Sometimes, you know it’s time to move when everything stops moving

STUCK

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DON'T GET STUCK

Sometimes, you know it’s time to move when everything stops moving
INTRODUCTION

There are so many reasons and ways we get stuck in life and feel like we are going in circle. Sometimes even though we are busy, it’s like motion without movement.

It is even worse when we get stuck in our careers, businesses, organizations, environment and we find it difficult to forge ahead.

Being at one spot, one location, one position, no career advancement, no funds raise, average life, etc can be frustrating and dangerous to us especially when we arrive a FALSE premature equilibrium i.e a place of rest when the journey is still far and there are still grounds to cover.

Many young people are sadly retired unintentionally. They seldom don’t know they have stopped progressing till one day they look at the calendar and see years have passed without them having much to write home about.

And you hear people telling you things like:

“Better be happy you have a job; there are many roaming the streets without jobs. They make you feel like dreaming is a sign of greed.

Sometimes it is hard to place the merits of such advice or judge the motives of the counselor, because on one end they are speaking what looks like obvious facts but on the other end they can enervate you and it
makes you take your foot off the pedal of accelerating your dreams and aspirations. This can be a very difficult position where the inside of you yearns for bigger things, but outside no one seems to think it’s necessary.

The frustration, depression, discouragement, anxiety, worry and the likes of negative baggage that comes with getting stuck, saps energy and make us lose hope of ever having a better life than we currently do.

The question is, must we ever get to a point where we feel there is nothing more to look forward to? Even when we envisage challenges coming our way, It is still possible to prepare ahead for unexpected challenges and inflate our buoys before the hard waves hit.

But whatever happens, don’t get stuck! Find a way out. If you stay too long you will sink.

Many are stuck in life, having challenges paying bills, developing themselves and breaking new grounds. Don’t feel bad about your situation and don’t JUSTIFY YOUR SITUATION.

Never justify mediocrity.

Never justify scarcity in life.

Always KNOW you can do something else to give your life something better than average. Be deliberate in your stride to live above average.
Failure is not failing but agreeing that there is nothing else to look forward to in life.

It is natural to complain but after complaining, what do you do?

Things are changing and you must improvise and adapt to overcome. And there are things you can do in order not to get stuck.

**OPPORTUNITIES**

*The BEST OPPORTUNITY comes to those who make the BEST OF THE OPPORTUNITY they have*

Once a friend of mine was complaining about poor treatment at his workplace and how everything seemed to be against him; no rise in paycheck, no hope for promotion and a whole lots of challenge. I remember telling him;

“Friend, keep improving

Keep developing yourself.”
Be careful with people who always sell fear to you... I realized some advice is genuine while others are just trying to squash you and undermine your potentials.

People sometimes speak from their own limitations and not their inspirations.

There are people who never let you appreciate opportunities. Their programming is to always make you conscious of everything that can go wrong with your plans. Some will tell you they don’t want you to make the same mistake they made. True, there are those who are genuine but there are many who don’t even know your destination yet want to be your director.

I have met many. Once I was discussing with an elderly woman about some things I envisioned and saw myself doing and I explained to her that this will mean probably taking up a new appointment somewhere and changing location to adapt my new aspirations.

She replied;

"This is the same thing people before you said but due to the problem in the country, all of them are held here. The came here as young men with vigor and energy like you but decades later they can’t find fulfillment and many have resorted to fear”

Hearing this from her, I actually felt a demoralized and paranoid.
I couldn't explain why people are “trapped” here. Is it as a result of a mindset or a type of paranormal interference that keeps people doing something they DON'T like? Well...I decided to drive myself, enhance my worth and value and gain energy. I needed to propel myself forward. It works.

Many are quick to blame the environment. While undoubtedly the physical environment plays a key role in how fast we advance, yet when the mind the environment is bad then it’s a bigger catastrophe.

You need to actually be careful about taking counsel from people who want to advise you but haven't taken the time to know what you stand for or your values, vision, aspirations, and dreams.

Often time I have had people tell me that what matters most in a job is job security. This Based on the current economic situation of the country, it's normal for people to want to settle for “job security” and find satisfaction in doing one thing for years without registering noticeable progress. A good working environment will make out time to develop their staff and help them become better at what they do. This gives a sense of personal happiness when your employers invest in you etc. LIFE is beyond getting comfortable to pushing against your limits and making a mark on earth.

We were not created to pay bills and die.

Ordinary men focus on PRODUCTS but extraordinary men focus on PROCESS.
The most important things in life is not just the trophy but the contest. The process...the journey

- Enemies of process are enemies of progress.
- If you live in fear, both you and your dreams will wear out fast.
- Don’t let over-familiarity blind you from seeing opportunities.
- People who are always busy trying to compete with you hardly have time to encourage you. That's not friendship but rivalry

- **Following someone who is not going in your direction is not humility.**

- Some problems caused by illiteracy are usually too late to fix with sudden education. This is why early education is very vital.

- Some people look for jobs. Some people look for opportunities. Some people look for job opportunities but it's good when you are looking for opportunities to also look for opportunities in jobs. Start with whatever you can find but looking for opportunities should be your major objectives. That's what implies you have a goal and a vision....
Opportunities are everywhere around us. But they don't always appear as opportunities until we engage in critical thinking.

FEAR

Fear is the devil himself. As long as you live in fear, you will not achieve anything in life.

Fear expresses itself in our lives in many ways and tends to control our decisions. These decisions eventually become a pattern that if we are not careful gets transferred or transmitted to others. Man is naturally an entity capable of achieving many things. Man has a divine source and that source is a source of infinite power.

Man has been given a space to live and manage.

The space called earth is man's natural habitat. This means man's natural habitat is also a major part of what and where his maker wants him to dominate.

Man is capable of doing great things right from his origin. These have been seen in how we evolved over time and become species with enhanced and progressing intelligence.
But fear sometimes is a type of invention; sometimes self-created, self-inflicted, self-imposed, self-induced and self-motivated.

BUT God has NOT given us a spirit of fear.

Anytime you are about to hit a breakthrough, FEAR can show up. The proof of fear is proof of potential.

