

21 Lessons I Learnt in Navigating Life in My Early 20s

THE  
PIECES  
OF LIFE  
THAT  
MATTER



ESEOSA IMADE

## AUTHOR'S NOTE

# The Idea Behind This Book

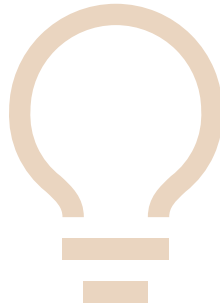
## — READ THIS FIRST

In the course of my life, I have hit the wall several times. At some point, I was clueless about what I was doing and the actions I was taking. I started writing small pieces of my thoughts in different places with no sync or order. Basically, to document my journey, knowing fully well that every season has its challenges. Then, I wished there were things I knew before I made certain mistakes; I wished there was a sign from God to show me the mistakes I would make and how to avoid them. But it wasn't there; now I understand life better.



Mistakes are part of our journey and should be embraced. It will happen in almost every season of our lives; what makes it better is finding smarter ways to manage our problems, mistakes, and the challenges life throws at us as we grow.

Experience is not always the best teacher. It's better to learn from other people's experiences, so you make smart and better decisions.



I have decided to share this part of me with you because I believe it will be worth it. I need you to understand that I am not perfect, I have made tons of mistakes, and I have learned not to regret any of them but embrace them because it's part of my journey.

We are currently at the stage where people don't focus on how things are done, but everyone just announces their success without necessarily sharing their journey and how they got there. I have decided to do it differently.

In this book, I broke down the lessons I have learnt in different aspects of my life. Although I have learnt so many lessons, I will share a few significant ones. From that very moment, I started being intentional about **WHO** I am and who I **WANT** to be.

It took a lot of hard work to get here, and I am still striving to get better daily.

I encourage you to read this book with an open mind and heart, willing to learn.



## *about me?*

I'm Eseosa Imade, a Content Strategist that is keen on writing stories that impact lives and creates human connections. I share and document my journey via my [blog](#), Instagram [@imade\\_eseosa](#), and email with awesome folks like you.

I am currently in the United States pursuing a Masters degree in Strategic Communications.

I believe that after you read this book, there will be a certain level of transformation, and you will take steps that will change your perspective, mindset, and life in general.

I love to dance, read, write, research and have meaningful conversations. To know more about me and stay connected, follow me on Instagram [@imade\\_eseosa](#).



# CAREER DISCOVERY

In this section, I will share the lessons I have learned as a freelancer and a 9-5 employee.

When I graduated from the University, I was clueless, but life leaves you to figure things out yourself. It's like you are in the middle of a large crowd, and you need to identify yourself. It is a journey, and the discovery never stops.

I will be sharing the essential pointers for what has worked and work hasn't worked for me.

**Let's dive in...**

# Lesson 1

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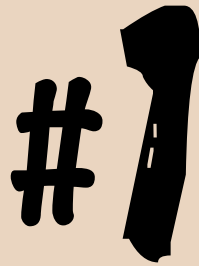
***Don't worry about finding a path. Focus on trying out new opportunities.***

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Your future is important. I understand that you want to get it right immediately; you hate the feeling of being left out; you hate that some of your peers, colleagues have figured out their lives, but you haven't. I can relate, and I get it.

In my final year, I kept asking myself what career path I wanted to go into or where I wanted to be, the companies I wanted to work for; I hated the feeling of not being able to answer these questions.

I knew I needed clarity, direction, but I did not wait to have it all figured out. I started with the opportunities around me. I started by applying for 13-week intensive training. During this training, I sacrificed a lot — going home over the weekends to spend time with my family and even ditching some important events. I had to reprioritize things in my life at that time.



*Don't worry about finding a path.  
Focus on trying out new opportunities.*

As much as I was trying to figure out my career path, I was also learning to grab the opportunities around me; this training got me my first job after school. No opportunity is a waste. It may seem unimportant at the moment, but it would somehow be instrumental to your growth and career development.

One of the greatest mistakes you might be making is waiting for that clarity. The sad truth is that you are not going to get it till you start experimenting. Experiment with opportunities, training, and networking. From this, you will know what area or niche you vibe with; this will give you clarity, direction, and a sort of fulfillment to your overall purpose.

Also, as you grow, your interest might change, be **READY** to accept those changes and understand **WHY** the change is happening. This will help you connect to your purpose.

# Lesson 2

## *Show up scared and do the damn thing!*

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Do you ever hear that tiny voice in your head emphasizing the negative parts of your life? I know I can't be the only one.

