are not worthy ourselves. But the good news is**

**God has made us worthy. So, refuse to listen to the accusing voices anymore, you are the child of the most high God. We all have areas in which we need to improve. God does not focus on what is wrong with us, He focuses on what is right. That is why He does not count our sins, but rejoices when we repent and walk in the light. Say to yourself today, “I am not going through life feeling guilty and unworthy. No mistake I’ve made is too horrible. I’ve repented, I’ve asked for forgiveness. Now I’m going to take it, one step forward and start receiving God’s mercy.” Remember the parable of the prodigal son, everyday God is expecting our return with an outstretched hand of love to receiving us to His bosom. Step into victory, quit**

**living in defeat, you are the apple of God's eye. He alone can restore anything that has been taken or stolen from you. Quit being negative toward yourself. Receive God's mercy for your life.**

## Part 4



## **Chapter 4**

### **Take Charge of your Life**

**..... “It’s never too late to be who you might want to be “...George Eliot.**

**Taking charge of your life is one of the factors that you need to explore to becoming and actualizing your purpose. It starts with taking an honest assessment of where you are, identifying what needs to change and creating goals that will move the needle. As you read through and apply the principles in this book, you will step out to taking charge in every area of your life and actualizing your purpose.**

**Now, the big question is, are you satisfied with the life that you are living? Look within, is this it for you? Is this all that you can become and achieve? Whose life are you really living? Is it your own making or another person's making? You have to be sincere with yourself at this point, but try not to blame anyone for your mistakes. Take responsibility, take charge of your life. Many people have given away their power and life to their spouse, boss, family, environment, society, external influences and friends. Let no one take control of your life. It is your life and you can live it in whatever way you choose to live it.**

**Many have stumbled into fake life, unaware that they have taken on someone else's life, they have become conditioned as a slave in another person's dream, rather than an architect of their own dreams. There are no limits to what you can achieve. You can become the person you truly want to be and achieve all that you want to achieve. Life can be joyous, magnificent, fulfilling, abundant, prosperous and adventurous. However, many just choose to live the timid life, being led by others, who have taken charge of their lives.**

**Many have become so dependent on others to tell them when to wake up, when to go to sleep, what to eat, how**

**to talk, how to walk and how to be seen as an individual.**

**If you are not aware of who you are becoming, you will end up living an average life. Do what you love to do, spend your days pursuing things that interest you and bring a sense of joy and fulfillment. You do not have to just spend your days doing things that you don't want to do; you can step out of the life of conformity by changing direction. Set your sail on a new destination for success. The answers that you seek are within you, there is no need to look elsewhere.**

**For you to reach your full potential, you have to step up your game; stop engaging in mediocrity, you have got to**

**start engaging in life-changing task daily that will move you from where you are to where you want to be.**

**Visualise being successful daily and live in a state of appreciation for the life that you will live soon. It can be so easy to let someone else dictate to you how to live your life, it is so easy to cower away and be resigned to a life of conformity and fearfulness. But you must take action, I am urging to take charge of your life and design it the way you want it to be, otherwise, you will have to settle for the life that you don't want to live; what a shame that will be.**

**A few years from now, what are you going to become? Is what you are doing on a daily basis taking you to a greater height, or is it confining you to a life of mediocrity?**

**...Stop comparing yourself to others...**

**it is a negative and absurd behaviour comparing yourself to others. Know that God created every one of us**

**differently and uniquely; even siblings that were birthed the same day, i.e., twins are not the same in character, behaviour and attitude. They have different purpose and calling. So why do you compare yourself to others when you are not doing well in a particular area in your life. What you should do is to learn good things from others, be inspired, encouraged and motivated by others to reach your full potential.**

**Be yourself always, develop and love who you are. Complain less about your mistakes and failure, but embrace the spirit and habit of gratitude always. The habit of gratitude will help you to see and appreciate God for all you have.**

**When you are grateful, you'll understand that there are so much that you have that others don't.**

**Complaining poisons your life and brings in bitterness. Use the power of positive thought and gratitude rather than comparing yourself to others.**

**Most times, you may feel that people do not care about you or that you are drifting away by the day with no splendid achievements and direction.**

**I was once there, where I sleep and wake up daily with no direction and work just because of my needs. I lived this way, year after year, months after months with nothing to show for it until I sat down one day and got**