People who don’t dare things experience temporary comfort but in the long run achieve nothing of worth and have no legacy.

Even though there are times fear appears natural, yet the deadly consequence of fear is that if allowed to linger and grow, it will become malignant.

Because Africa is in a place of awakening and time has come for young people to dare to do great things, the root cause of every type of fear must be handled.

Why have you not become what you were told you can become?

Did you just lose interest?

Did you lose motivation?

I doubt if any man will retract on a mission that he’s likely to succeed in.
Whatever makes you stop pursuing your dream is an element of fear.

We need to understand that fear cannot be conquered at once because at every threshold, as we are about to stake another giant stride. Fear shows up.

Fear makes you think you are running away from something when you are actually running towards it.

Fear can only be depressed by power, love and a sound mind.

I have encountered fear before in my life. Some would argue whether fear is supernatural or not. I believe fear is supernaturally natural because often times what we fear is unseen and sometimes we fear what we can see. Sometimes we fear what we can't feel and sometimes it's just feelings that communicate our fear to us. Sometimes we fear because we can't hear things and a mother fears when the cry of a newborn baby is not heard but sometimes it is what we hear we fear.

Fear is natural and that's why a man who succeeds has elements of the supernatural in him.

When Jesus told Peter to walk on water, Jesus was talking to a natural man with supernatural potentials.
One strategy Jesus used to overpower Peter’s fear was mentorship. When we see someone who has done what we are trying to do, it can mitigate our fear.

Why are children afraid of the dark? Because they can’t see; hence, when our vision is impaired, there is an element of fear.

Fear can ruin your vision and your vision can ruin your fear.

Peter could walk on water as long as he wasn’t afraid.

This shows we are capable of doing great things if we can follow instructions and overcome fear.

Many of our latent energy is subsumed in fear.

There’s nothing more demoralizing as been told that no matter what you do, you won’t get to your destination. This is why many seek to peek into their future because they believe their own life has been preprogrammed and they are some sort of computer script being executed. Hence, no matter how much they try, they can’t succeed.

Man has a will and we are not puppets or zombies or robots.

The will of a man has activated his dominance in the real world, enabling him to control the outcome of events.
I believe in predestination BUT I believe we are predestined to succeed. When God made man, He said it was all good. Man’s future was good; man was destined to be successful.

God gave man natural endowments, enough to give him the type of life he will be happy with but many things happened and man began to doubt himself.

Man started doubting his future and his potentials, being flung into a life of labour and pains.

It was greed caused by insecurity that made man engage in a consequential conversation in the garden.

Since then the natural man started to live in fear.

Fear makes men hide.

Many people are hiding even though they are seen physically.

But they are hiding.

They are NOT HIDDEN but they are hiding.

Man has a tendency to hide from whatever he thinks he cannot surmount.

When men can’t surmount their insecurities, they hide.

When they can’t surmount their lack of self-confidence, they hide.
When they can’t surmount their fear of loneliness, they hide.

We hide behind excuses. We tell ourselves, “Whatever will be, will be.” We blame God and tell ourselves...I will get hurt, we feel Guilt, I am not capable, we hear voices in the head that keeps telling us our current situation is an act of retribution for wrongdoing...

Another way man expressed fear is by creating false alternatives to cover his fear.

Sometimes we invent lies to cover up our fears.

We tell ourselves lies and misuse resources. Misuse resources of time, money and relationships.

Many times alliances that could be forged to ensure we move to the next level are lost because we fear the relationship might not be as productive as we want.

Until we learn to disobey our fear and do what it tells us not to do, our chances of ever forging ahead becomes depleted.

The difference between FEAR and CAUTION is information.
WHEN FEAR COMES THEN COMES.....

To the pure all things are pure
To a successful everyone can be a success
To the failure everyone is a failure
To the sinner everyone is a sinner
To the insecure everyone is a hater
To the optimistic every problem is an opportunity
To the pessimist every opportunity is a problem

That's why only the fruit of a tree carries the nature of the tree. The shape, color, height, position of a tree cannot determine its nature but it's fruit....

Friends true change begins inward... And true success is conceived from the innermost and radiates outwardly...

PROCRASTINATION

Fear makes us procrastinate and the more we delay making our move, the more we will start seeing our in-capabilities and doubt our competencies. Pessimism and reluctance are the drags that if unchecked can keep us vacillating forever.
LOSS OF SELF CONFIDENCE

Fear makes us lose self-confidence. When others are taking a giant step, the loss of self-confidence makes us attribute other people’s success to luck or good fortunes. Meanwhile, we are all destined to be successful and God is not partial. When you begin to have self-doubts or second guess your capabilities. Means you have succumbed to fear.

LOW RISK APPETITE

Fear takes away our risk appetite and we no longer want to dare things.

- Dare to start that business.
- Dare to open that office.
- Dare to apply for that scholarship.
- Dare to build that App
- Dare to make that investment

I have met people with depleted appetite, with In fact nonexistent enthusiasm and drive to do anything out of the ordinary. These people are
ALWAYS talking down on big dreams and justifying why you should be “content” with your current status.

Such are dream killers.

**SANCTIMONIOUSNESS**

True religion and spirituality is not borne out of fear and intimidation but out of confidence in God’s love for us. I have met people who became pious simply because they couldn’t overcome their fear. As a result, they hide under religion. Often times, you hear them use religious sentiments to justify WHY they feel they should be happy where they are even though they have potentials for more. The excuses they give are;

- God said to be content with what you have
- God said don’t compare or compete
- It is not an earthly achievement that matters but heavenly crown
- All these things shall pass away

And the list goes on and on. Some twisted minds unable to process truth and unable to live a life of productivity, able to maximize their potentials all due to ingesting doctrinal inaccuracies and excesses that
eventually turns to mental and ideological poison. No wonder they are STUCK.

DEBT

Debt is a golden handcuff-Stephen Ehikoya

Many people are stuck in their careers because of debt. They have financial obligations in the form of debts owned that makes it improbable for them to make a career move or switch.

There are people who pretend they like their jobs but the truth is they are stuck because they are indebted and cannot move till their liabilities are cleared.

