

PRIME EDITION, ISSUE 87

arise

AFRICA MAGAZINE

PROGRAMMED

YOUR MINDSET, HABITS AND
DECISIONS ARE SHAPING THE PERSON
YOU ARE BECOMING.

90 DAYS
TO A NEW VERSION
OF YOU.

FROM REJECTION TO RELEVANCE

DR. MAUREEN KANDUNDA NENECHI AND THE MAKING OF A LIFE OF PURPOSE



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PROGRAMMED CONTENTS

- 04** INTRODUCTORY NOTE.
- 05** PROGRAMMED: THE INVISIBLE ARCHITECT OF YOUR LIFE.
- 07** THE ARISE QUOTE.
- 08** THE MINDSET CODE: HOW YOUR THINKING BECOMES YOUR DIRECTION.
- 09–13** DR. MAUREEN KANDUNDA NENECHI AND THE MAKING OF A LIFE OF PURPOSE.
- 11** THE LEGACY QUOTE
- 13** THE LEGACY FRAMES
- 14** PROGRAMMED FOR PURPOSE.
- 15** AFRICA THE NEW FRONTIER OF PAN AFRICAN SOVEREIGNTY.
- 16** YOUR DESTINY IS BEING PROGRAMMED: 5 LESSONS FROM SUZY EISES.
- 17** THE REPROGRAMMING: HOW TO CHANGE WHAT NO LONGER SERVES YOU.
- 18** THE ARISE TOOLKIT: 90 DAYS TO A NEW VERSION OF YOU.
- 19** SUCCESS IS OFTEN BORING BEFORE IT IS IMPRESSIVE.

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Dear Visionaries,

There is a version of you that exists today because of everything you have repeatedly thought, believed, practised, tolerated and chosen. Some of it was intentional. Much of it wasn't. We inherit beliefs from our families, absorb expectations from society and learn behaviours from the people around us. Teachers, friends, culture, media and experience all leave their mark, gradually becoming part of the story we tell ourselves about who we are and what we can become. That story matters.

What we repeatedly believe influences how we behave. What we repeatedly do becomes a habit, habits become patterns, and patterns can eventually shape a life. That is why this edition is called PROGRAMMED. Not because your future is predetermined, but because programming exists, and once you recognise it, you can begin to question it.

Why do I think this way? Why do I keep doing this? Who taught me that this is all I can become? Are my habits taking me towards the person I want to become? These questions can be uncomfortable because they put responsibility back into our hands, but there is freedom in that responsibility. You may not control where you were born, what you experienced or the opportunities you received, but you can take ownership of what happens next. And this is bigger than you.

Across Africa, a new generation is rising with the opportunity to rethink what is possible for our families, communities, nations and continent. The Africa we build tomorrow will be shaped by the minds, habits, values and decisions of the people we become today. As Nelson Mandela reminded us, "Poverty is not natural. It is man-made and can be overcome and eradicated by the actions of human beings." Your past may explain you. It does not have to define you.

This edition is an invitation to pause, look inward and become intentional. Every thought, habit and decision is shaping the person you are becoming and the Africa you may help build.

The question is not whether you are changing.
WHO ARE YOU BECOMING?

David Ntalasha Chisha

The Visionary
Arise Africa Magazine

PROGRAMMED

THE INVISIBLE ARCHITECT OF YOUR LIFE

Every morning, before many people have spoken to another person, they have already entered a world of information. A phone lights up beside the bed. Overnight headlines appear. Notifications arrive. Social media feeds begin moving. Somewhere between the first scroll and the first conversation of the day, opinions are formed, products are discovered, lifestyles are observed and expectations are quietly established. For millions of young Africans, this has become part of everyday life.

A young entrepreneur in Lusaka can wake up to a business idea from Lagos, watch a creator from Nairobi, follow a fashion trend emerging in Johannesburg and spend the afternoon consuming content produced thousands of kilometres away. Technology has connected a continent whose physical borders once made such interaction far more difficult. But connectivity has brought a new question into the conversation: what exactly is all this information doing to us?