**uncomfortable with my situation, I asked God for direction, I thought about how my life can become meaningful and from that day and period of thinking, God revealed all I needed to do to stand out. Most times, life often places us in a situation that we dislike, limits our freedom, and makes us feel trapped or boxed.**

**The truth is that we can learn to change whatever situation that we dislike and start taking charge of our lives. Instead of living everything at the mercy of circumstances, chance, or people.**

## **... Develop Inner Strength .....**

**Before you can become an outstanding leader, you must first lead yourself. You do so by strengthening your will power and self-discipline. Inner strength gives you the confidence and the assertiveness to deal with difficult situations. This to some extent might seem like a difficult and unpleasant task but no, it is very simple. In chapter 2 of this book, I talked about having confidence in yourself, the inner strength births confidence and makes you see only possibilities; shuts out negative emotions and opens a door for**

**greater opportunities of greatness,  
helping you to take charge and lead  
your life.**

**.... Get rid of negative thoughts...**

**Always ensure that you replace your  
negative thoughts with positive  
thoughts. In chapter 3, I talked about  
what happens when you deal in the  
negative, it shuts you out from seeing**

**and embracing what is possible for you. There are some people that believe that because they are not as educated as their friends and peers, nothing good can come to their life. God did not place a condition when he was creating you. Before you were born, God knew you and put in you seeds of greatness, seeds of excellence and all these are tailored in you as talents, desires, and passion. All you have to do is to embrace and appreciate what you have been given and before you know it, you'll be swimming in your purpose.**

**When you do your purpose, negativity is shut out. You will become an influence to others because you'll understand that all you have is you.**

**Use affirmations repeatedly to shout out negative emotions. Positive affirmations when stated repeatedly, will take root in your mind and affect the way you think and act. These words will over time, boost your inner strength, inspire, motivate and help you change your attitude from negative to positive thoughts.**

**... Believe in yourself....**

**There may be times where you feel weak, shy, and uncomfortable to speak your mind. This leads to lack of**

**assertiveness and lack of confidence and makes you believe other people are stronger and more important. This is nothing but unproductive attitude that only you can trash out. I was once that way. I used to be very shy while growing up, even when I became an adult. Whenever I find myself at tables where women like me or people were making contributions, I often used to feel that whatever I may have to say may not be appreciated, or that I'm not as educated as those that are speaking at such events. I was only limiting myself from becoming all what God created me for, even though I knew that part of my purpose was to become a speaker; but lack of confidence in what I would say stopped me from**

**embracing my purpose until I became uncomfortable with where I was. I believed I could do it, and then I started speaking anywhere and to everyone. No one is better than you, you are special and unique in your own way, the world is awaiting your release. You are powerfully packed for greatness and exploitation. Arise and stop acting according to the scripts laid out for you by your family and outside pressure.**

**...Establish a Five-year goal...**

**This is the big picture. What do you want to become in five years' time, how do you want things to look like five years from now? Write it down, place it**

**where you will see it daily, you can place it on your wall in the bedroom, the toilet and even in your kitchen. place it at places that you will enter on a daily basis. This will help set your mind on the things that you set to achieve and inspire you to begin to work on them today.**

**... Pick a-year Goal.....**

**After you have written out your 5 years goals, decide what you can reasonably accomplish in the next one year to move you closer to your 5year goals. It may be networking, education, side hustle or a business. Break one year goal into smaller tasks.**



**No matter what your one-year goal is, you will need to break it down into actionable steps in order to achieve it. Don't wait until it happens, once you've identified your goals, you may fall into the trap of thinking that you will not feel successful until you tick off your to-do list daily.**

**Embody as many of the qualities of the leader you envisage, you will be in the next five years today in your current role. Do what you say you are going to do.**

**Successful people are leaders who got to where they are because they took**

**action on what has to be done and they are trusted. This will help you trust yourself and others will trust you as well. Spend more time with like-minded people. Once you have identified some big goals, spend time with people who are also striving for change or who have been through what you are trying to overcome because they will be the best to advise you on how to move and keep you accountable.**

**... “The only person you will become is the person you decide to be” Ralph Waldo Emerson....**

**Be creative, there may not always be a clear path to where you want to go or**

**be, don't be afraid to think outside the box, question systems that be and create alternative paths of greatness for your life and for others." Shirley Murphy.**

## Part 5

## **Chapter Five**

### **The Power of prayer**

**I can't count how many times prayer has played an important role in my life. The power of prayer and the place of prayer cannot be overemphasized. Our God, the creator of the universe is a prayer answering God. I don't care about what story you have, the challenges in your life or the size of your dreams and desires, when you do your part to actualising your purpose, the place of prayer must not be considered a second option but a must have, soaked, committed and dedicated**

