

**Gye-Nyame journey
workbook
Tribal quotes
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Introduction

My fascination with proverbs and quotes took root in 1989. While navigating through an overwhelming period on the OSU campus, I chanced upon the Black studies library nestled within the main library. This discovery was akin to unearthing a diamond, as I was entirely unaware of its existence. A seemingly small incident inside this library, however, forever altered my life - a little book titled "The African Openings to the Tree of Life" fell into my hands.

The profound wisdom brimming from this petite book was evident from the first proverb I read - "those who are not willing to sacrifice will not be fulfilled". Such was the impact of this book that I have been sharing its wisdom with anyone crossing my path ever since that fateful day.

As I delved deeper into other proverbs and quotations, I felt an urge to facilitate others' engagement with the empowering wisdom lying within these powerful phrases. Thus began my journey of exploration. I started maintaining a journal, tracking the effects each proverb from the "Tree of Life" book had on my life.

This workbook is my endeavor to share that transformative experience with you. While I have not included quotes from the "Tree of Life" here (that's a project for another day), I have compiled a range of proverbs that could serve a similar purpose.

The aim of this workbook is to expose you to wisdom originating from every corner of the globe and, through the completion of the accompanying exercises, reveal the wisdom that resides within you.

Using This Book:

Over years of engaging in this process, I have discerned that to truly reap the benefits, one should start in the appropriate season (although one can embark upon this journey at any moment).

The concept of 'seasons' is simple and will be elaborated further in an upcoming book. For more insight into when to start and determining your personal cycles (seasons), feel free to peruse my blog (gyenyamejourney.com).

A year comprises four seasons - spring, summer, fall, and winter, each bearing its own set of activities. On a personal level, we undergo these seasons as well, though they may not align with the world's macro cycles. Your personal spring cycle commences on your birthday and lasts for 91.25 days, following which you transition into the next season. For instance, if your birthday falls on September 5, it would be optimal for you to start on the same day and continue for the next 90 days.

To maximize the utility of this book, it's suggested to initiate your journal in the spring of your personal year, a time ideal for planting new seeds of wisdom in your mind's soil.

Each quote or proverb is followed by a numbered line. Line 1 is for you to interpret the proverb, to break it down, and discover its relevance to you. On Line 2, jot down the lesson you've gleaned from your interpretation and how it can steer you towards success.

As you journey through this process, you will encounter proverbs that resonate with you and some that may not sit well. That's perfectly alright! Stay committed and work through. Repetition of a proverb provides an opportunity to gauge your growth in this journey.

Following the 90-day journey, an additional 10 pages are provided for those who wish to continue with the proverbs posted on my blog. I also encourage you to keep a side diary to record instances when the wisdom you've been engaging with manifests in your life experiences. Reflect on these experiences and observe your reactions.

Upon the conclusion of the 90 days, challenge yourself to revisit a year later from your start date and see how your interpretations have evolved. Lastly, try incorporating these quotes and proverbs into your conversations and writings. As the proverb goes, "when we teach, we learn". Embrace this wisdom and let it guide your path towards success.

Nuff said

Peace & 1hunidears

Day 1

Strength and wisdom are not opposing values.

-William J. Clinton

1.

2.

When a person places the proper value on freedom, there is nothing under the sun that he will not do to acquire that freedom. Whenever you hear a man saying he wants freedom, but in the next breath he is going to tell you what he won't do to get it, or what he doesn't believe in doing in order to get it, he doesn't believe in freedom. A man who believes in freedom will do anything under the sun to acquire...or preserve his freedom.

Malcolm X

1.

2.

'The cultivator is alone, but those who eat are many.'

- Schambala

1.

2.

Day 2

When I can look life in the eyes, grown calm and very coldly wise,
life will have given me the truth, and taken in exchange - my youth.

-Sara Teasdale

1.

2.

A miss by an inch is a miss by a mile.

~ English Proverb

1.

2.

Those who want rain must also accept the mud.

- (Africa)

1.

2.