Debts are dangerous and even though it is hard to find someone who is not indebted one way or the other, debts when not turned into “assets” become a career-happiness and life- happiness shattering plague, capable of totally crushing a potential dream and aspiration.

Many times the ease of accessing funds creates and triggers a type of over-excitement in people that further causes them to keep borrowing.

Attachments to things, gadgets and sometimes necessities are one or many reasons why people owe but based on the law of diminishing
returns, the value of those things drop but the value of money doesn’t drop. Hence, one finds himself paying more for something that has lost value to him. There is nothing as damning, insulting, frustrating and humiliating as that.

STOP MAKING ENEMIES

There are people who are easily embittered, angry, making enemies easily and therefore they have created barriers for themselves and are trapped in a prison of their own creation.

If you are a person who easily makes enemies, there is no how you can break through because success requires relationships.

Animosity adds friction to the wheels of people’s progress and slows them down.

Always looking for apologies and demanding respect does not make you special. It is only adding clogs to your wheels. The moment you lose the magnetism and people start getting repelled from you, it means you may be approaching premature retirement in life. Religion won’t be able to save you and the isolation you inflicted upon yourself will wear you out and life will stop moving. You get STUCK.

Also, don’t allow people to make enemies on your behalf. You see, to keep moving ahead in life, you need people. God created a human being to
network that’s why God created languages. There is nothing wrong with climbing on the shoulders of great men to rise higher. But if you happen to be someone who makes enemies everywhere, it’s like owing many banks and refusing to pay. The time you really need their assistance, they won’t be there to help simply because you have offended many of them.

Friends, if you want to make progress, stop creating enemies at the slightest provocation. It doesn’t help. It ruins; it limits.

In communication engineering, I was taught that the capacity of a channel is limited by Noise. Hence, a channel cannot meet up to its full potential due to impairments in the communication medium. This is how life is. We can’t progress and maximize our potential if we keep making enemies anywhere we find ourselves. I have had to overlook many offenses and provocations for the greater good.

BE BETTER

Pursuing your dreams or career at one time or the other will require lots of sacrifice from you - time, resources and energy

But be determined to be BETTER.

Be deliberate on SELF-IMPROVEMENT.
Remember NEWTON’S LAW; “nothing moves except there is additional energy.”

Many times this energy costs us money.

- Money to educate ourselves.
- Money to enroll for online courses.
- Money to buy books and materials.
- Money to develop business plans.
- Money to help us travel to places where we believe we have better opportunities.
- Money to register for professional exams, certifications and join professional organizations.
- Money for publications and journals or one way or the other, resources to engage in various pursuits of trades, talents and other skill development.

In this life, there is no opportunity for vacuum. If you are NOT IMPROVING then something somewhere else is feeding on your latent energy to its advantage.

There is energy all around you that you can harvest to ensure you don’t live an average life and you leave a legacy for the coming generation.
BE DELIBERATE

BE BETTER

Never glorify mediocrity.

Always associate with excellence. Create it.

Associate with hard work, accountability, and structure. It may stress you out initially but it will build you for bigger things in the future.

Why does it look sometimes that those who have keep getting more? The same fellow who works for Microsoft gets invited by Facebook and the same fella gets called for Job opportunities by Google. WHY?

One thing is sure;

“TO him that has MORE WILL BE GIVEN and the ones that has not even that which he has will be TAKEN AWAY”

This person has taken it on himself to keep adding value and building himself up.
INCREASE YOUR WORTH

Without skills, you will lack opportunities

Without skills, you are going NOWHERE. Without skills, you will be stuck in a place and just going round in circles. Eventually, you will blame everything around you for the challenges you have in life not allowing you to move forward as you expect to.

I had a friend who was very skillful. He had lots of hands-on experience in ICT and ICT marketing of products. He changed jobs over four times. For as much as it’s agreed that many factors can be responsible for some not being able to make such career transition, ONE THING IS CLEAR; people are willing to hire those who are exceptional and being exceptional does not require you to be a genius but simply be GENUINE in your passion to learn and self-improve.

The world is always going to have problems

The organization will always be on lookout problem solvers. The only way you can guarantee you will always have the opportunity to move higher your career chain is to increase your worth, and one way of doing that is by self-improvement and skill acquisition.
WHAT IS YOUR VALUE IN THE MARKET PLACE

Your worth is your importance, relevance, or usefulness not just to yourself but to someone who needs what you have got.

Your values (what you hold dear) play a vital role in determining your value. They will also value what you hold dear. Habits become values and values become destiny. What are the underlying principles that govern your life? When we choose the right values that in turn guide us and our actions, we will make the right choices that will increase our value.

When you respect yourself, you are respected.

Your value is your bargaining power. And people won't see you or pay you beyond your value. Unfortunately, some will also not see your value even when you prove it.

But what is more important is knowing and being confident about your worth. Confidence usually comes from knowing who you are and what you've got.

**Self-development** - All round personal development is the key to dynamism in life. Reading books, exercising, going for stuff that you initially were not into develops you. So far as they are positive and relieve the stress of being trapped. You get to explore new worlds you didn't know existed.
**Skill acquisition** - You can increase your worth by learning a new and unique skill that stands you out even in a crowded field. This is part of improving your mind maze which in turn increases your possibilities and chances of not getting stuck when what you previously knew isn't much fun anymore.

**Market products** - Special Qualifications - Specialization in your area of expertise is a step further not just in developing yourself but also getting you set up for potential promotion in your place of work.

**Volunteer** - The secret and power of volunteering are often overlooked and underestimated. How do people know your worth when they probably have not seen it? And how can they see it if you haven't shown or displayed it?

There are times you have to showcase your worth for nothing in return for people to see what you are capable of. Let them have a taste of the value you bring even when they don't pay for it in the beginning.

This is one powerful but underutilized secret of getting into organizations and even businesses. Apply as an apprentice or intern and learn/add value to increase your worth.

After a while, they can't help but notice and appreciate you both in kind and cash.
What can or will you do differently? What will you be missed for? What cannot be don’t without you?

Let’s look at Dan Lok’s WEALTH TRIANGLE. One of the vertex on his triangle talks about having HIGH-INCOME SKILL.