We often talk about technology as a tool. Increasingly, however, it is also becoming an environment, one that competes for our attention and influences what we see, what we value and what we consider normal. This is where programming begins. Not necessarily through some grand act of control, but through repetition.

A child who repeatedly hears that they are not intelligent may eventually stop seeing themselves as capable. A young person surrounded by people who build businesses, pursue education and take calculated risks may begin to regard ambition as normal. Someone who repeatedly postpones important tasks may eventually turn procrastination into part of their identity. And someone who repeatedly chooses discipline may eventually stop seeing discipline as an effort and begin seeing it as simply who they are. Repetition creates familiarity. Familiarity creates patterns. Patterns influence behaviour. Behaviour shapes character. The process is rarely dramatic. That is precisely what makes it powerful.

Our programming does not come from one source. It can come from family, culture, school, religion, friends, economic circumstances, entertainment, advertising and the communities we inhabit. Some of these influences strengthen us. Others can place limits on what we believe is possible. For young Africans, there is another layer to consider.

We are growing up at a moment when Africa is undergoing significant demographic, technological and economic change. A young population, expanding digital access, entrepreneurship and the rise of African creative industries are changing the way a new generation sees its place in the world. Yet the same digital platforms creating opportunities are also shaping attention, aspiration and identity. The modern attention economy is designed to keep people looking. Every notification competes for a moment of attention.

Every platform studies what keeps users engaged.
Every brand wants to influence what we desire.
Every creator is competing for a place in an increasingly crowded information environment. The question, therefore, is not whether we are being influenced. We are. The more important question is by what, and to what end?

If a young person's daily feed is filled with African entrepreneurs building companies, scientists solving problems, artists creating new work and professionals succeeding across the world, those possibilities can begin to feel closer and more achievable.

But if the same feed constantly presents unrealistic wealth, comparison, outrage and carefully edited versions of other people's lives, it can produce a very different understanding of success. This is why personal transformation begins with awareness.

Before changing a pattern, we have to recognise it. Before challenging a belief, we have to ask where it came from. Before building a better habit, we have to acknowledge what the old one is costing us. And this conversation matters beyond the individual.

Africa's future will not be shaped only by governments, corporations or institutions. It will also be shaped by the everyday decisions of a generation, what young Africans learn, create, consume, tolerate, believe and ultimately choose to build. The continent does not simply need a connected generation. It needs a conscious one.

A generation capable of using technology without becoming controlled by it. A generation willing to learn from the world without losing confidence in its own identity. A generation that can draw wisdom from Lagos, Nairobi, Accra, Kigali, Johannesburg, Lusaka and Cairo while recognising that African progress will require collaboration across borders. Because the programming of a generation eventually becomes the culture of a society.

So perhaps the most important question is not what is happening on our screens. Perhaps it is what is happening inside us while we are watching them.

Who is shaping the person you are becoming?
And ultimately:

WHAT KIND OF AFRICA ARE WE PROGRAMMING OURSELVES TO BUILD?

THE ARISE QUOTE

**"THE LIFE YOU BECOME IS
BUILT LONG BEFORE THE
WORLD SEES THE RESULTS. IT
IS BUILT IN THE CHOICES YOU
REPEAT WHEN NOBODY IS
WATCHING."**



THE MINDSET CODE: HOW YOUR THINKING BECOMES YOUR DIRECTION

Your mind is not a magical machine that can simply think something into existence, but the way you think can influence what you notice, what you attempt, what you avoid and how you respond when life becomes difficult. Consider two young people facing the same setback. One may see it as proof that they are not capable, while the other may see it as an indication of what they need to improve. The event is the same, but the interpretation is different, and that interpretation can influence what each person chooses to do next.

This is how mindset can gradually become direction. A belief about yourself influences what you expect, and those expectations can shape your behaviour. When behaviour is repeated consistently, it forms a pattern, and that pattern can eventually become part of your identity. Someone who believes they can learn is more likely to approach a challenge with patience and persistence. Someone who believes they are incapable may withdraw before giving themselves a real opportunity to improve. Over time, these responses can reinforce the original belief.