**to. As a spiritual being, everything first takes place in the spirit realm before the physical manifestation. When you are committed to praying fervently, every power, every gate, every curse, chains must give way for your release. I've been enjoying unprecedented, unquestionable victories in my life through the ultimate grace of God in my life. God in His mercy gave to me the gift of prayer. And to His Glory, even when I'm not as committed as I am supposed. I am a vessel that does not joke with prayer and it has transformed my life tremendously. There is no one that stays committed to God and ever be ashamed.**

**My life is a product of God's abundance of grace and mercy. The bible says he that serves the Lord must serve Him in spirit because God is a spirit. There are so many people that pray and feel their prayers are not being answered. God answers prayers, all you need is to stay connected to Him in the spirit and allow the spirit of God to lead you on how to pray and what to pray for. Whenever you pray in the flesh or with your lips, you ask things of the flesh but when you pray in the spirit, the things of the spirit are released into manifestation in the physical for your life. Doors will be made open, destiny will be transformed, ideas for greater success will be released, your life will be transformed, but first you must commit**

**your life, sow and stay connected to your source. Accept Christ as your personal Lord and saviour, ask for his leadings, guidance and direction and as he directs, don't argue, but just do as he commands. Even when it may seem stupid to you or to others; just obey. I've had people say to me, "Shirley, I've prayed and prayed and yet nothing but, well, I know someday things will change. I'll be where I'm supposed to be". Sure, I know it is good that you believe, believing only cannot bring about results. The Bible says faith without works is useless. The Bible also says, when you pray, believe. It did not say when you only believe, but when you pray and believe and do not stop praying.**



**Pray without ceasing. I've also known that as a Christian until something happens, you must not stop praying, even till Christ comes, don't stop praying. The Bible says that the kingdom of heaven suffers violence and the violent taketh it by force.**

**God wants us to enjoy our lives right here on earth, that is why before you were born, he gave you everything He knows you will need to live a happy and fulfilling life here on earth. Jesus said in the book of Matthew 7: 7, "ask and it shall be given, knock and it shall be open, seek and ye shall find". How come we decided to only believe that He will do without asking what we want**

**Him to do. And that you do through prayer.**

**One of the reasons Christ came was that we may have life and have it more abundantly. You can be happy and free in this life, not only in heaven and you can accomplish your dreams before you go to heaven by simply tapping into God's power inside of you.**

**The bible says "Christ has redeemed us from the curse of the law". There is curse upon any kind of defeat, mistakes, wrong choices, fear, worry, constant sickness, failure, unhealthy relationships bad attitudes, etc. So many of us are so comfortable sitting**

**back and waiting on God to do something supernatural in our lives, but the truth is God is waiting on you to ask, take a step of faith and pray your way out from every defeat, shame, and unfortunate situations in your life. Heard the spirit of God say to me now that when we pray, ideas on how to navigate our lives is released; ideas that will stand you out from the circles of life will be released and as he releases into your heart, take action.**

**Rise in your authority and declare “I am not going to live my life in mediocrity, bound by failure and shame. I am going to take hold of everything that God has in store for my life. I’ll walk in divine abundance. Before I started my**

**journey, God revealed to me that so many of us (His Children) are suffering because we have neglected our source; those things God had tailored in us for success, and we are now pursuing what our family, parents, society, peer groups think we should be and have. Therefore, there's a disconnect.**

**For you to actualise and live-in purpose, excel and become a force to be reckoned with, you must return to your source. Embrace your calling, passion, desires, talents, and gifts.**

**The bible says your gifts will make room for you. It will bring you in the presence of kings and queens. The place**

**and power of prayer must be seen evident and working in your life.**

**Whatever you do not like that is taking place in your life, you have the power and authority to reject it, refuse to sit and accept things that are less than God's best. You may have been knocked down a thousand times, but you have the power to get up again.**

**Through prayer that will quicken and give strength to your inner mind, confirming the supernatural abilities of God in your life.**

**Too many people learn to function in their dysfunction. They embrace all**

kinds of things that are not God's best. They are always bitter, resentful, argumentative, they allow strife in their life and home instead of dealing with it in prayer and being willing to change, they merely put a bandage on their wounds and continue living in bondage.