No matter the situation you find yourself in any country or society or economy having HIGH-INCOME SKILL gets you past obstacles and GETS YOU MOVING.

IF YOU ARE NOT MOVING, CHECK YOUR SKILL LEVEL

It is very easy to criticize, demonize and fault things despite you LACK the creativity, skill, and competence to create a better one

Dan Lok in his POWER TRIANGLE analogy talks of HIGH INCOME SKILL

“My high-income skills, every year I strive to increase my earning ability with my high-income skills. Although I had made some bad investments, I’ve done ten tech ventures as an Angel investor. I lost money on all ten. It tells me I’m not a very good tech investor. I thought I know internet marketing but crap. I learned my lesson there like, “All ten lost money.” I’ll share some lessons with you from that. All these years, my high-income skills are very
consistent every year. As I build my scalable business, my income skills are making me money. When I get on stage for speaking gig, I get $15,000, I’m making money. There’s nothing wrong with that. There’s some consulting gig, I make $100,000, nothing wrong with that. I’ll take the money because it gives me stability. I know I’m trading hours for dollars. That’s okay because I want to have the wealth triangle. People asked me, “What business do I start?” I say none. The first thing you’ve got to do is high-income skills.

It’s possible. The second thing, I now have my high-income skills. Let’s say I’m making $100,000 a year. What happens is over the years, here’s what I’ve learned, less than 6% of the population makes over $100,000 a year. When you’re making $100,000, your income bracket is at the top 6%. Less than 1% of the population makes over $325,000 a year in income. What happens is somehow, I don’t know what it is. As a person, as an entrepreneur, I noticed whenever someone gets over that $10,000 a month mark, something changed about them. Suddenly they can see, “I am not the top income earner in society.” It’s very rare I see someone who makes $10,000 a month drop back to making $2,000 a month. The new $10,000 a
month, talking about psychology, becomes a new comfort zone.

I don’t know how it works. I don’t even care how it works, but I know it works. Whenever I see someone get through that $10,000, they might stay there for a long time. Whatever, if the income drops, they’ll do whatever they could to get back to that $10,000, which Adam has been through that. You drop and said, “I got to do whatever I could and get back to that $10,000,” that’s one thing. When you have your high-income skill, it tells me a number of things about you. It tells me you’re probably pretty good with people and you probably have a pretty good work ethic. You’re probably decent at selling and you’re delivering quite a bit of value to the marketplace. Otherwise, you wouldn’t be making $10,000.”

People without skill don’t have career security. Forget it, when there are no skills people will keep telling you they did you a favour by giving you a Job. Without skills your options are limited.
BUILD AND INCREASE YOUR NETWORK

*People have made it where they never imagined just by leaning on someone who has been where they want to be.*

Sometimes it is not about what you know, but who you know.

You can be the best in what you do but still not get your appropriate dues. You need people. No man is really 'self-made.'

I attended a seminar sometime back and the speaker said something striking. This may not be entirely true but it holds some water. He said, "Sum up the income of the top 5 people you roll with and divide the sum by 5. And that is the ceiling of what you can make rolling with them."

Within and outside your field of influence there are people you have to befriend and build a relationship with. And you have to make them feel comfortable and also add value to them for the relationship to last.

It goes beyond exchanging cards and clinking glasses during hangouts and laughing over barbeque at the end of year parties.

The people you need to meet - Who are they? Where do they go? What are their hobbies? Have something in common both of you can relate to and as much as possible, stay away from sensitive topics like politics and
religion except they ask your opinion. And you can politely decline to answer to avoid an argument. It can be a spoiler if you are both on different sides of the fence. Remember, you are trying to build a relationship.

Contacts don't always mean you have a connection. Stay in touch genuinely. Communicate, build trust, and understand the other person well enough.

If you want friends don’t go looking for one; be one.

Your association also determines your value. Your network can determine your net worth. You become more like the people you spend time with. Some monies you will make are tied to particular relationships. So become deliberate and strategic about making friends with people you need. Make sure you are not a nuisance to them.

Build and increase your network in such a way that when people in your cycle think of recommending someone to get something done, you will be the first person that comes to mind.

**Recommendation is information** - That is what took Joseph from prison where he was stuck to the palace. His relationship with the butler and the relevant information he had made the butler recommend Joseph to the King. When you have relevant problem-solving information and you build the right relationships, you will be recommended.
Associate with, hang out and fraternize with people who are doing what you do or want to do/be. People recommend the people they know and have a working relationship with.

Spend time with older people and mentors. Listen to learn when they speak. Ask them relevant questions. They open your mind up.

There will be times when their hands are full and they will need help to execute projects. Deliver when you are recommended or brought on. If you are an architect hang out with architect friends if you are a lawyer be friends with other barristers, if you are an artisan find your tribe.

Even simple things like your car refusing to start in the morning - who are you going to call? If you got into an unavoidable situation and get taken in by the police who do you have on speed dial to come get you out?

Relationships are important if you don't want to get stuck in life. Your network is your net worth. Building a genuine network that lasts takes time. Be patient when building them.

**MIXED-MULTITUDE OR MULTITUDE-MIX**

You probably have heard the term “Mixed-multitude” which means being a in a company of people with divergence opinions, personalities and ideologies. Sure this can be a disadvantage in a way. But you have also
heard the term “PRODUCT-MIX- Product mix, also known as product assortment, refers to the total number of product lines a company offers to its customers. The four dimensions to a company’s product mix include width, length, depth and consistency.”

Ok, so this is the point...Don’t surround you with MIXED-MULTITUDE but with MULTITUDE-MIX.

Some people have squashed their opportunities in life because of the kind of mono-lithic company they keep. They only associate with people who share similar traits and beliefs with them. PEOPLE from their church, circle, tribe and they miss the opportunity of diversity nd adventure. Such people may not make progress in life because they are confortable around the same set of people and they almost get caught in a cult like relationships.

We need to be able to maintain an open mind while still bein in control of the values we hold dear.

We need to be flexible and malleable. The rigidity of mindset will only shrink our world and make it revolve round a spot.

The Bible says “The liberal soul will be made fat”. Don’t be indoctrinated but be educated.
CHANGE THE WAY YOU THINK

Often times what stops you from going ahead is what’s going on in your head.