The same process applies to habits and identity. When you repeatedly practise discipline, you may begin to see yourself as a disciplined person. When you repeatedly avoid responsibility, you may begin to describe yourself as someone who always gives up. The way we describe ourselves can become a reflection of the patterns we have rehearsed. This is why mindset matters, but mindset alone is not enough. Positive thinking without action can become wishful thinking, while realistic thinking combined with consistent action can create genuine change. The goal is not to convince yourself that everything will be easy, but to develop a way of thinking that helps you respond intelligently, courageously and constructively when life becomes difficult.

For young Africans navigating uncertainty, opportunity and rapid change, this distinction matters. We need a mindset that does not deny reality, but refuses to be defeated by it; one that can recognise challenges while still seeing possibilities, learn from failure without making failure an identity, and understand that progress is often built through small actions repeated over time.

DON'T JUST THINK DIFFERENTLY. LEARN TO ACT DIFFERENTLY.

Because transformation begins when new thinking produces new behaviour, and new behaviour, practised consistently, begins to change the person you are becoming.

FROM REJECTION TO RELEVANCE: DR. MAUREEN KANDUNDA NENECHI AND THE MAKING OF A LIFE OF PURPOSE.

Before the professional qualifications, leadership positions and awards, there was a young girl trying to understand her place in the world. Dr. Maureen Kandunda Nenechi grew up in a broken home and recalls a childhood marked by rejection, bullying, body shaming and persistent criticism. Poor academic performance added another layer to an already difficult experience, while comments from family members, neighbours and classmates gradually shaped the way she saw herself. She became withdrawn, timid and increasingly disconnected, carrying a growing belief that she was not good enough and perhaps had little to offer. The consequences were profound. As the criticism became internalised, Nenechi's confidence diminished and her participation in life declined. At one of the lowest points of her youth, she struggled to find meaning in her existence and attempted suicide. It was a painful chapter that could easily have become the defining story of her life. Instead, it became part of a much larger story of transformation.

A DIFFERENT STORY

At 13, Nenechi encountered a message that challenged everything she had begun to believe about herself. A television message by evangelist Dr. Nevers Mumba focused on humanity being created in the image of God, with a purpose to be fruitful, multiply and exercise dominion over the earth. More importantly for the young Nenechi, the message communicated that every person has value, purpose and a unique contribution to make. For perhaps the first time, she began to question the narrative that had been constructed around her. What if she was not worthless? What if her life mattered? What if her future did not have to be dictated by her past? The questions did not change her circumstances overnight, but they changed the way she began to see herself. That shift marked the beginning of a lifelong process of rebuilding her identity, developing her capabilities and taking greater responsibility for the direction of her life. Faith became an important part of that process, but so did learning. The Bible became her compass, while books such as Napoleon Hill's *Think and Grow Rich* and James Allen's *As a Man Thinketh* challenged her thinking about potential, personal responsibility and the power of thought. Her reading later expanded to *The Richest Man in Babylon*, Jim Collins' *Good to Great* and *The Diary of a CEO*, strengthening her understanding of financial wisdom, leadership, discipline and personal growth. Gradually, Nenechi replaced the negative narratives she had absorbed with more empowering beliefs.



She began identifying her strengths, acquiring knowledge and developing skills. One principle became central to her outlook: people may not choose where they begin, but they can choose how they respond to where they begin.

BUILDING A PROFESSIONAL LIFE

The new mindset eventually found expression in practical decisions about education and work. Nenechi developed an interest in accounting and finance and pursued a Diploma in Accounts at the Accountancy Training College in Chingola. Her first job was as an Invoicing Clerk with Securicor, where she gained technical experience while encountering workplace politics and professional challenges that reinforced the importance of resilience, adaptability and professional discipline. In 2001, she joined the Public Service Pensions Fund, beginning a career that would span more than two decades across pension administration, finance, audit and risk management. She progressed into leadership, eventually serving as Audit and Risk Executive, and now serves as Senior Manager responsible for Pension Schemes Governance and Coordination. Her professional profile reflects a deliberate commitment to continued learning. Nenechi is a Chartered Accountant, Fellow of ACCA and Fellow of ZICA, a Certified Chief Risk Officer and holds a Master of Finance degree from the Copperbelt University. She is also a certified leadership trainer with the John C. Maxwell Team, a certified Career Enhancement Coach and a certified Neuro-Linguistic Programming practitioner. For her, these qualifications represent more than credentials; they reflect an ongoing commitment to learning, growth and service. Her experience has also shaped her understanding of effective leadership. She believes organisations need leaders who are solution-oriented, adaptable, emotionally intelligent and committed to continuous learning. Having the right information matters, she argues, but knowing how to apply it wisely can distinguish good leaders from exceptional ones.

