

POWER YOUR VISION

FOR
TEENS
&
YOUNG
ADULTS

#INSPIRING
#TRANSFORMING

A young person's guide to Finding Identity and
Discovering the path to Purpose



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So, what's inside the Book?



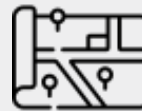
Journey into the past and discover every hidden gem within you.



Discover and expose every negative experience and pattern of the past



A glimpse into the expected pitfalls and challenges of life and a guide on how to successfully navigate through them



A roadmap into the inner and outer journey that will bring you to the convergence of your Purpose

This book includes reflective questions that guide you towards soul-searching and introspection so that in the end your hope is restored and the trajectory of your purpose discovered.

DEDICATION



To every young person in preparation for the journey into adulthood, my desire is that you will, unlike myself and many others who have gone before you, answer the question of your identity and uniqueness early enough – and find empowerment to successfully navigate your journey into purpose.

This is your personal guide to switch on the inner light bulb, equip you to discover your identity, and then journey with you towards powering your vision.

I have no doubt that this book will give you a good introduction to who you are – and prepare you to confidently present your gift to the world. I pray that, by the grace of God, you will shine forth, run your race boldly, and fulfil destiny.

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ACKNOWLEDGEMENTS

Years ago, I had a rare opportunity to serve at the youth ministry of International Christian Centre Church in Nairobi West; and later, joined House of Grace Church in Lang'ata Estate in Nairobi, where I helped start the youth ministry.

Having served my time in youth ministry, and obviously moving along in age, I would think that age had technically knocked me out of the youth ministry scene.

To my great surprise, as I fulfilled my mandate as a Life Coach, doors to minister to the youth began to open again. The youth would come to me for coaching, and as I coached adults, I realised that so many individuals had been disillusioned in their teenage and youthful years – losing their path to purpose.

An unquenchable fire to reach out to the younger generation was reignited within. It later became clear that the seed and passion for young people had left an indelible mark upon my life.

Stirred up by my experience as a youth mentor, a Life Coach, and my own life journey, I have felt a reawakening of the desire to do my part in guiding the generations behind me through the twists and turns that life will present. With this preparation, I believe, you will be equipped to find yourself and run faster than I did.

I acknowledge every person who opened doors for me to minister, everyone who allowed me to mentor or coach them, followed me on social media or listened to me on whatever platform.

Each and every one of you has made this journey worth every sacrifice. Thank you for validating my voice, fuelling my fire and giving me the courage to step out.

I pray I will do justice to this assignment.

INTRODUCTION



I was just getting out of high school, having written my last paper in my national exams. I remember carrying my suitcase as I stepped out of school, full of great hopes and dreams, but really having no preparation for what lay in store for me.

No one talked to us about success and failure, and so we left school with one narrative, “Get good grades, join the university, work hard, get a good job, work hard some more, get promoted, and then be good, get married, have children...and live happily ever after.”

We were ill-prepared for the sometimes-bumpy road of life. We really had no sense of identity and had no road-map for what life outside of the school system would look like. We were young and naïve. That is how our journey into life in the outside world began.

Not long after, we began to encounter unexpected potholes and bumps.

We faced setbacks and disappointment, and then we stopped believing in ourselves.

We lost our faith, stopped believing in humanity and simply started surviving.

We stopped dreaming. We had lost ourselves.

You see, as promising as the future may be, you will go through seasons when life will not make sense. When the plans you have laid out for yourself will not work out. When it will seem like the rhythm in the music has changed, and you cannot see what lies ahead. Such moments may seem hopeless, and you may feel like you are literally wandering helplessly through life.

This book comes as a guide to strengthen your sense of identity, prepare you for the journey ahead, and anchor your faith through every season of life. More than anything, my desire is that you keep your inner vision alive, regardless of the times and seasons that life will throw at you.

I hope and pray that reading this book will offer diverse light bulb moments to help you discover the unlimited untapped potential within yourself, and that you will find the courage to step out, take your place and leave an impact in your generation and beyond.

Let's do this!

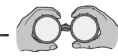
As I look back on my journey, I recognise my heritage, the unique giftings, and the people I encountered in my life, as simple flickers that pointed me towards what would be my life's purpose.

To be honest, neither my gifts, abilities nor the chance occurrences really meant much to me in my early years. I only piece everything together in hindsight.

You may have lost your parents at a young age, and lost track of what you are carrying. I had a young client, Claire, who lost her parents at a young age. At the time of joining the class, she asked me if it was possible for one not to have a gift. She didn't think she had any. As we embarked on the coaching journey, it was obvious that this young lady had impeccable writing and speaking skills, and displayed signs of creativity. Further interrogation revealed that Claire's father had been a journalist, and that throughout her schooling, her composition writing had been exceptional. Claire had unknowingly carried the seed of creativity through her father's DNA.

As a result of her renewed understanding of what she has been endowed with, Claire is now carving out her niche in the creative, writing and communications space.