Many times it’s the way we think that actually drags us and keeps us from moving.

Some people believe:

- You can’t be successful and spiritually fulfilled
- Everything is already predestined
- You can’t experience career fulfillment and family fulfillment
- Working in a place with poor work culture is an advantage to them
- You can’t succeed without having connections

Some people JUST DON’T think right. The MIND is like a compass. Once your MIND is derailed, it doesn’t matter the quality of your vehicle, YOU ARE LOST.

I know someone who doesn’t THINK ANY DECISION HES MAKING IS RIGHT EXCEPT HE SEES OTHERS DOING IT. WEIRD!
I had a friend who believes he can never rise to the top because of his ethnicity. In fact, people’s definition of success differs. Some will say, “if only you know where am coming from.”

Someone else believes as long he’s more successful than his brothers he’s arrived.

THE MIND...very key.

Once I was talking to a young guy - graduate, capable, smart. I encouraged him to write GRE and TOEFL so he can get a scholarship.

He felt I was doing ‘motivational speaking.’ He had a mindset that HE COULDN’T MAKE IT TO THE USA and that the ones there have SOME special privileges he didn’t have.

Friends, nothing should stop you from going ahead.

The mind needs to be properly taken care of in order to get the best out of it. You use it to think and get yourself out of situations you do not want.

**Brain care** - Sleep, rest well, exercises, meditate, eat right, and avoid bad habits that can mess with your mind.

**Awareness and curiosity** - They keep the brain sharp and inquisitive. Hence the mind tries to solve problems before they even come up. Without curiosity you won’t be interested in why you are stuck and how to get out.
**Creativity** - Your ability to connect seemingly unlikely concepts comes with consuming information and allowing the mind to birth new ways of doing/seeing things. Be creative in order not to get stuck.

**Information** - Fill your mind with relevant information and not junk. Seek for and fill your mind with the right kind of information. Read relevant books and listen to audio books.

**Watch videos.** There are people who have built an entire livelihood just from watching videos online and offline. There are people who have unstuck themselves by watching seminars, training, and workshop videos. And today they are good at baking, public speaking, fashion designing, et al.

There are so many free resources and courses you can do for free online that there is almost no excuse to be ignorant or stuck in this age and time.

**Open-mindedness** - Not being rigid. Else you block off new facts. Once the earth was thought and said to be flat. But that changed and today we see it is actually spherical. Pull the weed out and concentrate on what you need. Unlearn, learn, and relearn if need be.

Opportunities abound all around. Even in adversity. Be open-minded and see beyond the facade.

Stop complaining and start appreciating. That way you will start seeing more opportunities. It may not be the government that is making you
stuck; it may not be the lack of money or opportunities. It may be your lack of ability to see the opportunities in the adversity. Look more closely.

Opportunity knocks, but we are too deaf to hear. Not because we cannot hear but we have become deafened by fear and playing the victim.

Take the problem apart - research about the problem(s) or challenges at hand.

**Break routine** - Do same thing in different ways possible. It starts even from doing the simple day to day activities. Read more about this on point number 7.

**Play** - We underestimate the power of play. We have become so serious with life that it has become serious with us also. Watching a/your child play will allow you see the simplicity with which they solve problems that you can also apply. Play as often as possible. This is another way to build creativity for problem-solving.

Sometimes the best of solutions don’t open when we knock. They are like cuffs. The harder you struggle, the tighter they get. They come to you when you are not looking too hard or too serious. They can come in the shower while you are humming, playing music, or even on the toilet seat.
WHERE IS YOUR SENSE OF ADVENTURE

“It is risky not to take a risk”

If you don't dare or try then how you can tell what else works? Being okay in your comfort zone and with the status quo is a good reason people are stuck. When you become okay with the boundaries you work within, they become limitations and surely a way to feel and get stuck after some time. To free yourself you can:

**Move around** – Some people who have lived in Lagos all of their lives see Abuja as a comatose place where nothing much happens. And on the flip side, Abuja residents who visit Lagos see it as a crazy place where they cannot stay to work or raise a family. But with time and the experience of both worlds, they have learned to cope. They risked their comfort zones.

They learned to appreciate and embrace the way of life of both atmospheres of hustle (Lagos) and networking (Abuja). If such a person eventually gets an opportunity on either side of the divide, they are likely to consider it rather than out rightly rejecting it.

Moving around as a result of business or pleasure has a way of making you see new ways of life to take rewarding risks.

**Travel** - By any means necessary and available. By air, water, land, rail. There are people you will never meet in certain places until you go around the places they go or use.
Even in building your network there are certain kinds you will never see in some places because they don’t go there.

By air, you meet friendly and easy going people. By land, you get to learn of new places, sights/sites, and things that the plane flew over. The experience of taking the train - you just enjoy the smoothness through natural scenes. And there are people you will meet when you buy first class tickets that you wouldn't have met if you bought a regular ticket.

There is this third eye view you have about a place especially when you are just visiting for the first time. Others who may have been there long enough may miss it or not notice it. But it gets you excited and curious.

And that is why you may hardly be able to sleep especially going by road if it is your first experience going where you are going. That education only comes to you only when you are willing to be present and just take it all in.

**Environment** - Environment matters! Exposure comes with the place you are situated. It is one reason why people want to leave the shores of their country when things don't seem to work. They want to change their environment and see things from a different perspective and look out new opportunities.

Where you really matter, the environment can determine the available and creatable opportunities. Opportunity is in location. Opportunities are in
people in the environment you are in. Life is about positioning. Be in the right place at the right time.

Dare to take profitable risks.

**THINK LIKE YOU HAVE NO DEGREE**

Other people have the same if not better qualifications. The biggest issue probably responsible for your getting stuck at the moment could be your dependence on your certificate.

When things are not working, be willing to start from somewhere without your certificate. Utilize the opportunities available to start - the internet, the network you will build in the workplace you don't like that permit you to build friendships that can get you recommended.

When you think your school results will liberate you then it ultimately limits you because you look up to it. And then you can become blind to the opportunities around you.

The time invested in searching for a job can actually be invested in scouting for opportunities to start with.

