



Take Your Life
SERIOUS

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Introduction

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When you hear the consistent tick-tock sound of the clock, **what comes to mind?**

Bothered about the continuous rhythmic sound

or

Consistent reminder that life is steadily slipping away

- **Life is measured by TIME**, just as Metre is to Length & Kilogram is to Mass.
- **The reality is** – our time on earth will end someday – it is inevitable.

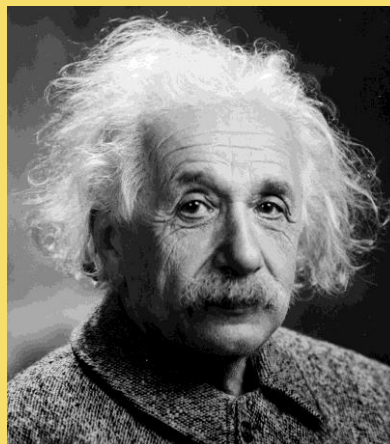
**Hence, to Avoid regrets – you must
Take Your Life Serious**



To mention a few People who lived value-adding lives & have greatly influenced the course of modern history.

These individuals **took their lives seriously** so they could change their world and ultimately, the course of humanity.

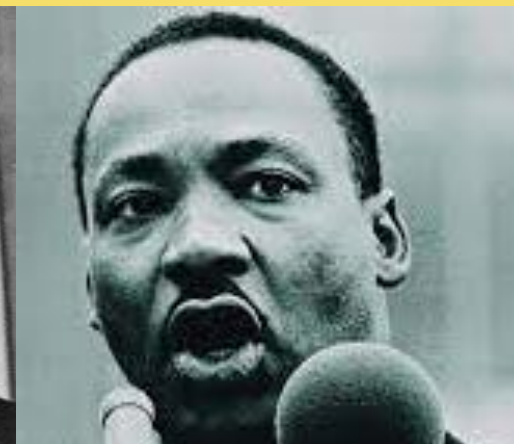
They Simply Excelled.



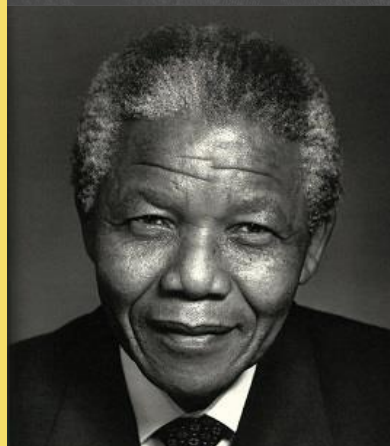
Albert Einstein
Great Scientist



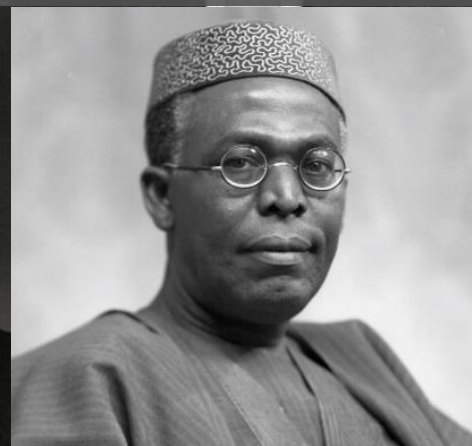
Lee Kuan Yew
Fmr. Prime Minister, Singapore



Martin Luther King Jr.
Civil Right Activists



Nelson Mandela
South African Revolutionary



Chief Obafemi Awolowo
Pan-African Visionary



Oprah Winfrey
Producer, TV Host, Actress, Author, etc.

**Answer these questions
dispassionately;**

What kind of life do you want for yourself?

**What kind of Legacy do you want to be
remembered for?**

**Your answers will speak to
How Seriously You Should
Take Your Life**



7 Keys To Taking Your Life Serious

SHOW UP
S

E
EVALUATE

ROUTINES
R

I
INTENTIONALITY

OPEN-MINDEDNESS
O

U
*UNDERSTANDING
TIME*

SPIRITUALITY
S



Show Up

*The first step to taking your life serious is **Showing Up!***

Show Up means **Step Out & Take Responsibility.**

- Tired/Fatigued?
- Raining?
- No Hope?
- Comfort Zone?



Show
Up





Evaluate

"Without proper self-evaluation, failure is inevitable" – John Wooden

- Evaluate** ▪ Your strengths & weaknesses;
- Yourself** ▪ Your emotional & psychological makeup;
- Regularly** ▪ Your natural proclivities & dispositions.

Regular evaluation brings clarity to your goals, visions & aligns you with your life's purpose.

4 Tips On How To Evaluate Yourself

- Observe regular "Me-Times"
- Take a personality test
- Engage accountability partners
- Ask for feedbacks regularly



R Routine

Routines help you stay in **shape & prepares** you to be a champion in every area of life;

If you want to excel in life – you must commit to regular **Routines;**

- Time you Sleep ▪ Time you are Awake
- Time you Read ▪ Leisure time, etc.

To attain the full benefits of **Routines**,
you must avoid **Procrastination**.

“My advice is to never do tomorrow what you can do today. Procrastination is the thief of time.”

– Charles Dickens





Intentionality

"You don't earn a first-class in your final year, you start the process of earning it from your first year. – FBO

Intentional people are deliberate; they do things on purpose, not by chance. **To Excel, you have to be deliberate.**

Intentional People Plan

"An idiot with a plan can beat a genius without a plan." – Warren Buffett

Intentional People Take Action

"Nothing will work unless you do" – Maya Angelou

Intentional Pursue Excellence

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor " – Vince Lombardi





Open-Mindedness

"No man is an island". "No man knows it all"

*"It is the mark of **an educated mind** to be able to entertain a thought without accepting it."*

– Aristotle

Being **open-minded** allows to you consider other perspectives/views or try out new experiences.

Your level of **open-mindedness** determines how willing you are to weigh the merit of **new ideas & paradigms**, even if you don't instantly like them.

Open-mindedness speaks to the ability to **Learn, unlearn and relearn.**





Understanding Time

The Universal Commodity

Time is your most important resource.

Once spent, it's gone forever. You can't buy or borrow more time. Hence, you need to regularly audit your use of time.

Time is the only resource we have equally; whether rich or poor, hardworking or lazy, we all have 24hours.

So, ask yourself every day;

“Am I Spending my Time or Investing it?”





Spirituality - The God Factor

The Real Core of Your Being.

- Whatever your faith is, It's important to remember, we were all created by God.
- **No individual “Just Emerged”.**

We must regularly examine our relationship with our God to make our lives more meaningful.



Recap

SHOW UP

ROUTINES

OPEN-MINDEDNESS

SPIRITUALITY

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EVALUATE

INTENTIONALITY

UNDERSTANDING
TIME



Conclusion

You can only be Equipped to Excel,
if you are determined to **Take Your Life Serious**

**Remember, You Have Only
One Life To Live**

Make It Count!

Thank You

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