

**IT'S
WORTH
THE STRUGGLE**

Bivon Mali

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email:bivonmali24@gmail. com

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I would like to thank Our Almighty God for the gift of knowledge and wisdom.

I am thankful to my family, Dad James Mecha, mum Hyline Kerubo for their support and brother Aggrey Orina who encouraged me to work on this text.

And to my friends, I am grateful for making the journey a success .

PREFERENCE

A lot of my ideas revolve around the overall development of an individual's well-being, regardless of their location or the circumstances they find themselves in, as well as how others may have previously perceived them. At the end of the narrative to become well informed and become independent. Possessing a clear sense of their life goals and desires.

Individuals encounter numerous obstacles during their lives. Their faces reflect the manifestation of both insecurity and nostalgia, revealing the hindered development and suppressed expressiveness they have experienced. I believe that by identifying the origins of their difficulties and offering solutions to these obstacles, we can provide individuals with the self-awareness needed to address their current challenges.

Throughout the book, I have held the belief that it will have a transformative impact to everyday life. Providing solace to individuals with emotional distress and inspiring those who have lost hope in life to regain energy and reach their highest level of achievements.

To narrate a story that is truly worth telling at last. Expounding upon the significance of dedicating time to contemplate one's life purpose and trajectory. By thoroughly analysing one's core principles, passions, and goals. Acquiring significance and formulating well-informed choices. And achieving the highest level of excellence in the entire etiquette.

Failure is an event not an identity. It's not who you are, it's something that happened. Ryan Leak

The worth of a man is not measured by what he does for himself but what he does for someone else. DMX

The most significant failure in life is achieving achievement in an inappropriate task. Dr. Myles Munroe.

Here we have it, here we have words, here we have emotions, it's simply a small source of inspiration. BM

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COGNITIVE ABILITY

The path towards attaining our utmost potential is challenging, however undeniably worthwhile to set off upon. By embracing the obstacles, having faith in our own abilities, and demonstrating resilience. If you lack the ability to think, reason, plan, solve problems, and make judgements effectively, you will not be able to endure. Typically, a person's journey is enhanced by possessing a diverse range of cognitive abilities and processes, such as planning, problem solving, judgement, decision making, perceptual ability, and creative thinking. That is the essence of intellectual ability.

This topic encompasses a wide range of discussions in the life of an individual. Examining several attributes that constitute an ideal man of average proportions. I have chosen to construct this topic as the foundation for examining the entire book. Furthermore, elucidate the significance and necessity of it to each and every one of us.

In a rapidly changing world of today, it is essential for everyone to possess certain standards and be competent at acquiring tactics that can empower them to understand how to lead a harmonious life, engage in meaningful interactions, and foster constructive connections. Intelligence is a crucial attribute that enhances the ease and enjoyment of life, as it allows individuals to comprehend the complexities of life and effectively interact with others. While it is common for humans to be inherently fatigued, all it takes is a small shift in perspective to become action-oriented and surpass others in any endeavour.

The Holy Bible even says *“Do not be anxious about anything, but in every situation, by prayers and petition with thanks giving, present your request to God. And to peace of God which transcends all understanding, will guard your heart and your minds in Christ Jesus. Philippians 4:6-7*

The human mind serves as the primary catalyst for the processes of cognition and logical deduction. The need for intelligence arises from our desire to enhance our ability to adapt and remain robust in various environments. Having exceptional intelligence greatly facilitates the ability to effectively navigate and

manage various phenomena. It is crucial to understand the many forms of intelligence and their significance in shaping our social network. In order to effectively address the various manifestations of diversity throughout society. It requires;

Intelligence Quotient

This is an assessment of your degree of understanding. Proficiency in intelligence quotient is essential for solving mathematical problems, retaining information, and recollecting lessons. It helps those who have the expertise in managing complex problems that require advanced cognitive abilities. The desire to address complex real-world problems by drawing upon prior experiences and life lessons using advanced cognitive processes and logical reasoning. Solely possessing a high Intelligence Quotient (IQ) is insufficient to guarantee one's success as a competent employee. While being an excellent student in the classroom and achieving high academic distinctions can enhance your academic performance, it does not guarantee job retention or acquisition. During an interview, the evaluators will not assess your qualifications directly, but rather observe how you respond to various stimuli that may provoke anger, grief, enthusiasm, and other emotional reactions.

Developing proficient communication skills and adept interpersonal abilities are essential for establishing a strong relationship with individuals throughout interactions. Emotional response and cognitive reactions during a conversation might have a significant impact on it. You don't get annoyed too fast or get excited so quick. Evaluate the circumstance prior to taking any action, as it holds significant meaning for your reputation and how others will regard you. Individuals will form opinions about you based on your manner of speech and behaviour in each given scenario, as well as your ability to handle it.

