

## **HOW YOU CAN ENJOY A FRUITFUL LIFE ( EMPOWERED FOR TRANSFORMATION IN 2014 ) ( INSPIRATIONS & QUESTIONS )**



Here's a New Year's Article that's easy to keep, Good for your Health and Beneficial for your Relationships. And it won't cost you a penny. Sound too good to be true? Read on.

I've developed a simple set of Article and Questions for the New Year. They're catalysts for reflection rather than formulas for imitation. Their purpose is to get us thinking about our purpose, in both private and community life.

I have originally developed these questions for young people, on the belief that the new generation doesn't get enough structured opportunities to explore meaning and values. But the truth is, it's not just millennials today who might lack purpose, feel undecided about shared beliefs and goals/aim or wish they could be part of something greater than themselves. It's people of all ages.

We Ghanaians rarely get to make a truly mindful assessment of who we are, what's shaped us and why we hope to change. If we did that first, we'd probably be more capable of making wise resolutions and keeping them. We'd become more conscious of the web of relationship and mutual obligation that holds us together and that makes our freedom and Justice truly worth cherishing. And we might just end up being better humans. Ghana has been the most peaceful Country World Wide despite all we went through during 2013 General Presidential and Parliamentary Election, plus the Supreme Court Ruling. We Ghanaians respect our Democracy, so we have the right to to Speak our mind, so we understand ourselves, despite your Religion or Tribe.

### **WORDS OF INSPIRATION:**

When God leads u to the edge of the cliff, trust Him fully and let go, only 1 of 2 things will happen, either He'll catch u when u fall, or He'll teach u how to fly! 'The power of one sentence! God is going to shift things around for u 2day and let things work in ur favor. God closes doors no man can open & God opens doors no man can close. May God open all your close doors for you in 2014.

I wish you luck, happiness and riches today, tomorrow and beyond. As you look back on yesterday, may your memories be warm ones. As you await for the New Year 2014, may your heart be filled with happiness and joy. As you look ahead to 2014, may your deepest hopes and dreams come true for you! I wish you to celebrate all the wonderful things that make you so special, not just on your special day, but on every day of the year! I wish that for every extra Blessing in your Life, you receive an extra reason to smile. Happy New Year to you all!

### **WORDS OF ADVICE:**

The new year is like a new leaf. Everyone should be careful to fill it with what pleases God and helps him lead a happy life in this world and in the hereafter. One's wrongdoings should be corrected with no delay. Good deeds should be increased and maintained.

At the beginning of the new year, one should check his relationship with God and with people. If one finds out that he fails to carry out some religious duties, he has to resolve to make up for any missed obligations. He should observe his daily Prayers, Religious practices, etc. Also, one's relationship with people should be maintained and improved in case of any mistakes.

One is advised to start the new year with repentance and starting a new leaf with God and people. Repentance, with its basic conditions and requirements, is highly recommended.

### **KNOWING YOURSELF:**

All of us have heard this aphorism. Most of us acknowledge that unless you know yourself first, you really can't achieve much in life. We also realize that we each have immense potential to create amazing things and find lasting happiness.

Most of us don't even scratch the surface of knowing who we really are, let alone figuring out what we have the potential to become. We are so confused that we keep oscillating between overconfidence and low self-esteem. One minute we are filled with a definite purpose for life and the next we are completely desolate. How can anyone hope to find lasting happiness in this state?

### **DON'T MISS THE OPPORTUNITIES:**

The new year occasion is a chance to review one's deeds and relationship with God and

with people. Christianity/Islam events constitute opportunities to understand Christianity/Islam and reform people's behaviors. Days and Years bring one's closer to his Death time; so EVERYONE should be careful not to miss any opportunity that come in His/Her way.

Finally, we should never lose hope in gaining God's pleasure and forgiveness. The new year is like a new leaf that should be filled with good deeds and behaviors. Let's repent and maintain good relationship with all people and work to spread good values of justice, freedom, and equality.

### **THE QUESTIONS:**

I invite you, whatever your stage of life, to explore these questions. Ask them of yourself. Talk with family and friends about them. Write and share your reflections. Feel free to adapt and revise the questions to suit your circumstances. If you make it your first resolution to consider these questions well, your other resolutions will almost certainly end up being more honest, more meaningful to you and more useful to others.

What is the one thing that makes you special and unique?

There is no other person on this planet quite exactly like you. For just a moment, quit focusing on what you are not, what you wish to be, or what others expect from you and find out what is the one thing you already have that makes you special. Identify your "special"-ness, acknowledge it, respect it and make it central to how you carry yourself.

### **WHO YOU ARE:**

1. Think of something (an activity, a job) to which you're really committed and that takes up a lot of your time. Why do you do it? Do you consider it time well spent? Why or why not? What would make you stop being involved?

2. To whom or what do you feel responsible? What does that entail? What happens when you don't meet that responsibility?

3. What you do for living? Are you a good worker? A good citizen? A good person? How do you distinguish among them? Which is most important to you?

4. Who or what do you consider your community? What do you do for the community? What would you expect the community to do it for you?

5. How do people perceive you? Do people see you for the special person that you are? Do they appreciate your unique abilities? If not, what is the reason? How can you change it?

6. If you die tomorrow, will you be happy with the life you've lived? I don't want to sound morbid, but it's true -- you really could die tomorrow. Have you lived a good life? Have you left good memories to last your kids a lifetime? Have you forgiven everyone who has wronged you and have you asked for forgiveness from everyone you have wronged?

### **INFLUENCES:**

7. Who's influenced you, and how do you pass it on?

8. What individuals and institutions do you admire and why (current or past)?

9. What/whom don't you admire and why?

10. What and whom do you love?

### **ASPIRATIONS:**

11. What would it mean for you to be successful? How important is recognition, through money or esteem? What about unheralded acts or contributions?

12. What would it mean for you fail? Who or what will make that judgment for you and about you?

13. What kind of person do you want to be right now?

14. What should -- and shouldn't -- be written in your obituary?

15. What if you lose all your money? Will you be so distraught that you will want to end your life? Will you be so angry and frustrated that you won't be able to think straight? Will you be sad but eventually recover?

***ENJOY REFLECTING, AND MAY YOUR NEW YEAR(2014) BE HAPPY, AND DEEPLY GOOD. HAVE A BLESSED DAY AND REMEMBER TO BE A BLESSING!!!***

***HAPPY! HAPPY!! HAPPY!!! 2014***

**FOR MORE INFO ABOUT ME**

**Written By: NANA KESSE**

TEL: +233244078920

WEBSITE: [www.nanakesse.ucoz.com](http://www.nanakesse.ucoz.com)

EMAIL: [godfredoppong5@gmail.com](mailto:godfredoppong5@gmail.com)

FACEBBOOK: [www.facebook.com/odiifourba](http://www.facebook.com/odiifourba)

TWITTER: @Ghtrackss

INSTAGRAM: @Nanakesse

Am From Ghana in West Africa