I decree, every wound you have incurred in your life; wounds of failure, discomfort, shame, and disappointment, be healed. May the balm of Gilead, restore your healing. May your purpose be revealed, may ideas that will bring a supernatural breakthrough come on your life. In the book of Matthew 18: 18-20, Jesus told us about the power of prayer, and said, "Truly, I say to you, whatever you bind

**on earth, shall be bound in heaven and whatever you lose on earth shall be loosed in heaven.” There are dozens of real-life accounts in the bible where Jesus and other disciples battled in prayer for a transformation. Jabez prayed, Hanna prayed, and the situations in their lives were turned around. I do not care whatever you believe or your situation before you came in contact with this book, your life after reading this book must be turned for a greater good to the glory of God in Heaven. ‘**

**Elijah prayed that there be no rain for three years and God shut the heavens and prevented rain for that period at Elijah’s request. He parted the red sea**

**for Moses to lead his people through. Jesus healed the sick and gave sight to the blind, raised the dead like Lazarus. You need to realize the power that you have available when you take authority in prayer. And when you pray in Jesus' name, there must be nothing as doubt, fear or anxiety.**

**The life of prayer helps us communicate with the very source and purpose for our existence in God. Prayers are prophecies. They are the best predictors of your spiritual future. It is our fiercest weapon against the enemy and all things in this fallen world. The power of prayer is simply the power of God working greatness in your life.**



## **... What a Powerful God We Serve...**

**The Lord God Almighty can do all things. What God cannot do does not exist. Meaning there is nothing impossible for Him to do (Luke 1; 37) the character and heart of God is the very fabric of the gospel. When we close our eyes and get on our knees, the spirit of God whispers, “I am the lord, the God of all Flesh, is there anything too hard for me to do?” There is nothing he cannot do. Get in agreement with God for a transformation and a purpose driven life. He invites, encourages and wants us to talk to Him always. When we pray, we are simply telling God to become our strength, to**

**fight for us. We are to come to Him in faith. Let us then in confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. We have been given access to the very throne of God through prayer. The power of prayer is not a magic formula, it is an open heart, humble and filled with awe of who our mighty God is. The power lives in the God who is being prayed to. Psalm 107: 28-30 says, “then they cried out to the Lord in their trouble and he brought them out of their distress. He still the storm to a whisper, the waves of the sea were rushed. They were glad when it grew calm and he guided them to their desired haven.” There is power in prayer. I don’t know what storm is in**

**your life at the moment, what trouble or affliction you may have gone through, but I know that there is God who can calm every storm in your life. As you are desiring a better life, God can take you to your desired haven. Hold on to the power of God in prayer. There is strength and power in prayer that can change lives and change the world, but we must be ready to pray without ceasing to pull down every stronghold and satanic manipulations in high places. I'm not talking about praying a gentleman's prayer, but about spiritual warfare calling down the hand of God to fight for us. When we exercise the power of praying with authority, things happen in the spirit**

**realm. When you pray, learn to wait and believe.**

**Never think of giving up. Everything good needs prayer. If there is a time and need to pray for the world, that time is now for God to have mercy and take away the pandemic that is ravaging the world. And every pandemic of limitation in our lives, God can take it away in Jesus' Name. God promised in His word that He hears every word that we pray to Him. Like a good parent, He is waiting, ready and willing to listen to our worries, concerns and needs.**

**Prayer provides the channel to communicate with God and receive supernatural strength and power. Know that your prayer does not and cannot**

**change God, but changes the person who prays. Mother Teresa said, “Prayer is not asking. Prayer is putting oneself in the hands of God at His disposition and listening to His Voice in the depth of our hearts.”**

### **Prayer points**

**1) Oh God, reveal to me my purpose on this earth.**

**2) I thank you, Lord, for the life you gave to me**

**3) I seek for ideas to execute my purpose**

**4) Every gate of delay that want me to live an**

**empty life. I crush it out of my life by  
fire.**

**5) I come against every satanic  
stronghold from the pit of hell to crash  
and be destroyed by fire in Jesus' name.**

**6) I enter my life of purpose, I do, walk  
and stay in purpose for my life.**

## **About the Author**

**Shirley Murphy is a Writer and the Publisher of Global Labour Events and Business Magazine (GLEBM), an online independent specialized Publication.**

**Family Life Coach. Women Empowerment/equality advocate. A TV Show Host, Media Consultant, International Speaker, visionary Author and best-selling author of several Books.**



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