CREATING A TABLE

Preparation and initiative sit at the centre of Nenechi's philosophy. She believes life rewards those who prepare before opportunities arrive and that before someone chooses you, you must become eligible to be chosen. That means developing the knowledge, skills and capabilities needed to take advantage of opportunities when they appear. But when opportunities do not come, she believes people should not simply wait. "If there is no table available for you, create one," she says. The statement reflects her belief in personal agency, self-awareness and taking responsibility for one's development. Her thinking about identity follows the same principle. Identity influences behaviour, behaviour shapes habits and habits ultimately shape destiny. Changing how people see themselves can therefore influence the decisions they make and the future they build. Through difficult seasons, she has held onto a personal mantra: "I can do it, and regardless of the difficulties, I will prevail."

FROM PERSONAL GROWTH TO PUBLIC IMPACT

The significance of Nenechi's journey is perhaps most visible in what she chose to do with the lessons she gained. Her experiences with rejection, self-doubt and identity contributed to a passion for helping others navigate their own challenges. Beyond her corporate career, she has become a trainer, mentor, keynote speaker and coach specialising in leadership development, financial wellness, personal growth and mindset transformation. The scale of her work is measurable. She has trained more than 2,000 professionals across various sectors and empowered more than 400 women through the SMS, or She Means Success, platform, equipping them with leadership, financial and personal development skills to strengthen their careers, businesses and communities. Her story therefore extends beyond personal achievement. The transformation she experienced has become a platform for developing others, turning personal growth into wider impact. Her definition of success has also matured with experience; she believes sustainable growth requires room for rest, reflection and renewal, challenging the idea that meaningful achievement must always come through relentless striving.

RECOGNITION, BUT NOT THE ENDPOINT

Nenechi's professional journey has earned recognition at national and international levels. In 2006, she received the ACCA Zambia Award for achieving the highest mark in Zambia in Internal Audit and Review. She also received a Certificate of Excellence from the Public Service Pensions Fund in 2006. She was later named a Woman of Distinction by the UN Women Foundation in 2023 and received its Global Leadership Award in 2025.

THE LEGACY QUOTE

“I WENT FROM QUESTIONING MY OWN WORTH TO HELPING THOUSANDS DISCOVER THEIRS; THAT IS THE TRANSFORMATION THAT DEFINES MY STORY.”

DR MAUREEN KANDUNDA NENECHI





She also received an Honorary Doctorate in Philosophy from Trinity International University of Ambassadors in the United States as part of the United Nations Class of 2025. Her more recent honours include an 80% Performance Bonus Award in 2025, the Emerging Africa Rising Leader Award, Change Ambassador Recognition from African Visionary Women, and recognition from Empower360 for her contribution to developing and empowering young Zambian professionals. For Nenechi, however, recognition is not the destination. The greater reward is seeing people transform their thinking, recognise their potential and achieve goals they once considered impossible.

A MESSAGE BEYOND HER OWN STORY

Nenechi's belief in transformation extends to her vision for Africa. She describes herself as proudly African and believes the continent has no shortage of intelligence, talent or resilience. What is needed, she argues, is the confidence to believe in Africa's capacity, the discipline to develop its capabilities and the determination to solve its own challenges. She believes Africans possess the creativity, innovation and resourcefulness to shape their own future and should not wait for others to define their destiny. Her call is simple: create opportunities, develop capabilities and take ownership of Africa's future. The message reflects her own journey. Her circumstances did not disappear, but they ceased to determine the direction of her life.