Every time I want to take a significant step in my life, there is always an atom of self-doubt. I call it the “speaking devil” because it is evil and wants me to stay in the same position.

Confidence is built by intentionally showing up. The keyword is **SHOW UP**; this could be in your business, your family, your career, but whatever it is, you need to show up.

First, it's essential to understand that it's okay to show up scared. In the first year of my career journey, I held back from speaking up in meetings even when I had ideas. I was even afraid of applying to jobs because I felt I wasn't worthy of getting into the best companies; I was shy to network and speak to people I felt had similar interests.





*Show up scared and do the damn thing!*

I gained nothing from doing that, but then I started doing it scared. I began by consciously learning about who I was.

The first step for me was [self-awareness](#) — I identified who I was, the kind of career I wanted, and where I wanted to be at the end of each year. Remember when I said clarity comes by doing? I started gaining clarity and direction on my career path and the industry that aligned with my skills.

All these happened because I showed up scared, I took bold steps. It may not seem like you are doing the right things now, but trust me, you will connect the dots eventually. This can only happen if you start showing up for yourself.

# Lesson 3

A large, bold, black number '3' is positioned to the right of the word 'Lesson'. The number '3' is stylized with a silhouette of a person sitting on the top curve and another person standing on the bottom curve, suggesting a journey or a path. The entire graphic is set against a light beige square background.

***Start from where you are so you can get you to where you want.***

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You don't have to wait!

I am sure you have heard the phrase “**start from where you are**” countless times, but let me break it down.

As literal as this may sound, a lot of people are constantly struggling with starting. Just like I said, show up scared, now I am saying - **START** regardless.

I have been in conversations where people say - oh! I want to start a youtube channel, but I don't have a camera or ring light; when I get them, I will start. Two years down the line, we have the same conversation, and it's the same excuses.

It never stops— it's like a redundant cycle. The truth is, if you never start, you are never going to expand that dream. Imagine, I did not take the bold step to write this book. You won't even be reading it. Imagine Jeff Bezos did not bring his idea to life; you won't shop from Amazon.



*Start from where you are so you can get you to where you want.*

**Starting is the most challenging part in taking a BIG leap, but you need to start from where you are with what you have.**

#### How Can You Start?

- Write down that project or whatever it is in your case
- List out the tools you need for it
- Write down what you currently have
- Identify the aspects of the project you can start
- Then start taking steps!

The moment I realized I wanted to understand everything about content strategy and marketing, guess what I did? I subscribed to free newsletters; I searched for different marketing keywords on google, started networking with people in the industry, watched videos, and attended free trainings. Then I started trying out the things I had learned.

**Your dreams are valid, but they will only become a reality when you start!**

# Lesson

## *Use the resources you have to get what you want.*

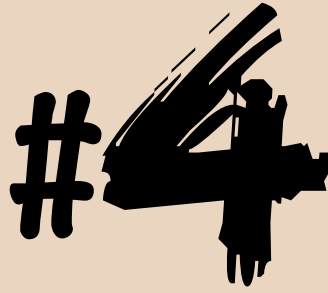
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When I started, a big mistake I made was not utilizing the resources I had, i.e., social media and google. Google has all the answers to the questions you have; you just need to ask.

The mentality that you don't need to know everything but you can google everything takes off the burden of overthinking specific questions you might have.

In my career journey, LinkedIn has been extremely helpful. I constantly use it to position myself, and it has helped me navigate through different seasons of my life.

At this point, I need you to ask yourself [who is in your circle](#)? Who are your friends? This is important because quality friendships and relationships can help with your growth. You need to make sure you have the right set of people in your corner at every stage in your life. They are also part of the valuable resources you need.



*Use the resources you have to get what you want.*

People don't say this a lot, but it's okay to lose friends at each stage of your life. As you grow, your mindset and perspective change and may not always align with some of your friends


**Remember:** Your friends and support system are also resources, and they serve as an avenue for your growth.

# Lesson 5

## *Create a monthly routine that promotes your growth*

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Sometimes, I wonder why I never had a proper system in place to measure my progress. This is a life-changing move you should adopt.

Let me break it down. 

It's okay to keep doing your business or your 9-5 job, but how do you track your career growth and personal growth? It is difficult to separate your personal development from your wins at the office. Apart from achieving your Key Performance Index (KPI) at work, how do you track your Personal KPI growth — in terms of your relationship, health, lifestyle, finances, relationship with God, and finally, your Career — courses, conferences, and keeping up with new trends (tools, techniques, and software) in your industry.

You must set a KPI for yourself and track your growth.