Day 3

Even the longest day has its end.

~ Irish Proverb

1.

2.

Knowledge without justice ought to be called cunning rather than wisdom.

~ Plato

1.

2.

You learn how to cut down trees cutting them down.'

-Bateke

1.

2.

Day 4

Knowledge speaks, but wisdom listens.

-Jimi Hendrix

1.

2.

Be sure you put your feet in the right place, then stand firm.

~ Abraham Lincoln

1.

2.

It is the fool who says, they mean my friend, not me.

-Ashanti

1.

2.

Day 5

Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit.

-Conrad Hilton

1.

2.

Life shrinks or expands in proportion to one's courage.

~ Anais Nin

1.

2.

When one would climb a tree, one begins from the bottom and not the top.

-Ashanti

1.

2.

Day 6

Succeeding is the coming together of all that is beautiful. Furtherance is the agreement of all that is just. Perseverance is the foundation of all actions.

~ Lao Tzu

1.

2.

Change in all things is sweet.

~ Aristotle

1.

2.

The human being is a social product; he is what he eats, learns, hears, sees, feels, and lives.

-Kongo

1.

2.

Day7

The greatest obstacle to being heroic is the doubt whether one may not be going to prove one's self a fool; the truest heroism is to resist the doubt; and the profoundest wisdom, to know when it ought to be resisted, and when it be obeyed.

-Nathaniel Hawthorne

1.

2.

Property is intended to serve life, and no matter how much we surround it with rights and respect, it has no personal being.

~ Martin Luther King, Jr.

1.

2.

The slain are not count before the hostile army is routed.

-Ashanti

1.

2.

Day 8

Consistency is the last refuge of the unimaginative.

~ Oscar Wilde

1.

2.

Never does nature say one thing and wisdom another.

-Juvenal, Satires

1.

2.

A man should not swallow poison because he is afraid to spit and offend others.

-unknown

1.

2.

Day 9

Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.

~ Mohandas Gandhi

1.

2.

One day in retrospect the years of struggle will strike you as the most beautiful.

~ Sigmund Freud

1.

2.

Whispering will be followed by hiding, then stealing.

Kenya

1.

2.

Day 10

Time is a fluid condition which has no existence except in the momentary avatars of individual people.

~ William Faulkner

1.

2.

Life shrinks or expands in proportion to one's courage.

~ Anais Nin

1.

2.

The tears in your eyes do not blind you
Togo

1.

2.

Day 11

When you're going through hell, keep going.

~ Winston Churchill

1.

2.

To live happily is an inward power of the soul.

~ Marcus Aurelius

1.

2.

“He who guards himself will not perish”

Namibia

1.

2.

Day 12

Friendship improves happiness, and abates misery, by doubling our joy, and dividing our grief.

~ Joseph Addison

1.

2.

One must try to escape from the darkness of ignorance and suffering, and seek the light of Enlightenment.

~ Dalai Lama

1.

2.

“Instruction in youth is like engraving in stones”

N.Africa

1.

2.

Day 13

Success seems to be largely a matter of hanging on after others have let go.

~ William Feather

1.

2.

As iron sharpens iron, so one man sharpens another.

~ English Proverb

1.

2.

“If you carry your baby and you steal, you show it how to do so.”

Uganda

1.

2.

Day 14

Knowledge becomes evil if the aim be not virtuous.

~ Plato

1.

2.

History is a pact between the dead, the living, and the yet unborn.

~ Edmund Burke

1.

2.

“If you attach yourself too closely to a human being, he treats you
cheaply”

Ghana

1.

2.

Day 15

Real generosity toward the future lies in giving all to the present.

~ Albert Camus

1.

2.

All things must change to something new, to something strange.

~ Henry Wadsworth Longfellow

1.

2.

Lizard suns itself within reach of its hiding place

-Zimbabwe, Mozambique

1.

2.

Day 16

If you realize that all things change, there is nothing you will try to hold onto. If you are not afraid of dying, there is nothing you cannot achieve.

-Lao Tzu

- 1.