Unlike myself or Claire, you may not have the advantage of necessarily knowing or experiencing your DNA. My good friend, Paul (not his real name) had been raised by a single mother, and sadly missed an opportunity to meet his biological father before his demise. As he grew up, he found himself drawn towards the company of



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individuals who were serving as full-time ministers. A seed was being planted by his environment as he gleaned from the individuals that were in his path. Paul currently serves as a full-time minister of the Gospel.

I want to encourage you that every part of your journey is God-ordained to lead you to your unique path of purpose. Regardless of your unique situation, God in His Divine wisdom will place you in environments that will trigger the outflow of what is in you and lead you to your place of purpose.

I believe that the sooner one catches the rhythm of their life patterns, the better the chance they have of beginning to walk the journey of their purpose; and with guidance, that journey can be made easier. This is the reason behind writing ***Power Your Vision*** especially for you.

Allow me, therefore, to be your guide you as you take an inward journey and make sense of every gift and path that God has led or will lead you through.

I invite you to think about your lineage and the uniqueness it carries, the environment you were raised in, as well as the gifts and abilities that have shown up in your childhood, teenage and even youthful years.

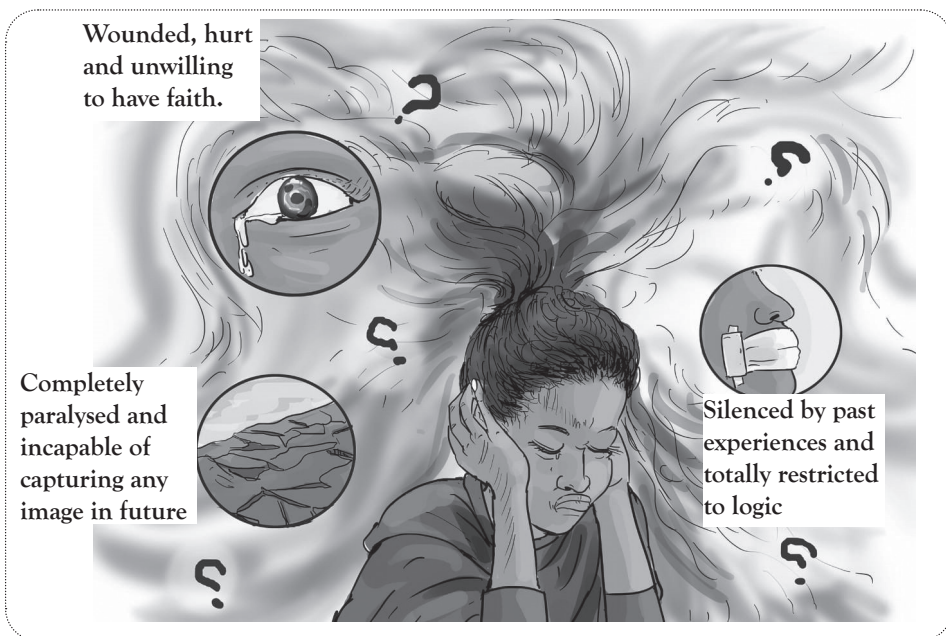
I invite you to think about the personalities that inspire you and what it is about them that draws you to them. Take time to write down every part of your story, every chance meeting and every opportunity that left something within you.

As you begin to recognise your gifts and abilities, there will be that part of you that is trusting and willing to dream and step into the opportunity that lies ahead. There will be another part that as a result of the past pain, hurt and disappointment, will not want to take any risks. And there will be yet another part that will want to make an attempt in trepidation – just in case it is possible that it could happen.

Just as the representatives from the twelve tribes of Israel differed, there will be many voices speaking from the memory of your emotions and past experiences, into the ear of your mind.

Part of you may be;

- wounded, hurting and unwilling to trust or have faith
- silenced by past experiences and restricted to only intellectual thinking and what you can clearly see in the physical
- completely paralysed and incapable of capturing any image of the future



While it may not make sense at the beginning, the desert spell will change your perspective, potentially redirect the trajectory of your life, and allow you to discover certain dimensions, gifts and abilities you never knew you had.

Starting my career as a cleaner-cum-receptionist meant that I had to chart a new path based on where life had placed me. I enrolled for typing classes, read widely on telephone and office management skills, and intentionally trained on-the-job at every opportunity that was afforded me. What was my desert spell had redirected my path into a new hill country.

In a generation where you are exposed to social media, you will witness how well your peers are doing. The temptation to compare yourself with others will be high. That can cause you to develop a poor self-image and give up on life.

It may be that you are gifted academically and therefore excel in this area. While academic achievement is laudable, you should not limit your identity to your intellectual capacity. You will encounter seasons in your life when you are not necessarily ahead of the pack. Please understand that this does not mean you are a failure. You are much more than your intellect.

When faced with the reality of setbacks and disappointments, when life does not play out according to your script, stop and reflect on what you know is your uniqueness. Draw strength in understanding your identity and focus on your personal journey. You must overcome the temptation to compare yourself with your peers.



**What was my
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POWER YOUR VISION

Allow God to reveal a different dimension of His identity in this season and surrender to His quiet leading. You may not understand everything right now, but you will look back someday with gratitude and a sense of wisdom. Desert spells will make you develop a wider perspective of life hence becoming a well-rounded individual with the capacity to survive in the desert and rise up again to thrive in the hill country.