Social quotient

Your network is always your net worth. How much are you able to connect with people around you and create relationships. It's important that you have the ability to build networks of productive friends and maintain them over a long

period of time. Avoiding the peer influence drag on the same note. There is of course certain impact of friendships, I cannot fail to mention how people around you can greatly influence your wellbeing. Its good you have the skills to know who you are supposed to keep in your circle and those that you need to abandon for the betterment of your social structure.

The society even dictates that a person with good network can easily get assisted, and whenever he finds himself in problems people will only help if he has good relationship with them. Nobody has it all, we all require each other for day-to-day living. Even in problem sharing it is believed its equally half solved. This creates a sense of being socially accepted and make anyone willing to offer their aid to you so easily.

Adversity Quotient

Resilience refers to the capacity to navigate challenging circumstances in life and emerge with mental toughness maintained. Occasionally, we encounter numerous obstacles that can make us feel disappointed, misled, and even consider surrendering. This type of understanding is highly valuable to us in navigating similar situations in our life. The ability to confront and tackle obstacles and difficulties with vigour is what defines those who will keep going and those who will give up first, as measured by their adversity quotient. Those who will abandon their families, commit suicide and those who will not finish the race.

It is clear that in the 21st century, there is a lack of this particular factor or people are not fully utilising the adversity quotient. Could it be the reasons why we hearing of absurd stories and scary news from our social medias? Every day, our news is filled with distressing stories, depicting individuals engaging in unimaginable acts due to their inability to tolerate even the slightest delay.

The imperative to prevent procrastination has exposed several individuals to trivial actions. Experiencing rapid fatigue and tension to a point of losing enthusiasm for life and affection for each other. Discuss,

Divorce is a prevalent phenomenon in numerous families.

-Substance abuse -Extrajudicial killings

-Mysterious disappearance of individuals -Unexplained fatalities

-Widespread suicide -Projects that are neither progressing or are experiencing difficulties

-Terrorism - Abortion

-Wars -Abduction

It is apparent that the implementation of coping with difficult situations is decreasing, which is why surprising examples are gaining popular. Therefore, it is crucial that we acknowledge the need of developing resilience and inner strength to overcome any challenges we encounter, be they physical, psychological, emotional, or spiritual.

Emotional Quotient (EQ)

Possessing the capacity to uphold harmony with others, adhere to punctuality in fulfilling commitments, demonstrate accountability, exhibit honesty, display respect, honour limits, exemplify kindness, embody humility, showcase authenticity, and show consideration towards others. The emotional quotient empowers individuals to cultivate habits of self-respect and respect for others, as well as to acquire the skills of effective interpersonal interaction. Having self-discipline greatly facilitates cultivating positive relationships with one's neighborhood assists in identifying problems and preventing unneeded conflicts that may lead to disputes and quarrels.

Individuals with low emotional intelligence and a weak sense of self are subject to being readily persuaded towards feelings of hatred. Their values and convictions lack solid underpinnings; instead, they advocate for radical causes.

Hatred is a deadly disease that engulfs the human psyche to an irreparable extent, doing significant damage against their inner tranquilly as well as that of others, and turning individuals not immune to manipulation towards further contempt. You have witnessed individuals harbouring such intense animosity towards one another that they express a desire for the other party's demise or misfortune. It is a prevalent issue where individuals lack the skills to effectively manage their emotions. It is necessary to be cognizant of the various emotions experienced by individuals and understand their reactions when engaging in conversation and exchanging information. Additionally, it is crucial to anticipate their responses and demonstrate appropriate empathy in order to foster a mutually beneficial dialogue.

Individuals with higher emotional quotient and social quotient are more likely to achieve greater success compared to those with a high intelligence quotient but poor emotional quotient and social adversity. Many schools prioritise enhancing students' intelligence quotient (IQ) rather than focusing on their emotional quotient (EQ) and social quotient (SQ), which are often neglected.

Hence, it is imperative to eliminate the practice of using examinations as a metric for assessing an individual's achievement. Due to its reliance on rote memory rather than comprehension. An individual may possess knowledge and ingenuity while lacking formal education. However, they may hesitate to share their unique and creative ideas owing to the fear of being perceived as inferior due to the emphasis on academic achievements. The significance of an individual's wisdom is paramount, since it serves as the driving force behind the utilisation of abilities in innovation and creation, which heavily depend on this domain. Acquiring knowledge provides an additional benefit in enhancing quality and implementing more effective strategies to achieve better outcomes.

Your emotional quotient encompasses your personality, response, and ability to effectively resolve problems. Your charisma is a direct measure of your social quotient. Personal power refers to an individual's capacity to exert influence without relying on logical reasoning. It facilitates communication and fosters

social etiquette. In a diverse society, we encounter people of all backgrounds in our living, educational, professional, and religious environments.

In society, one's riches or academic achievements are not the determining factors. Instead, the measure of one's respect and regard towards every member of the community is what counts. How to identify them, treat them as equals, and even in the most basic act of greeting. Regardless of age, it is pleasant to greet someone and be aware of their location. It is crucial to express your opinions and offer your ideas without exhibiting a sense of superiority.