- 2.

Our duty as men is to proceed as if limits to our ability did not exist. We are collaborators in creation.

-Pierre Teilhard de Chardin

- 1.

- 2.

When you see a turtle on top of a fence post, you know it had some Help.

-Africa

- 1.

- 2.

Day 17

When minds are the same, that which is far off will come.

East Africa

1.

2.

An intelligent mind is an INQUIRING mind. It is not satisfied with explanations, with conclusions; nor is it a mind that believes, because belief is again another form of conclusion.

Bruce Lee

1.

2.

Lizard suns itself within reach of its hiding place

-Zimbabwe, Mozambique

1.

2.

Day 18

Health is the greatest possession. Contentment is the greatest treasure.
Confidence is the greatest friend. Non-being is the greatest joy.

~ Lao Tzu

1.

2.

God is the friend of silence. See how nature - trees, flowers, grass-
grows in silence; see the stars, the moon and the sun, how they move
in silence.

~ Mother Teresa

1.

2.

“If you attach yourself too closely to a human being, he treats you
cheaply”

Ghana

1.

2.

Day 19

Common sense is the collection of prejudices acquired by age eighteen.

~ Albert Einstein

1.

2.

He is able who thinks he is able.

~ Buddha

1.

2.

“The monkey’s tail is long, and yet if you touch it, its owner feels the touch”

Senegal

1.

2.

Day 20

Frederick Douglass: "Power concedes nothing without a demand. It never did and it never will. "

1.

2.

Honore de Balzac : "It is easy to sit up and take notice. What is difficult is getting up and taking action."

1.

2.

“Invite people into your parlor, and they will come into your bedroom”

Sierra Leone

1.

2.

Day 21

Henri Frederic Amiel : "Doing easily what others find difficult is talent; doing what is impossible for talent is genius."

1.

2.

Paramahansa Yogananda : "The season of failure is the best time for sowing the seeds of success. "

1.

2.

“Gossip is like a disease; once you have caught it, it is hard to get rid of.”

East Africa

1.

2.

Day 22

Confucius : "A man who has committed a mistake and doesn't correct it is committing another mistake.

1.

2.

Omar Khayyam : "A hair divides what is false and true."

1.

2.

"If you dance with crocodile, you better plan what you going to do when dance is done"

Guyana

1.

2.

Day 23

Dogen : "If you cannot find the truth right where you are, where else do you expect to find it? "

1.

2.

Heaven is under our feet as well as over our heads.

~ Henry David Thoreau

1.

2.

“A thorn with which one has pricked oneself of one’s own accord does not pain.”

Kenya

1.

2.

Day 24

The one exclusive sign of thorough knowledge is the power of teaching.

~ Aristotle

1.

2.

Whoever is not in his coffin and the dark grave, let him know he has enough.

~ Walt Whitman

1.

2.

“When a person falls, she becomes acquainted with the nature of the ground.”

East Africa

1.

2.

Day 25

He who begins many things finishes but few.

~ Italian Proverb

1.

2.

Do not remove a fly from your friend's forehead with a hatchet.

~ Chinese Proverb

1.

2.

“Two men in a burning house must not stop to argue”

Cameroon

1.

2.

Day 26

Calvin Coolidge : "Those who trust to chance must abide by the results of chance."

1.

2.

There is nothing like a dream to create the future.
~ Victor Hugo

1.

2.

Poor people entertain with the heart
Haiti

1.

2.

Day 27

I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act.

~ Buddha

1.

2.

Benjamin Disraeli : "Knowledge of mankind is a knowledge of their passions."

1.

2.

One who talks think; one who keeps silent thinks more.
Uganda

1.

2.

Day 28

In order to succeed, your desire for success should be greater than your fear of failure.

~ Bill Cosby

1.

2.

Henry Miller : "All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience.

1.

2.

“Excess of familiarity is at the root of all hostility”
Algeria

1.

2.

Day 29

Many of life's failures are people who did not realize how close they were to success when they gave up.