Remember, disappointments and setbacks are only temporary. Be encouraged. Eventually, every part of your journey will add up to God's greater purpose for your life.

Powering your vision is about embracing the challenging seasons and seeing the opportunities life presents.

My life journey had exposed me to the ghetto, the upper-eastern side and the middle-class. The dynamics of these diverse settings were different.

For a person in the ghetto, their survival instinct is greatly enhanced by the harsh circumstances. For the middle and upper class, they will have the advantage of exposure, and for the aspiring lower middle class, they will have a knack for balancing between aspiration and making the most of limited resources.

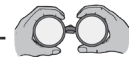
Where were you born? What kind of environment was that?
Where did you later move to? What kind of environment was it?
What did you learn from every territory you have been to?
What kind of people are in that territory? What part of their character would you like to emulate?

Do your best, as you go through life, to observe your surroundings, emulate and learn from the beautiful side of the people and places you will inevitably encounter.

You might have been coming from a not-so-prestigious background that challenged your confidence when you interacted with people from a different social class and made you wonder whether you are good enough.

And yet, your experience represents a land, a terrain, that sometimes no one else understands quite like you do.

Or better still, you might be privileged and have the benefit of exposure that your peers may not have access to. Learn to appreciate the advantage that your situation



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lends you, and be open to learn from the experiences that your not-so-privileged friends carry.

While each individual carries lessons from their unique set of circumstances, you must be open to encountering and learning from people who do not necessarily look like you.

When God exposes you to different territories and its people, understand that you are simply there to spy on the land and to catch a glimpse of the territory. You just never know when and where the information or the knowledge will come in handy. Learn. Take it all in.

Powering your vision is about tapping into the light that every encounter exposes you to, and using that light to illuminate the journey ahead



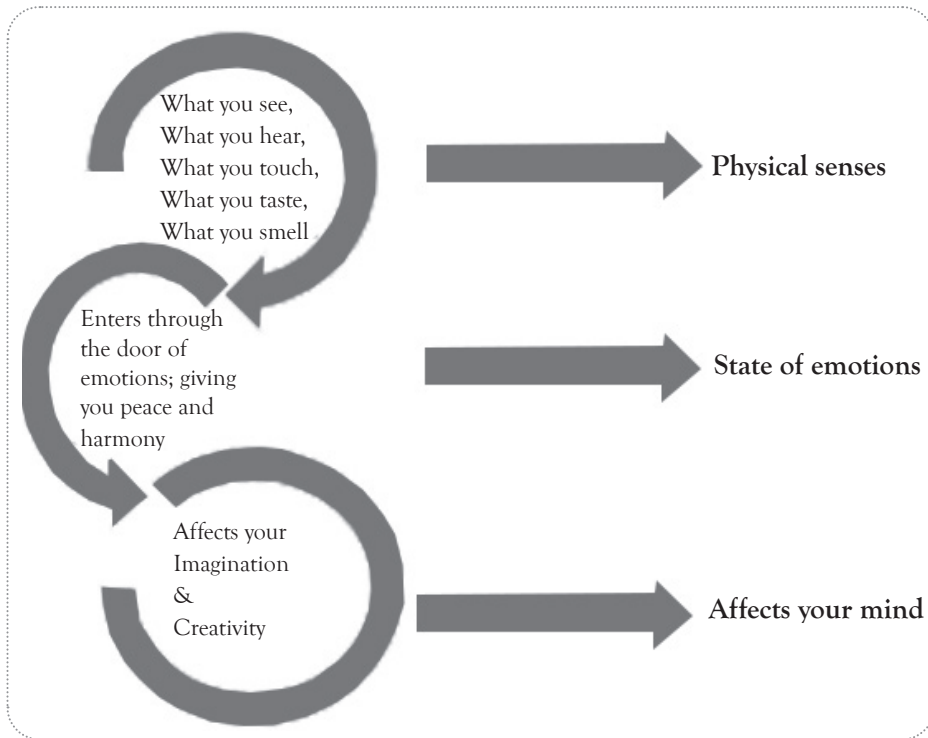
TIME TO REFLECT...

1. Having looked at and examined the fruit in your hands, what past failures would likely hold you back from serving them?

2. In what way do you feel unqualified to serve your fruit?

3. What situation or circumstance do you feel places you at a disadvantage?

4. What 'price' might you have to pay to serve your fruit?



What you consume through your five senses will affect the state of your emotions, and eventually affect the state of your mind.

The world systems will conspire to expose you to negative influences like drugs and alcohol (what you taste), pornography and sensual videos (what you see), smoking and drugs (what you smell), music with unpalatable lyrics and negative rumours (what you hear), and the seductive allure of affection (what you touch).

All these are orchestrated to trigger your emotions and affect the state of your mind.

While it may seem fashionable and allow you entry into your peer groups, indulging in these influences will not only cause you emotional instability and lack of peace, it will also affect your mental faculty and eventually your actions - causing you to lose your sense of purpose.