# #5

## *Create a monthly routine that promotes your growth*

In 2019, I was very deliberate about how I measured my success. Apart from ensuring I achieved my KPI, I was conscious of how I equipped myself in the competitive market.

How can you measure your personal growth?

- Set goals and metrics for yourself in your career and personal life, e.g., Attend a monthly business conference or watch two youtube videos on business analytics in a week.
- Evaluate these metrics monthly.
- Again, experiment and try out what you have learned.

If you're struggling on how to track your goals, download a free goal template

[CLICK HERE](#)

# Lesson 6

## *Don't Be Scared To Ask For Time Off Work — Take A Break.*

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Arrrghhh..... Growing up, I remember my mum took time off work a couple of times to spend time with us.

I never really understood the concept of taking leave from work until I started a 9-5 job. I remember working for a company for almost two years without taking any time off. After I left the company, I kept questioning myself and wondering why I felt that working every day for 365 days was okay without taking a break.

You might be thinking your role is essential, and without you, something may go wrong in the organization; I think it's a facade and a limiting belief system. I was guilty of having this cruel mentality. I call it cruel because it makes you feel guilty for deciding to rest and take a break.

### **What I have realized:**

- As crucial as your role is in an organization, you are not indispensable.
- Taking a break or your allocated leave period will not make you insignificant when you return to work.
- You will be way more productive with a clear head and a rejuvenated spirit.



# Lesson 7

## *Always put your best foot forward.*

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You work hard, but nobody acknowledges your work. I get it. You want to feel seen and recognized for the work you do. But do you realize that validation shouldn't be a determinant of how much effort you put into your work?

*“Great job with that sales effort” “You did a great job with that email”* — these things are nice to hear, but they become a problem when you seek validation from your boss, teammates, and others before you do your best work.

That should not be the case.

Do great work regardless of who gives you credit.

Do great work because you should do great work.

In the bible, God made it known that the diligent will be rewarded in so many ways. Proverbs 13:4 — *“The soul of the sluggard craves and gets nothing, but the soul of the diligent is made fat.”*



*Always put your best foot forward.*

It's essential to do your best work and put your best foot forward. Your work is your work — the skills and knowledge you gain from it are forever yours.

Therefore, make sure your work is always up to standard. You boast differently when you see your work out there or even when you look back at how far you have come.

Never feel the need to do less because no one acknowledges your work or pats you on the back.

***Diligence & hard work will pay off eventually.***

Just remember that people are waiting for you to slack so they can take your position. So put your best foot forward and aim for the best.

**Remember:** You want to move to a different stage in your life, being confident about what you have done in the past.

# Lesson

## *Not Everyone is Your Client & That's Okay!*

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My goal is for this book to change your perspective.

I would love for the right target audience to download it and read it. But will everyone in my target audience download it? NO! Do I think that everyone that downloads this book will read it? NO. It's the hard truth, and I'm ready to face it.

This also applies to attracting freelance clients and working for organizations.

Not every company will see your worth and hire you - that's their loss, because you're BADASS; I know that because you're currently reading this.

Also, not every client is for you.

One day, I got a message on LinkedIn from someone who wanted to work with me as a freelance client. We got talking about the job and what it entails.



## *Not Everyone is Your Client & That's Okay!*

Fast forward, we had a long conversation — more like an interview. In this interview, I noticed some form of intimidation. Sadly, this prospective client was trying to teach me my job, LOL.

I mean, if you know it so well, why not do it yourself? You approached me because you know I have the ability to get the work done.

I had my results from past work and experience, I was confident in my abilities, so I was able to push back a couple of times. The interview lasted longer than expected, with network issues disrupting the conversation. I was getting exhausted because it was around 6 pm, right after my 9-5 job, but I mean, an extra freelance client won't hurt, so I responded as professionally as I could.

# Lesson 8

## *Not Everyone is Your Client & That's Okay!*

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At the end of the conversation, after stating my fee, he responded, *“You’re the most expensive content strategist I have reached out to so far, can you reduce your price?”* I replied by saying, *“I’m sorry, I can’t reduce my price. I know the magnitude of work and value I will add to your brand.”* (I charged according to the value I was going to offer).

The conversation ended with, *“I will get back to you.”*

After a number of deliberations over the next couple of days,

The Brand reached out again and asked if I could take up the role and start regardless of my price. I refused and stated that I was no longer interested in the role.

### WHY?

I had a problem with how shady the interview process looked. Don’t get me wrong; It was a legitimate brand.



