

BE MINDFUL

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1. Words are powerful, so use them wisely, be careful of what you say and how you say it. Always think before you voice it out. **Proverb 18:21, 10:19, 31-32**
2. People come and go, but I assure you the right one will always stay, so don't ponder over the people that you have lost in your life, or the ones you thought will never leave you, but the right ones are right there in your life, open your eyes you will see them around. **Gen. 37**
3. You are doing enough even if it does not feel like it right now. Sometimes, it's after you pass a particular moment or particular phase in your life that you will realize that all you were doing were okay at that time but because you did not pay attention, you forgot to live in that moment and see the little achievements you have achieved.
4. Failure is when you don't try at all to anything you do. You failed at it, that does not mean you failed. It has taught something more, so next time if you are trying to approach it, you will know exactly not to go through that route again, so it's a lesson not a failure. Failure can redirect you.
5. Random act of kindness makes everyone feel better. So do not plan kindness, don't wait for a particular time to be kind, you go out and do good, see people on your path that needs help. It must not be the people you know, although the bible says "do good to all men especially in the household of faith", when someone is trying to do something, encourage without judgement. Kindness is not only giving gifts or money, it is also giving good advise, encouragement, prayer and exhortation, all these are act of kindness. **Eph. 4:32a, Proverb. 11:17**
6. Live for today not for tomorrow; because what you have as a human being is honestly TODAY and this moment that we are seated right now you were not promised tomorrow, you also do not have an idea of what will happen tomorrow no matter

how or what you plan, it might not go as planned. So what you have right now, live in the moment of today and leave tomorrow till it reaches tomorrow. **Matt. 6:34**

7. Never look back. There is nothing for you there, there is a reason you have a mirror in your car,

8. Overthinking kills happiness and I know a lot of people can relate to this. The present Nigeria situation calls for thinking but not to be overthinking that will result to worries and anxiety, people taking the option of suicide, robbery, rituals etc. are not the solution. **Phil. 4:6, Heb. 13:5-6, Lam. 3:21-26**

you have a big and a small one, you cannot keep turning right and left to look behind, you need to focus on where you are going to avoid distractions and not be involved in an accident. Whatever have passed you can't rectify it, you can only work on today. **Gen.19:26**