~ Thomas Edison

1.

2.

Henry Wadsworth Longfellow : "In character, in manner, in style, in all things, the supreme excellence is simplicity."

1.

2.

“The fetus that is afraid of criticism is never born”

Burundi

1.

2.

Day 30

A bad wound may heal, but a bad name will kill.

~ Scottish Proverb

1.

2.

Napoleon Bonaparte : "Nothing is more difficult, and therefore more precious, than to be able to decide."

1.

2.

“To call in a bad mood brings about a moody reply”

Ethiopia

1.

2.

Day 31

Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws.

~ Plato

1.

2.

History does not long entrust the care of freedom to the weak or the timid.

~ Dwight D. Eisenhower

1.

2.

He who upset a thing should know how to set it right

Sierra Leon

1.

2.

Day 32

Work out your own salvation. Do not depend on others.

~ Buddha

1.

2.

Pablo Picasso : "Art washes away from the soul the dust of everyday life."

1.

2.

If someone says he will carry you, you do not say "I will walk."

1.

2.

Day 33

Success is a journey, not a destination.

-Ben Sweetland

1.

2.

Find a meaningful need and fill it better than anyone else. This is success.

~ Author Unknown

1.

2.

The eyes of the soul of the multitudes are unable to endure the vision of the divine.

~ Plato

1.

2.

Day 34

The greatest obstacle to being heroic is the doubt whether one may not be going to prove one's self a fool; the truest heroism is to resist the doubt; and the profoundest wisdom, to know when it ought to be resisted, and when it be obeyed.

-Nathaniel Hawthorne

1.

2.

Put all your eggs in one basket and watch that basket.

-Andrew Carnegie

1.

2.

No one ever found wisdom without also being a fool. Writers, alas, have to be fools in public, while the rest of the human race can cover its tracks.

-Erica Jong

1.

2.

Day 35

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

~ Martin Luther King, Jr.

1.

2.

As you climb the ladder of success, check occasionally to make sure it is leaning against the right wall.

-Anonymous

1.

2.

He who did not listen to a warning rode in a boat made of clay.

-Swahili

1.

2.

Day 36

Wisdom is knowing what to do next; virtue is doing it.

-David Star Jordan, The Philosophy of Despair

1.

2.

We owe almost all our knowledge not to those who have agreed, but to those who have differed.

~ Charles Caleb Colton

1.

2.

Kick away the ladder and your feet will be left dangling.

Malawi

1.

2.

Day 37

Obey the principles without being bound by them. Bruce Lee

1.

2.

Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.

~ Martin Luther King Jr.

1.

2.

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

-Herman Cain

1.

2.

Day 38

Zeal without knowledge is fire without light.

~ Thomas Fuller

1.

2.

Stress is when you wake up screaming and you realize you haven't fallen asleep yet.

~ Author Unknown

1.

2.

A house of your own is worth wagons of gold

-S. Africa

1.

2.

Day 39

He who is silent is forgotten; he who does not advance falls back; he who stops is overwhelmed; out distanced, crushed; he who ceases to grow becomes smaller; he who leaves off, gives up; the condition of standing still is the beginning of the end.

- Henri Fredric Amiel

1.

2.

A good fight should be like a small play...but played seriously. When the opponent expands, I contract. When he contracts, I expand. And when there is an opportunity... I do not hit...it hits all by itself (shows his fist). Any technique, however worthy and desirable, becomes a disease when the mind is obsessed with it.

Bruce Lee

1.

2.

George Santayana : "There is no cure for birth and death, save to enjoy the interval."

1.

2.

Day 40

Believing that you must do something perfectly is a recipe for stress, and you'll associate that stress with the task and thus condition yourself to avoid it.

~ Steve Pavlina

1.

2.

The educated differ from the uneducated as much as the living from the dead.

~ Aristotle

1.

2.

It takes 20 years to make an overnight success.

~ Eddie Cantor

1.

2.

Day 41

Knowledge can be communicated, but not wisdom. One can find it, live it, be fortified by it, do wonders through it, but one cannot communicate and teach it.