**Don't get stuck looking for jobs - create opportunities for you and others. Come up with and execute your bright ideas.**
When you don't think outside the certificate box, you can get stuck and frustrated. You begin to feel betrayed by the government thinking they owe you a job or means of livelihood.

The earlier you take your mind off expecting anything from anyone the lesser you are likely to get stuck waiting for something to happen.

An 'illiterate' who couldn't make it into a school that understands also that he has nothing to fall back to except to work his way through life will make a living while a graduate awaits some miracle.

**SIMPLIFY YOUR LIFE**

Another simple reason why people seem to get stuck is because they have seemingly complicated living and lifestyles. Everything becomes cumbersome and the weight begins to make them sink into the quagmire.

Cluttering is filling a space in a disorderly way with junk and needless stuff that can cause stress. This extra stuff can be mental, physical, and even emotional that can cause us to become stressed and less productive.

The clutters can be in our homes, offices, closets, heads, and even in our minds. When we keep things we don’t need and hold on to them, we become cluttered and stale.
When you unclutter, you become free and create space for the more important stuff. Just like a computer that cannot clear its cache, we can become slow and irresponsive to things that need fast action.

When people want to move is when they truly realize they have got a lot of stuff they don't need to hang on to.

And there are many things we let hang around that we have to do away with.

How clutter accumulates.

Some ways clutter gather include:

- Procrastination
- Lack of maintenance and proper planning
- Hoarding
- Inability to appropriately use space - lack of spatial arrangement ability.

Importance of uncluttering

a. You remember more and it saves time. Ever looked for car keys when you are in a hurry?
b. When you declutter, you see things that were there before that you didn’t remember are there to be used. A lady complained about buying another make-up kit because she couldn’t see the first one she bought. When you sweep under the bed, lost things are found. Remember the Parable of the woman who misplaced her coin?

c. You will procrastinate less. The reason why we procrastinate is that we have left things to pile up so much that starting to sort them out scares us.

d. You become ‘portable.’ You can almost travel on short notice. You can even move on short notice because you’ve sorted almost everything out. You become freer and refreshed, clean-slated, light, organized and focused. You can breathe fresh air.

e. You will get more productive and physical space.

To become really efficient and productive you have to identify and shed unwanted weight stopping your energy and flow. Taking care of a few only can still affect other areas of efficiency.

Does it have value? Do I really need it? When was the last time you used it? What is really important to you?

Lay aside every weight
a. Physical space

- Simplify your life by getting only what you need.
- Sell unwanted stuff to the pawn shop or online. One man's trash is another man's come up.
- Commit certain times to do work and recreational activities.
- When was the last time you used it? When will be the next time you use it? Look around you and select things you do not use anymore to give away or donate to people who need them.
- Sell anything that has monetary value but you don't need anymore.
- Rearrange your living space, loosely-hanging cords, and utilize space.
- Box things you don't use regularly or things you use only seasonally and store them away safely in plastic storage containers and boxes.
- To remember stuff easily, keep them in your view to work on them immediately.

When you need to polish your shoes don't put them under the bed or leave them on the shoe rack. Deliberately place them where they obstruct you so you can get them done.
As simple as keeping your car keys are when you have an emergency and you can't find them, you will understand why it is important to remember keeping it away from kids but where you can remember and reach easily.

b. Mental and creative space

- Your work station should be mapped for ease of locating things
- Use the bin when there is a need to.
- Simplify your process and methods of getting things done.
- Sort things out immediately. Don’t postpone anything.
- Don’t just multitask but complex tasks. Complete each task one at a time.

c. Emotional space

- Your mind - trash negative thoughts. You need a good and undistracted mind to think good thoughts to create good products.
- Cut your losses, let them go, and move on.
- Think and attract healthy and creative thoughts.
To feel light and travel faster you must deliberately shed every dead weight holding you down and making you get stuck when you want to make progress. When you simplify your life you amplify productivity and get ahead.

FIND NEW WAYS

**Rebranding** - Rebranding doesn't necessarily mean you are possibly doing a new thing. It is as simple as repackaging a product/service that already exists in a new way. All the big names today that still exist in business use this strategy to survive. Coca-Cola does it. They simply put the consistently tasting product in a new container and serve their customers. It's just putting old wine in a new wine bag. You can do same so as to breathe some fresh air.

**Innovation** - Innovation can also see you do something new by a combination of ideas whether new or old. The fuel of innovation to me is boredom - getting stuck. But not many people know how to turn it around to their advantage. When the brain gets bored, it needs something new to tickle it to become active again.

**Collaboration** - "4 Free Coca-Cola for every 4 litre Oleum Lubricant. Ask me" This was a powerful caption of the collaboration between the
beverage seller and motor oil seller I saw on the jacket of an attendant in a filling station. You may ask "What do the two have in common?" Well, they both made money from that collaboration. Find someone to collaborate with on exciting projects. Write books, do research together, etc.

Work hard. But work even smarter. Redefine your processes. How can you save time, energy and resources but still achieve the same or even better results?

BE HEALTHY

One reason why people feel like they are stuck or are actually stuck is that they are sick or they have been sick for so long. And when they eventually get well it looks like they cannot catch up with the streams of activities they have missed out on. Sickness is a time-waster.

Your physical, mental, and emotional health are a priority if you do not want to get stuck or feel stuck. The feeling of depression is one major reason for frustration. When thinking that life no longer has meaning and there is no use living. This feeling of stagnancy can lead to suicide.

Put off bad habits before they put you off.

Get to rest well, refresh, and rejuvenate your health as often as you can. Even heavy duty cars need servicing to avoid breakdown. If you do not
want to get stuck when you are being productive then you must take care of your health.

PRIORITIES AND TIME MANAGEMENT

Entertainment vs Education - As a lecturer and researcher in the field of management, entrepreneurship and human potential, Dr. Dennis Kimbro encourages his readers to look within to extract the keys that underlie all accomplishment.

He earned his doctorate from Northwestern University where he studied wealth and poverty among underdeveloped countries. With his course work behind him, Dr. Kimbro combed the country interviewing scores of America’s most notable achievers.