## *Not Everyone is Your Client & That's Okay!*

The interview process displayed a lot about the culture of the brand and its communication habits. I could detect that the brand would be a “problematic client.” Also, I love to connect with my freelance clients to understand the brand better and deliver on my work perfectly, but this prospective client seemed to want too much while paying too little.

### **WHY did I share this story?**

It's essential to know the clients you can work with and the ones you can't - it will help you invest your time rightly with little or no frustrations. This also applies to organizations.

As much as they (organizations and prospective clients) are scrutinizing if you're a good fit for their brand, you should also conduct your checks and examine them — to be sure you would love to work for them.

**Remember:** It's a two-way street. Both parties are meant to benefit from the relationship.



# MINDSET SHIFTS

We all want to have a beautiful life. The design of our lives is solely dependent on how we think about it.

If you want to be constantly happy, surround yourself with happy people and consume content that give you happiness.

The beauty of life is in your mindset.

How you think about things is shown in how you act.

You can only believe in yourself if your mindset aligns with that.

You can only be the best if you think, ***“I AM THE BEST,”*** not just saying it out to yourself but positioning your mindset to feel that way too.

To understand the type of mindset you have, you need to have unlocked a certain level of awareness.

In this section, I take you through mindset shifts that have changed my life.

# Lesson 9

## *Ignore the Naysayers and believe in yourself.*

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In a world where social media has given everyone a voice, it can be quite challenging to avoid naysayers. The fact that we can easily be judged makes speaking, taking action, and being ourselves difficult.

While growing up, my mum and sisters told me I had self-esteem issues. I thought it was a joke. LOL... I mean because I believed I was bold enough to speak regardless of my stuttering.

I thought wrong.

I remember the day in high school when someone pushed me down, and I could not speak up to the person. I did not know what to say; I was scared of what people would think of me in class and if I could stand up to the person — thinking about it now, how dumb, right?

As I became self-aware, I realized that I genuinely had some self-esteem issues, I identified each of them, and I tried to address them.





*Ignore the Naysayers and believe in yourself.*

I stutter, and because of that, I avoid talking in a public environment and meetings at work, even when I have brilliant ideas. Sometimes, I don't even have the best reply for people who crossed their boundaries in their interactions with me.

Things have changed. I realized that I could not continue to live that way.

I started doing more by processing my thoughts and speaking consciously.

I speak when I need to, and most times, I listen more.

I had to condition my mind to constantly — **“BELIEVE IN MYSELF.”** I know these words have been used several times in different contexts, but these three words can change your life.

At least they changed mine drastically.

# Lesson 9

## *Ignore the Naysayers and believe in yourself.*

✓ Be thankful for your blessings and also, manifest the blessings you want in your life	Instead of comparing yourself to others.	✗
✗ Instead of Feeling unworthy	Believe you are worthy of every blessing.	✓
✓ Focus on your life and your journey	Instead of looking at other people's lives	✗
✗ Instead of worrying over what others would think	You should own your opinions and be proud of the kind of person you are.	✓

The way you see yourself and think about yourself will determine how people would see you.

So, what's it going to be? Are you going to shrink and play small? Or are you ready to maximize your **POTENTIAL** and **OWN** your life?

Remember: God said you're the **HEAD**, not the **TAIL**. So why play small when you can run the whole **TOWN**?

Think about it!

# Lesson 10

## *Not Everyone Is Going To Like You, So Stop People Pleasing Or Seeking Validation From People That Don't Matter.*

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God has made each one of us uniquely and given us our different talents. Think about it; there is literally no **ONE** like **YOU** in this entire world. However, no matter how **AWESOME** you think you are, not everyone would like you.

To achieve new feats in life, we tend to meet other people with different personalities. Sometimes, the mistake we make is forcing these different people to like us. This can happen consciously or unconsciously — constantly seeking validation, being everyone's friend, or people-pleasing (directly or indirectly).

I have acknowledged that not everyone will like me, understand me, and know my worth. And it's okay. The truth is that I am myself and not who they want me to be. If you remember, even Jesus had haters, and not everyone loved Him.

So who are you for everyone to like you? LOL

# #10

***Not Everyone Is Going To Like You, So  
Stop People Pleasing Or Seeking  
Validation From People That Don't  
Matter.***

This mindset shift has also helped me set clear boundaries and improve my communication with people regarding how I feel about certain acts or behaviors. Instead of focusing on pleasing people, focus on becoming a better person, understanding yourself, knowing your worth, and setting clear boundaries.

Setting Clear Boundaries will look like this:

- Saying NO when you don't want to say YES
- Asking for help when you need to
- Communicating how you feel when necessary
- Prioritize your self-care and peace of mind over pleasing people.