-Hermann Hesse

1.

2.

Familiarity breeds contempt.

~ English Proverb

1.

2.

You must eat an elephant one bite at a time.

-(Twi)

1.

2.

Day 42

A big tree attracts the woodsman's axe.

~ English Proverb

1.

2.

Silence is the sleep that nourishes wisdom.

-Francis Bacon

1.

2.

The chicken is never declared innocent in the court of hawks.

-Ghana

1.

2.

Day 43

The greatest weapon against stress is our ability to choose one thought over another.

~ William James

1.

2.

The doorstep to the temple of wisdom is a knowledge of our own ignorance.

-Benjamin Franklin

1.

2.

One who falls into a hole teaches everyone else wisdom.

-Yoruba

1.

2.

Day 44

The past is prophetic in that it asserts loudly that wars are poor chisels for carving out peaceful tomorrows.

~ Martin Luther King, Jr.

1.

2.

A man will fight harder for his interests than for his rights.

~ Napoleon Bonaparte

1.

2.

The youth walks faster than the elderly but the elderly knows the road.

- Nilotic

1.

2.

Day 45

I have been through some terrible things in my life, some of which actually happened.

~ Mark Twain

1.

2.

Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way round or through it. If nothing within you stays rigid, outward things will disclose themselves.

-Bruce Lee

1.

2.

The weak warrior wearing sandals overcomes the brave with a thorn in his foot.

-Uganda

1.

2.

Day 46

Wisdom is nothing but a preparation of the soul, a capacity, a secret art of thinking, feeling and breathing thoughts of unity at every moment of life.

-Herman Hesse

1.

2.

Kindness is the language which the deaf can hear and the blind can see.

~ Mark Twain

1.

2.

Little by little the bird builds its nest.

-Moussi

1.

2.

Day 47

It does not matter how slowly you go so long as you do not stop.

~ Confucius

1.

2.

If you're doing your best, you won't have any time to worry about failure.

~ H. Jackson Brown, Jr.

1.

2.

Do not mend your neighbor's fence before seeing to your own
Tanzania

1.

2.

Day 48

If you pick up a starving dog and make him prosperous, he will not bite you. This is the principal difference between a dog and a man.

~ Mark Twain

1.

2.

The miracle is not that we do this work, but that we are happy to do it.

~ Mother Teresa

1.

2.

One cannot make a pact with the slave and make a pact with the master, and then not betray one of them.

Benin, Nigeria, Togo

1.

2.

Day 49

Every minute of life carries with it its miraculous value, and its face of eternal youth.

~ Albert Camus

1.

2.

Our faults irritate us most when we see them in others.

~ Dutch Proverb

1.

2.

“When a woman is hungry, she says, “Roast something for the children that they may eat.”

Africa

1.

2.

Day 50

Live as if you were to die tomorrow. Learn as if you were to live forever.

~ Mahatma Gandhi

1.

2.

He who is unable to live in society, or who has no need because he is sufficient for himself, must be either a beast or a god.

~ Aristotle

1.

2.

“The child that is not crying has no need to be nursed”

Haiti

1.

2.

Day 51

Stress is basically a disconnection from the earth, a forgetting of the breath. Nothing is that important. Just lie down.

~ Natalie Goldberg

1.

2.

The most important single ingredient in the formula of success is knowing how to get along with people.

~ Theodore Roosevelt

1.

2.

“The roaring lion kills no game”

Tanzania

1.

2.

Day 52

God doesn't require us to succeed; he only requires that you try.

~ Mother Teresa

1.

2.

Whatever you fear most has no power - it is your fear that has the power.

~ Oprah Winfrey

1.

2.

“Don’t let your enemies get in the way of you work.”

Niger, Nigeria (Hausa)

1.

2.

Day 53

Love your enemies because they bring out the best in you.

~ Friedrich Nietzsche

.

2.

In times of stress, be bold and valiant.

~ Horace

1.

2.