Eventually, his inquisition led to the question: How can impoverished black Americans pull themselves out of their poverty and reach their full potential?

Dr Dennis took a survey that showed an appalling statistics of the E-to-E ration. The average American spends 50 dollars on entertainment against every 1 dollar spent on education. That's 50:1. And the ratio in the black community is 200:1! Imagine that survey being taken in Africa and Nigeria in particular...
When you value watching your favorite TV programs and don't fail to pay your subscription but cannot pay for an invaluable training for an almost same or lesser amount of the subscription fee then it is possible to get stuck.

Slow down on the video and computer games.

**Phone and social media addiction** - This addiction is almost running very close to cigarette addiction.

How do you use your phone every day? Is it the first thing you carry when you wake up? And you probably wanted to check emails and messages just for 30 minutes? Do you know how much time some people spend on selfies? If put together in a week it is enough to start and complete an online course.

And you ended up running the battery down before you remembered you had stuffs to do.

Well, you just lost time and got stuck on stuff that you should have done during that productive time of the day. How do you also spend your time after work and before you sleep?

Put that phone down and go get a life.

Spend less time on gossip sites and chit chat on Facebook and WhatsApp. They are not productive times.
Don't be blinded by what you have. Your big phone you are using for social media that can't even get you money for data is no better than a torchlight phone someone is using to make deals happen.

If the phone is distracting you, sell it and use the money to start a business that fetches something. Focus on what's really important and forget the distractions by setting your priorities right.

What is in your hand? A big phone that is not making you money? What is the nearest rock you can strike? A small business? Then sell it and don't get stuck with unproductive activities.

THE FUTURE YOU SEE

Another reason why people tend to get stuck in life, business and other dealings is because they don't pay attention. They don't see where the trend is moving to. And even if they do they make no move to adjust in order to catch up with the trend.

If you don't want to get stuck you should be able to predict what the future looks like by starting to prepare for it today if you do not want to be stranded when the time comes.

For example, investing heavily in cars that still run on fossil fuel and denying that electric cars will not take over in the nearest future is taking a
negative risk at your own risk. It is happening gradually and is only a matter of time the world over accepts it.

When you do not have retirement plans and keep living and spending like you have streams of income and suddenly you get laid off then you didn't think about the future. Hence you didn't save or think of possibilities of sustenance in case anything happens.

STOP THINKING OF WHAT CAN GO WRONG.

CONCLUSION

When a car stuck in the mud wants to get out, its power and torque must overcome what is keeping it from moving. Else, it will keep working and wearing its engine and still remain in the same spot.

When a rocket wants to defy gravity and break the laws of physics that can work on it, then it must shed any unnecessary weight and carry as much fuel that can sustain it to break that barrier.

If you feel stuck and you really want to make tangible progress, you need to shed the weight holding you down and put in the work required to make it happen. You have to do more than you have already done and be comfortable with being uncomfortable.
“If you can't fly then run; if you can't run then walk; if you can't walk then crawl, but whatever you do you have to keep moving forward.” - Martin Luther King Jr.

But by all means, don't get stuck. The decision to keep kicking to get out of where you are stuck by all means takes sheer will and determination.

You have all it takes to get you unstuck. Just try and try again.

HOW TO OVERCOME PROCRASTINATION

Procrastination affects the way we chase and achieve our dreams.

Many times we have a super IDEA and we get so excited but suddenly or gradually we lose interest and inertia sets in.

Do you experience this?

What’s keeping you from chasing that dream?

From building that app?

From designing that blog?

From writing that business plan?
**Procrastination is defined as** “The action of delaying or postponing *something.*”

I believe every one of us at one time or the other in our lives have had cause to delay or defer taking an action. Often times, we get excited at the thought of an idea or a potentially successful action we want to take that we deem will bring us some good outcome but then comes sudden lethargy and reluctance that we can/cannot explain that tends to stop us from implementing our ideas.

Often times, ideas get us excited when we think about them but then, when you take a closer look at the nature of the euphoria you feel, it’s the same kind of feeling of excitement you get when you engage in fantasies and pleasurable imaginations, Such thinking produced by adrenalin.

But dear friends, I can tell you from experience that adrenalin cannot guarantee you the full supply of the energy you need to initiate a good idea from start to finish because somewhere along the way, the excitement may vanish. Sometimes when you think of reality and the requirements and resources you need to implement that super idea, it all turns cold and you just want to crawl into your bed and sleep.
The conception of an idea comes with a lot of emotional escorts, a mix of euphoria, anxiety, hope, fantasies and others. The rush of excitement, the initial feeling, the daydreaming of what the full manifestation of the ideas will look like are all as natural as the sometimes inevitable decline in energy that follows as the idea gets old and the initial fireworks and spark that we experienced start to dim and dwindle.

In engineering, there is a concept called ‘damping.’

“Damping is the decrease in the amplitude of an oscillation or wave motion with time.”

If I will run this definition through the parable of the sower, I will say time here is defined as cares of this world, distractions, emotional liabilities and everything the world throws at us. These and many others cause debility in our initial drive.

Damping can be visualized in this manner of energy that starts high and gradually decreases.

You can see from the image above that, the oscillator begins with a lot of energy but with time the energy begins to drop and if nothing is done it eventually dies away.

This is what many of our dreams, visions, ideas, and plans have experienced. This almost natural phenomenon has faded many potential billionaire ideas into oblivion.
The concept of energy and the conservation of energy applies to life in many ways. Someone will ask, “When I thought of this dream I had a lot of excitement where did all the energy and force go to?”

Truth is “energy cannot be destroyed but rather converted and it appears in another form.”

I know folks who used up all their energy to engage in disputes, distraction; the energy they put in to sports, outings, fun, religious arguments, pessimistic discussions and so many alternative activities which are not bad but were the “heat sinks” that created an alternative path where the requisite energy required for the pursuit of their dreams were dissipated. I know some potential authors who lost the energy they would have used to write the “Harry Potter, Lord of the Rings, Things Fall Apart” epic novels of this age to some emotional struggle and heartbreak that broke them and broke their beautiful mind.