THE STORY IS STILL BEING WRITTEN

There is a striking contrast between the child Nenechi once was and the woman she has become. The girl who felt rejected and worthless grew into a highly qualified professional and senior leader. The young woman who struggled with confidence became a trainer, mentor, coach and speaker. The person who once questioned the value of her own existence now helps others recognise theirs. Her story does not suggest that difficult beginnings are insignificant. Instead, it shows that they do not have to become permanent definitions. Through faith, education, continuous learning, professional discipline and deliberate choices, Nenechi built an identity that was no longer controlled by the judgments of her childhood. Today, her work brings together professional excellence and human development. Her career reflects what sustained learning can achieve, while her mentorship demonstrates how personal growth can become a source of service to others. Her central belief remains that the past does not determine the future; people can change their thinking, develop their capabilities and create new possibilities regardless of where they began. For Maureen Kandunda Nenechi, the journey from rejection to relevance was built through years of choices: to believe differently, to learn, to prepare, to persevere and ultimately to use what she gained to help others. The girl who once questioned whether her life had value now spends her life helping others discover theirs. That may be the clearest measure of how far she has come.

THE LEGACY FRAMES



PROGRAMMED FOR PURPOSE

HOW CPA FRIDAH JEBOWEN KEITANY IS TURNING FINANCIAL INTELLIGENCE INTO AFRICAN IMPACT.

For CPA Fridah Jebowen Keitany, success has never been simply about making money. Her journey has been shaped by a deeper purpose: using knowledge, enterprise and leadership to create lasting value.

Growing up in Kenya, Fridah learned the importance of resilience, hard work and responsible financial management. Those early lessons became part of the foundation that would later guide her career in finance, strategic management, entrepreneurship and business advisory.

With more than 15 years of professional experience, she has come to see numbers differently. Behind every balance sheet is a business, a family, a livelihood and an opportunity. Through NB Consultancy Ltd, she supports startups, SMEs and social enterprises with financial management, strategy, governance and capacity building.

But perhaps her greatest work is helping people think differently about business.

Her philosophy of People. Planet. Profit. challenges entrepreneurs to pursue profitability without losing sight of their social and environmental responsibility. She believes African businesses can be commercially successful while also creating jobs, strengthening communities and contributing to sustainable development.

Her commitment to financial literacy extends beyond the boardroom. Through her writing, mentorship and public engagements, Fridah continues to champion better financial decision-making among individuals, families and entrepreneurs.

In many ways, her life has been programmed for purpose; shaped by experience, disciplined by numbers and directed by a desire to build something that lasts.

Now, she is helping programme that same mindset into others: entrepreneurs who understand that building a business is not only about creating income, but creating impact.

From numbers to businesses. From businesses to communities. From communities to nations.





PROGRAMMING: AFRICA THE NEW FRONTIER OF PAN AFRICAN SOVEREIGNTY

Africa is entering another defining moment. For generations, much of the continent's economic systems and global narratives were shaped by forces beyond its borders. The digital age now presents an opportunity to influence the systems that will define the twenty-first century. Across Africa, entrepreneurs, developers, researchers and creators are building businesses, platforms and creative enterprises, challenging the idea that Africa should remain primarily a consumer of technology developed elsewhere. Digital businesses can reach customers across borders without the physical infrastructure required by traditional industries. The greater opportunity is to move beyond exporting talent and build African companies, intellectual property and platforms that retain value within the continent.

WHO OWNS THE DATA?

The technology debate is increasingly about data and power. Digital transactions generate information, raising questions about who controls it, where it is stored and how it is used. As businesses, governments and artificial intelligence systems become more dependent on data, information is becoming a strategic economic asset. Technology is not culturally neutral. Systems that overlook African languages, markets and social realities may fail to serve African users effectively, while artificial intelligence can reproduce biases within its training data. African participation in research, engineering and data governance is therefore essential. The goal is not isolation, but meaningful participation in decisions about data, artificial intelligence and digital infrastructure.