“He who does not lose his way by night wont lose his way by day.”

Niger, Nigeria

1.

2.

Day 54

All the forces in the world are not so powerful as an idea whose time has come.

~ Victor Hugo

1.

2.

~ The only real failure in life is not to be true to the best one knows.
Buddha

1.

2.

“the reason two antelope walk together is so that one can blow the dust out of the eye of the other”

Africa

1.

2.

Day 55

There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.

~ Mohandas Gandhi

1.

2.

The highest reward for man's toil is not what he gets for it, but what he becomes by it.

~ John Ruskin

1.

2.

“He that waits for a chance may wait for a long time”

Nigeria

1.

2.

Day 56

In the middle of difficulty lies opportunity.

Bruce Lee

1.

2.

Success depends upon previous preparation, and without such preparation there is sure to be failure.

~ Confucius

1.

2.

One cannot make a pact with the slave and make a pact with the master, and then not betray one of them.

Benin, Nigeria, Togo

1.

2.

Day 57

A gem is not polished without rubbing, nor a man perfected without trials.

~ Chinese Proverb

1.

2.

Our lives begin to end the day we become silent about things that matter.

~ Martin Luther King, Jr.

1.

2.

If you are careful with your enemy once, be careful with your friend a thousand times.

East Africa

1.

2.

Day 58

They who await no gifts from chance have conquered fate.

~ Matthew Arnold

1.

2.

Nobody can hurt me without my permission.

~ Mohandas Gandhi

1.

2.

That which did not shout for help but waited patiently died in the trap.

Kenya

1.

2.

Day 59

Try not to become a man of success, but rather to become a man of value.

~ Albert Einstein

1.

2.

A child's life is like a piece of paper on which every person leaves a mark.

~ Chinese Proverb

1.

2.

Every time an elder dies, it is as if a library has burned down.
West Africa

1.

2.

Day 60

Don't let schooling interfere with your education.

~ Mark Twain

1.

2.

Chaos is inherent in all compounded things. Strive on with diligence.

~ Buddha

1.

2.

“Don’t let your enemies get in the way of you work.”

Niger, Nigeria (Hausa)

1.

2.

Day 61

Barking dogs seldom bite.

~ English Proverb

1.

2.

As soon as we stop worrying, a solution pops up.

~ David DeNotaris

1.

2.

The old man's mouth may be twisted, but not his words.
Zambia

1.

2.

Day 62

He who fears being conquered is sure of defeat.

~ Napoleon Bonaparte

1.

2.

I believe that it would be almost impossible to find anywhere in America a black man who has lived further down in the mud of human society than I have; or a black man who has been any more ignorant than I have; or a black man who has suffered more anguish during his life than I have, but it is only after the deepest darkness that the greatest joy can come; it is only after slavery and prison that the sweetest appreciation of freedom can come.

Malcolm X

1.

2.

Two small antelope can beat a big one.

Ghana

1.

2.

Day 63

Difficulties mastered are opportunities won.

~ Winston Churchill

1.

2.

Patience and passage of time do more than strength and fury.

~ Jean de la Fontaine

1.

2.

The wise is spoken to in proverbs, not plain language

Ghana

1.

2.

Day 64

Do not confine your children to your own learning, for they were born in another time.

~ Hebrew Proverb

1.

2.

Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul.

~ Mohandas Gandhi

1.

2.

When minds are the same, that which is far off will come.

East Africa

1.

2.

Day 65

Dig the well before you are thirsty.

~ Chinese Proverb

1.

2.

A man's true wealth hereafter is the good that he does in this world to his fellows.

~ Muhammad

1.

2.

“The child that is not crying has no need to be nursed”

Haiti

1.

2.

Day 66

I submit to you that if a man hasn't discovered something that he will die for, he isn't fit to live.

~ Martin Luther King, Jr.

1.

2.

As you teach, you learn.

~ Jewish Proverb

1.

2.

“A slippery ground does not recognize kings.”

Kenya, Uganda

1.

2.