Sometimes this energy goes off more silently and unannounced. We just find ourselves no longer having the flare we had when we first conceived the idea. I remember in school, we were taught that carbon dioxide is used as an extinguisher. “The CO2 Extinguisher canisters contain carbon dioxide in liquid form, and when the extinguisher is let off, the liquid is released into the air neutralizing the oxygen that the fire is feeding on, disabling the fires ability to spread.”
So also the passion and energy for our dreams don’t just vanish; they are either traded, submerged, subsumed by a greater force that we give our attention to. In simple term, “distractions” - both active and passive distractions. Either what we give attention too or what we take attention from.

This and many reasons are why so many ideas haven’t lived to see the light of day.

I remember Myles Munroe saying, “Die empty” that is, ensure you do everything that you can do and give your all to humanity, though if it were so easy everyone will be doing it but it isn’t easy. Remember Newton’s law of motion; “to every action there is an equal and opposite reaction.”

Once a dream is born, automatically the counter forces of that dream also start emerging. In this strange twist of events, these “counter forces see themselves as antibodies trying to kill the dream which is perceived by them as a virus.” Jesus was born and immediately Herod launched an assault to eliminate him.

I don’t mean to make excuses but aside personal, domestic, financial, social and spiritual motivation killers; I can also say that environment has played a great part in dealing deadly blows to our dreams and visions and sometimes killing motivation. When the environment is not aiding and it’s presenting too much opposition than we can handle, it is also a source of setback.
A great friend of mine told me once that “convincing people to use the RIGHT side of their brain is very tasking. We mostly use or apply our LEFT Brain and are not able to integrate design thinking that demand creativity and empathy....all RIGHT brain activities to our work and family lives”

Yes the parable of the sower talks of the impact of life and care of this world and other factors that we easily trade away energy for. I once heard a man say at 27 years old, he had dreams, but today he’s 70 years old and he realized he gave so much energy away attending to kinsmen issues and now his time is up; all his dreams are but a figment of memory.

I have been there before; having many dreams even with much motivation but this gravitational pull in my mind was a major contender, struggling to keep my head above the waters, and if not for additional sources of energy, there are no way the ideas I had will fly nor the vision see the light of day. Like I said, there is a contending the negative force that wants to stop you, and that almost equals or counter balances your positive drive.

Like the principle of negative feedback, if the counter energy is more than the useful energy then you experience zero or “a halt.”

This is why

\[ 10 + (-10) = 0 \]
Friends this is how procrastination is invented, and it latches on our dreams and visions and IF not overcome early, can stop us from seeing our ideas from conception to implementation.

3 ways to overcome procrastination

1. There is time for everything

There is time for everything. We need to understand the implications of this. There is time for everything means there is "time allocated for everything." Hence you don't have the luxury of choosing to do things at your own convenience. In fact, the best of world-changing decisions were done at people's inconvenience. I read about the epic bout between Mike Tyson and Buster Douglas. Douglas lost his mum not too long from when the fight was scheduled. It was a highly anticipated encounter and Douglas had every reason to delay the fight but he decided that there was no need postponing the inevitable. He went on to achieve one of the greatest upsets in boxing history.

Someone said, "there is nothing a powerful as an idea whose time has come" and I go to also say there is nothing as hopeless as "an idea whose time has passed."

Do you know 5 years from now you may regret not doing something that you had the opportunity of doing today?
My advice, forget how you feel; “START NOW!”

2. **Understand that there is never a convenient time to start. The best time to begin chasing your dreams is NOW. Now is not “Whenever” it means NOW.**

The earth has natural rough surfaces. The terrain is not smooth. It took thinking men and technology to find a way through rocks and develop materials that allow us to construct roads that we can navigate through easily. This should make us understand that the operating system of the world is “nothing good comes easy.”

I remember once writing that "excuses are the easiest of all natural resources for failure." They are available for free and can be mined in billions just through the mechanism of thoughts + pessimism. You can produce excuses at "the speed of thought.” Excuses are the “problems to solutions.”

There will never be a convenient time to begin but NOW!

3. **Trick your self**

What I mean by this is simple.

Trick yourself into believing you can achieve big things by achieving a very small thing first.
Before writing my books, I experienced a lot of "lag" and mental drag. I played this trick and started breaking down my writing into bits and pieces. Gradually I began to see a big picture from the possibilities of the small ones. Sometimes we hurt our mouth trying to ingest too many things at once and so we hurt our minds conceiving ideas that we abuse the principle of small beginnings.

I read about Nnamdi Ezeigbo, the founder of SLOT Nigeria. He had many excuses not to succeed, an Electrical engineer that couldn’t secure a Job. He "tried to no avail" and then decided to work in a computer repair shop and from there he found his miracle.

When we start anyhow and anywhere it makes us believe achieving smaller things can help us achieve big things.

One of my coaches once said "everyone can eat an elephant if he cuts it into little pieces."

Remember "he that observes the cloud shall not sow."

Overcome the first obstacle. Like a car on a speed breaker, once the first set of a tyres climb, the other two follow.

You don’t have to start making that big investment; start with the small one. Celebrate your little success. It will give you a lot of optimism to face the big ones.
4. Master your emotions

Don’t ever expect time to come where you will always feel like doing things.

Emotions are fickle and ephemeral, changing drastically with things changing around you routinely. Hinging your dreams on your current emotional condition will not guarantee you the needed drive you will constantly need.

Whenever you have a project, don’t consult your emotions primarily; rather work on your checklist. It’s what needs to be done that needs to be done and not what we feel like being done.

I always expect not to feel like doing whatever I want to do. I am used to not feeling like it so whatever I want to do, I do it in spite of how am feeling. At the end of the day, I realize irrespective of how I felt, I still achieve and get the job done eventually. Gradually the weak feeling and the procrastination drops off and I start to get things done successfully.
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He is a Lecturer, Author, motivational speaker, entrepreneur and also a student.

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Oluseun is married to his namesake Oluwaseun Tinuade, an entrepreneur and they have a son. Together they are working to pursue their vision and passion of inspiring success and building leaders.

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Other books authored (Also available on Amazon)

- Change Your Attitude and Developing our Nations
- Life and Cards
- How to Stop Making Bad Decisions
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