The qualities are essential to human existence as they contribute to the formation of one's self-esteem and the cultivation of a morally upright individual within their family and society. Hence, it is advantageous to first identify them and subsequently implement them correctly. Acquire a diverse range of information and wisdom in several areas of life in order to possess the ability to do tasks independently without depending on others. Demonstrate exceptional organisational skills and execute tasks with utmost precision, while consistently displaying exemplary decorum, avoiding constant surveillance.

These factors provide individuals with self-awareness about their life's direction and roadmap, enabling them to develop more effective strategies for navigating incoming challenges and understanding life's potential.

Examine your quotients. Cultivate your inquiries by seeking equilibrium through diligent inquiry and the accumulation of daily experiences, so maximising their potential. By adopting this approach, you will enhance your own resilience and become a very valuable individual to both society and your own life.

When recognising the different forms of intelligence, it is important to acknowledge the four distinct categories of individuals in society.

An individual who possesses knowledge and is aware of their own knowledge.

This individual is an esteemed scholar; hence it is advisable to allocate sufficient time and approach their teachings with patience. Immerse yourself in the company of individuals like these. They possess a keen sense of orientation and a strong feeling of affiliation, enabling them to understand their responsibilities and execute them accordingly.

An individual who possesses knowledge but is unaware of their own knowledge.

Remind them carefully as they have forgotten. Instill in them a profound understanding of their objectives and sense of meaning in life. They can be prompted and return to their positions. Incorporate minor elements that will stimulate their energy boost. Harness their potential by raising their awareness of areas they may have overlooked, since they possess the necessary abilities to succeed, but lack the understanding.

Someone who is aware of their lack of knowledge.

This individual is a student; it is important to provide them with continual instruction as they have the potential to become accomplished scholars in the future. Once it is demonstrated that they are likewise significant, and with consistent practice, they can improve. Therefore, instill in them a strong desire to acquire further knowledge. Upon acknowledging their lack of knowledge, individuals are motivated to acquire new information and develop expertise.

An individual who lacks knowledge, is unaware of their lack of knowledge, and has no inclination to acquire knowledge.

Disregard this individual as they lack intelligence. Attempting to alter them would be a wasted investment of your time. You will be hindered by them.

Given that the book will primarily address complex matters that necessitate intelligence, and considering the significant impact of emotional intelligence in our lives, it is undeniable that it will serve as a solid basis for effectively addressing several emerging difficulties. Therefore, it is crucial to prioritise and allocate greater focus to specific areas that require this significant element.

Emotional intelligence can be utilised to enhance our well-being and make life more engaging.

Our perception of ideas and issues is heavily influenced by our emotions and our ability to effectively manage them. Emotions have a significant influence on an individual's behaviour and can have a profound effect on the people in their near vicinity.

Having a high level of emotional intelligence enables individuals to stand out and make significant progress ahead of their peers. In any given domain, one can excel without encountering any interpersonal challenges. No matter your location or place of birth, you can discover methods to cultivate stronger relationships and derive significant advantages. When encountering challenges, it is important to remain calm and view them as opportunities for personal growth.

Furthermore, in order to have a prosperous existence, it is crucial to effectively control your emotions, as this will enhance your value and overall excellence. Engaging in any pursuit and striving for excellence enhances the pleasure derived from it. You have the ability to attract a larger number of individuals to enroll in your programme and persuade them to pursue a career in the field once you achieve success.

You have the ability to inspire and motivate even those who may feel unimportant, encouraging them to take action and engage with current trends. Encourage them to overcome their fear of taking control of their own life. Gaining insight into the talents and flaws of others will foster a sense of togetherness among the team. Therefore, creating a favourable working atmosphere where all individuals feel included and may exert continuous effort to produce favourable outcomes.

It is crucial to motivate individuals who are striving to achieve a specific objective, assuring them that they can succeed even with minimal effort, which is not equivalent to passively observing without making any attempt. If you are a parent, inspire your children. If you are a teacher, stimulate your learners. In

cases of employers, endeavour to motivate your employees. As a doctor, instill hope in your patients for their recovery. As a class monitor, coordinate your class to emphasise the significance of working intelligently. As a leader, demonstrate to your followers the necessity of working collectively across different fields. By eliciting emotional responses of hope and fostering mental imagery of positive future outcomes. Irrespective of any obstacles that may emerge. Discern their emotions, distinguishing between sadness and happiness.

When stress levels become overwhelming, it is important to effectively control them in order to prevent being overcome by them. They can be created by individuals in your vicinity or even in work environments. Cultivate the practice of enhancing your emotional intelligence. Given your inability to perform effectively in a high-pressure and stressful setting. This would result in challenging working conditions, characterised by a lack of significant beneficial outcomes. Engaging in such activities will result in frequent mistakes and significant time spent in expressing dissatisfaction with the challenging conditions at that particular location. In order to achieve sustainable solutions, it is advisable to remove oneself from the source of stress and actively confront it. One should identify the appropriate measures to effectively handle each scenario that triggers stress.

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