BUILDING THE AFRICAN DIGITAL MARKET

Talent alone will not create technological sovereignty. Affordable internet, reliable electricity, accessible devices, technical education, research institutions and investment remain critical. Continental integration also matters. The African Continental Free Trade Area creates opportunities for deeper cooperation across digital services, technology and creative industries. Fewer regulatory barriers could help African businesses collaborate across borders and reach larger markets. The ambition should be a connected African digital economy capable of creating and retaining greater value within the continent.

FROM CONSUMERS TO CREATORS

Beneath the technology debate lies a deeper Pan-African question. The generation entering Africa's workforce will inherit challenges that cannot be solved through dependence alone. It will need to build businesses, institutions and technologies that respond to African realities while competing globally. Political independence was one frontier of African liberation. Economic independence became another. In the digital era, technological capability is increasingly part of that same conversation. Dependence on external systems for critical infrastructure, data and innovation can limit Africa's ability to determine its future.

To program Africa is therefore to claim authorship. It means developing the knowledge and confidence to create rather than simply consume, building technologies that solve African problems and compete in global markets. WILL AFRICA SIMPLY LIVE INSIDE THE DIGITAL FUTURE OTHERS HAVE BUILT, OR WILL IT HELP BUILD ITS OWN?

A portrait of Suzy Eises, a Black woman with short dark hair pulled back, wearing large silver tassel earrings and a black top. She is holding a saxophone, which is visible in the lower right corner of the frame. The background is white.

YOUR DESTINY IS BEING PROGRAMMED: 5 LESSONS FROM SUZY EISES

Destiny is built through the choices you repeat. From picking up the saxophone at 16 to becoming the first Namibian artist to record at Abbey Road Studios, Suzy Eises shows what happens when discipline, vision and purpose are practised consistently.

1. Programme Yourself for Discipline

Suzy's success came through years of practice, learning and consistency. Keep sharpening your craft even when nobody is watching.

2. Programme Yourself to Be Different

She embraced the saxophone and developed a distinctive African musical identity. Do not try to fit in. Turn what makes you different into your advantage.

3. Programme Yourself for Opportunity

Abbey Road found someone who had already prepared herself through education, training and experience. Prepare before the opportunity arrives.

4. Programme Yourself to Adapt

When the pandemic disrupted live performances, Suzy turned to digital platforms to keep creating and reaching audiences. Change your strategy when circumstances change, but never abandon your purpose.

5. Programme Yourself to Multiply Impact

Through music education and mentorship, Suzy is using her success to create opportunities for others. Do not let your success end with you. Lift someone else as you rise.

THE DESTINY CODE

Suzy's story shows that destiny is programmed through repeated choices. Discipline builds mastery, difference creates distinction, preparation opens doors, adaptability keeps you moving and service creates legacy.

You may start in Windhoek, but never programme your vision to stop there.



THE REPROGRAMMING: HOW TO CHANGE WHAT NO LONGER SERVES YOU

You cannot change every part of your life at once, and you do not need to. Real change often begins with one pattern that you become willing to notice, understand and intentionally replace.

01: NOTICE

Start by paying attention to what you repeatedly do. Notice when you procrastinate, what triggers certain reactions, where your time disappears and which situations cause you to doubt yourself. Awareness is the first step because you cannot change a pattern you have not recognised.

02: NAME IT

Be honest about what you are seeing. Instead of saying, "I am just like this," recognise that you have developed a particular pattern. That small shift matters because a pattern is something you can change, while an identity can feel permanent.

03: QUESTION IT

Ask yourself where the pattern came from and what purpose it may once have served. Then ask whether it still helps you, what it is costing you and whether it belongs in the future you are trying to build. Not everything you learned was meant to be carried forever.

04: REPLACE IT

Change becomes easier when you do not simply remove an old behaviour but create a better alternative. Replace endless scrolling with twenty minutes of learning, procrastination with a five minute start, negative self talk with constructive reflection, impulsive spending with planned spending, and isolation with intentional connection. The aim is not perfection, but a better response.

05: REPEAT

One good decision does not create a new life. Repetition does. A new behaviour becomes stronger when you practise it consistently, especially on the days when motivation is low. Give the process time and allow consistency to do its work.

06: REVIEW

Every few weeks, step back and assess your progress. Ask what is changing, what is not working and what needs adjustment. Reprogramming is not about following a perfect formula; it is about learning, adjusting and continuing.