Day 67

For the birds that cannot soar, God has provided low branches.

~ Turkish Proverb

1.

2.

The house does not rest upon the ground, but upon a woman.

~ Mexican Proverb

1.

2.

“No wanderer can ever know the full meaning of a home.”

Africa

1.

2.

Day 68

Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too selfish to seek other than itself.

-Kahlil Gibran

1.

2.

If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.

~ Theodore Roosevelt

1.

2.

“many days of laughter are wiped away by one moment of mourning.”

Uganda

1.

2.

Day 69

In a democracy the poor will have more power than the rich, because there are more of them, and the will of the majority is supreme.

~ Aristotle

1.

2.

Man is a history-making creature who can neither repeat his past nor leave it behind.

~ W. H. Auden

1.

2.

“Place value on defending your home”

Namibia

1.

2.

Day 70

Truth has no path. Truth is living, and therefore, changing. It has no resting place, no form, no organized institution, no philosophy.

Bruce Lee

1.

2.

Truth is by nature self-evident. As soon as you remove the cobwebs of ignorance that surround it, it shines clear.

~ Mohandas Gandhi

1.

2.

“The eyes are for seeing, the ears for hearing, and the lips to shut up.”

Haiti

1.

2.

Day 71

Man is not the creature of circumstances, circumstances are the creature of man. We are free agents, and man is more powerful than matter.

~ Benjamin Disraeli

1.

2.

We hate some persons because we do not know them; and will not know them because we hate them.

~ Charles Caleb Colton

1.

2.

“Do not fight with a toothless man over a juicy bone.”

Africa

1.

2.

Day 72

Benjamin Disraeli : "The greatest good you can do for another is not just to share your riches, but to reveal to him his own."

1.

2.

Write injuries in the sand, kindnesses in marble.
~ English Proverb

1.

2.

"You can't stop you ear from hearing, but you can stop you mouth from talking"

Barbados

1.

2.

Day 73

Swami Vivekananda : "Never think there is anything impossible for the soul. It is the greatest heresy to think so. If there is sin, this is the only sin; to say that you are weak, or others are weak. "

1.

2.

Morihei Ueshiba : "Life is growth. If we stop growing, technically and spiritually, we are as good as dead. "

1.

2.

“an army without good planning is conquered with one club.”

Kenya

1.

2.

Day 74

George Bernard Shaw : "Progress is impossible without change, and those who cannot change their minds cannot change anything."

1.

2.

Edmund Burke : "No passion so effectively robs the mind of its powers of acting and reasoning as fear."

1.

2.

“Do not talk about a rhinoceros if there is no tree nearby”
S.Africa

1.

2.

Day 75

Swami Vivekananda : "Take up one idea. Make that one idea your life - think of it, dream of it, live on idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success. "

1.

2.

Nagarjuna : "Things derive their being and nature by mutual dependence and are nothing in themselves. "

1.

2.

One cannot make a pact with the slave and make a pact with the master, and then not betray one of them.

Benin, Nigeria, Togo

1.

2.

Day 76

Mark Twain : "Courage is resistance to fear, mastery of fear, not absence of fear"

1.

2.

There is a good deal too strange to be believed, nothing is too strange to have happened.

~ Thomas Hardy

1.

2.

“Those that blow on fire will run from smoke.”

Burkina Faso

1.

2.

Day 77

Biko : "The most potent weapon of the oppressor is the mind of the oppressed. "

1.

2.

Swami Vivekananda : "All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark."

1.

2.

“A child carried on the back does not know how far the journey is.”

Nigeria

1.

2.

Day 78

Friedrich Nietzsche : "Love your enemies because they bring out the best in you."

1.

2.

Frederick Douglass : "The life of the nation is secure only while the nation is honest, truthful, and virtuous. "

1.

2.

Kindle not a fire that you cannot put out
Africa

1.

2.

Day 79

Napoleon Bonaparte : "Men take only their needs into consideration, never their abilities."

1.

2.

Baltasar Gracian : "A wise man gets more use from his enemies than a fool from his friends."