You are not required to become a completely different person overnight. You are simply being invited to become more intentional about the person you are becoming.

YOU ARE NOT A FINISHED PRODUCT. YOU ARE A PERSON IN PROCESS.

90 DAYS TO A NEW VERSION OF YOU

Change rarely happens in a single moment. It is built through repeated decisions, deliberate practice and the willingness to keep showing up. Use the next 90 days to examine what has been programming you, replace what no longer serves you and reinforce the person you want to become.

DAYS 1–30 AWARENESS

Begin by paying attention. Track where your time goes, identify your most repeated habits and audit the content competing for your attention. Write down the beliefs that limit you, recognise the people who influence your thinking and notice the situations that trigger your least helpful patterns.

DAYS 31–60 REPLACEMENT

Once you understand your patterns, begin changing them. Choose three habits you want to build and one you want to reduce. Establish a daily learning practice, create boundaries around your attention and spend more time with people who challenge you to grow. Most importantly, begin keeping the promises you make to yourself.

DAYS 61–90 REINFORCEMENT

Now strengthen what is working. Review your progress, identify what has become easier and reinforce the behaviours that are moving you forward. Correct what is not working, set your next 90 day goals and document the changes you can see in your thinking, habits and decisions.

THE PROGRAMMING AUDIT

Take a moment to complete these statements honestly.

There are no perfect answers, only honest ones.

I need to stop _____.

I need to start _____.

I need to spend less time _____.

I need to spend more time _____.

I need to forgive myself for _____.

I need to learn _____.

I need to distance myself from _____.

I need to become more _____.

The person I want to become would _____.

ONE DECISION FOR TODAY

Because a new version of you does not appear after 90 days. It is built through what you choose to do, repeat and reinforce every day.

SUCCESS IS OFTEN BORING BEFORE IT IS IMPRESSIVE.

If I could speak to my younger self, I would tell her to stop looking for dramatic moments and start paying attention to what she does repeatedly. People celebrate the result, but rarely see the repetition behind it. The entrepreneur who keeps following up, the student who studies when others are relaxing, the athlete who trains when nobody is watching and the leader who keeps learning after recognition has come all understand that success is often built in ordinary moments.

I would tell my younger self that habits matter because they eventually reduce the number of decisions we have to negotiate with ourselves. When discipline becomes routine, we no longer have to wake up every morning asking whether we feel like doing the work. We simply do it. What begins as a conscious choice can eventually become part of who we are.

But I would also tell her to examine her habits honestly, because not every habit deserves to survive. Constant postponement, endless scrolling, impulsive spending, negative self talk, avoiding difficult conversations, starting everything and finishing nothing, and constantly waiting for motivation can quietly become patterns that shape a life.

The lesson I would want my younger self to understand is that change does not require becoming a completely different person overnight. It begins with becoming aware of what we repeatedly do, deciding what needs to change and practising something better consistently.

The Bible reminds us in Proverbs 21:5, "The plans of the diligent lead to profit as surely as haste leads to poverty." There is wisdom in that principle. Progress often belongs to those willing to plan carefully, remain disciplined and keep doing the right things long enough to see the results.

I would tell my younger self not to underestimate small improvements. One disciplined decision can become a habit. One habit can become a pattern. A pattern can become character. And character eventually influences the direction of a life.

ONE HABIT. ONE CHANGE. ONE DAY AT A TIME.

Ms Bupe C. Mwape
CEO, Arise Africa Magazine





**A PROGRAMMED LIFE IS NOT
A LIFE CONTROLLED BY
CIRCUMSTANCE, BUT ONE
INTENTIONALLY SHAPED BY
DISCIPLINE, PURPOSE AND
THE CHOICES WE MAKE
EVERY DAY.**

ARISE PRIME EDITION CELEBRATES AFRICA'S EXCEPTIONAL LEADERS, INNOVATORS,
AND CHANGEMAKERS WHILE EQUIPPING THE NEXT GENERATION TO LEAD WITH
PURPOSE, EXCELLENCE, AND LASTING IMPACT.



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