1.

2.

“Lack of money is lack of friends; if you have money at your disposal, every dog and goat will claim to be related to you.’

Benin, Nigeria, Togo (Yoruba)

1.

2.

Day 80

Morihei Ueshiba : "The divine is not something high above us. It is in heaven, it is in earth, it is inside us. "

1.

2.

Charles Caleb Colton : "Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storms."

1.

2.

You cannot throw away your finger because it hurts
Guyana

1.

2.

Day 81

A jug fills drop by drop.

~ Buddha

1.

2.

Pressure is a word that is misused in our vocabulary. When you start thinking of pressure, it's because you've started to think of failure.

~ Tommy Lasorda

1.

2.

“Poor man’s children make the rich man’s children fat.”

Uganda

1.

2.

Day 82

Do not be wise in words - be wise in deeds.

~ Jewish Proverb

1.

2.

Though we may know Him by a thousand names, He is one and the same to us all.

~ Mohandas Gandhi

1.

2.

“The foolish bird’s desire for a few grains makes it enter the cage and then become trapped.”

Africa

1.

2.

Day 83

If you wish success in life, make perseverance your bosom friend.

~ Joseph Addison

1.

2.

Men are not prisoners of fate, but only prisoners of their own minds.

~ Franklin D. Roosevelt

1.

2.

“Misfortunes do not have a set day for coming.”

Ghana

1.

2.

Day 84

Every man has his own destiny; the only imperative is to follow it, to accept it, no matter where it leads him.

~ Henry Miller

1.

2.

Sun Tzu : "Confront them with annihilation, and they will then survive; plunge them into a deadly situation, and they will then live. When people fall into danger, they are then able to strive for victory. "

1.

2.

"We aint what we want to be: we aint what we gonna be; but thank God we aint what we was.."

USA

1.

2.

Day 85

There is nothing more tragic than to find an individual bogged down in the length of life, devoid of breadth.

~ Martin Luther King, Jr.

1.

2.

Not engaging in ignorance is wisdom.

-Bodhidharma

1.

2.

“Do not despise a gift no matter how small it is”

Lesotho

1.

2.

Day 86

Success is not to be pursued; it is to be attracted by the person we become.

-Jim Rohn

1.

2.

A camel never sees its own hump.

~ African Proverb

1.

2.

“Give thanks for a little and you’ll find a lot”

Niger,& Nigeria (Hausa)

1.

2.

Day 87

He dares to be a fool, and that is the first step in the direction of wisdom.

-James Huneker

1.

2.

To believe in something, and not to live it, is dishonest.

~ Mohandas Gandhi

1.

2.

You cannot sit on the road to success for if you do, you will get run over.

-Anonymous

1.

2.

Day 88

Would you like me to give you a formula for success? It's quite simple, really. Double your rate of failure. You are thinking of failure as the enemy of success. But it isn't at all. You can be discouraged by failure or you can learn from it, So go ahead and make mistakes. Make all you can. Because remember that's where you will find success.

- Thomas J. Watson

1.

2.

Many a one has succeeded only because he has failed after repeated efforts. If he had never met defeat, he would never have known any great victory.

-Orison Sweet Marden

1.

2.

Success: willing to do what the average person is not willing to do.

- Anonymous

1.

2.

Day 89

Choice, not circumstances, determines your success.

- Anonymous

1.

2.

The worst form of inequality is to try to make unequal things equal.

~ Aristotle

1.

2.

When people eat eggs they do not remember the pains the hen
went through laying them

Africa

1.

2.

Day 90

I believe that the true road to preeminent success in any line is to make yourself master of that line.

- Andrew Carnegie

1.

2.

Men are failures, not because they are stupid, but because they are not sufficiently impassioned.

-Struther Burt

1.

2.

How can you like the firewood and dislike the gatherer?

Uganda

1.

2.

Day 91

Day 92

Day 93

Day 94

Day 95

Day 96

Day 97

Day 98

Day 99

Day 100