# Lesson 11

## *Focus Your Energy On What Matters and Ignore What Doesn't.*

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I have realized that in my journey, there are things that do not matter. While reflecting and writing this book, I noticed that in the past, I would focus my energy on things that did not matter - e.g., **“What person A said about me”**

Thankfully, I have moved past that.

Instead of focusing on these little things that make no difference in my life, I focus on matters of value - e.g., **“What is my next move?” “What is my next influential project?”** and many more, depending on the area of life.

To pick out what matters, you should identify the primary key things that will take your life from point A to B. I focus my energy on the things that are important to me.

Whatever it is, make sure you can identify your priorities in all areas of your life.

**Time is precious and can never be gotten back. Invest your energy in the right places and resist focusing on things that hold no value.**

# Lesson 12

## *Perfection Is A Myth*

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This is something I constantly say to myself and my friends. A couple of people have agreed with me, while some have disagreed. But I am a sole believer in the fact that nothing can be perfect.

Regarding this, we must understand that perfection is also relative.

What is perfect to you might be mediocre to someone else. Instead of focusing on perfection, I have grown to focus on progression. Taking baby steps towards achieving a particular goal and putting in my best rather than waiting for the perfect time.

I remember when I was in a relationship where the other party wanted me to be perfect to suit their needs.

It did not end well.

# #12

## *Perfection Is A Myth*

It was confusing; at some point, I asked myself, “*who am I?*” I was no longer myself but trying to be perfect for another person.

### **YOU NEED TO DEFINE YOUR “*PERFECT*”**

Perfection also reflects in our work.

I believe you would have one of the best experiences after reading this book. But if I hadn't published it for you to read and I kept waiting till it was perfect, then you might never get to read this.

Don't get me wrong!

I am not saying you shouldn't give the best quality work or put in your best; all I am saying is don't wait for that perfect work or perfect time—progress over perfection.

**PROGRESS >>>>> PERFECTION**

# Lesson 13

## *I Attract Good Things, and God is Always On My Side*

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This belief system has attracted the best things into my life.

The belief that I don't **PURSUE** things but **ATTRACT** them is a blessing. Every season of our lives comes with its version of struggles, new learnings, and blessings. Sometimes, we go through things we have never gone through before, for instance, the Covid-19 pandemic. We have been in similar situations other times, and we can easily crack the code to solve the problem. One thing that has always directed how I operate is the fact that I believe that good things come to me easily without struggling, believing that lines are falling in pleasant places for me, and God's got me.

I trust God **ALWAYS** — in the good & the bad times. Because He clearly said that *“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”* — Jeremiah 29:11.

I don't fret; when things happen, I know God has a plan, I know He is on my side.

Also, I believe that good things will come to me.



# #13

## *I Attract Good Things, and God is Always On My Side*

In 2020, I planned to start freelancing. For every freelancer, getting that first client is always a struggle, but I wasn't bothered. I trusted that what is for me will come to me (this doesn't mean I don't go after what I want).

A few weeks later, I got recommended by a previous colleague. This client was high-paying.

The Law of attraction works like magic.

# Lesson 14

The graphic for Lesson 14 features the word 'Lesson' in a black, sans-serif font on the left. To its right, the number '14' is rendered in a large, bold, black font. The '1' is a simple vertical bar. The '4' is more complex, with a thick vertical stem and a horizontal top bar. A black silhouette of a person is integrated into the right side of the '4', appearing to be climbing or standing on it. The entire graphic is set against a light beige rectangular background.

## *I Filter Advice From Everyone — Not every piece of advice is GOOD.*

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At first, everyone's opinion and advice mattered to me, and I will listen, take it in and act on it. Things were not working out because I was listening to everyone without filtering who is competent to speak on an issue and who is not.

Listen to people's advice based on how competent they are on an issue, not how close you are to them. It's the hard truth, but honestly, this is how it should be. Sometimes, I struggle to make some difficult decisions on my own because I am an overthinker.

I have learnt to accept that any action I take from anyone's advice can affect my life negatively or positively. Being fully aware of this, I filter who I listen to, follow, or converse with on specific topics.

Also, I have realized that everyone's opinion is subjective to their experience and circumstance. This makes it easier to discern who you listen to and whose advice you take.



*I Filter Advice From Everyone — Not every piece of advice is GOOD.*

The first major article I wrote in 2018 was horrible, I remember different people saying my writing was bad, I should quit writing. Yes, they were experts in the field, but they were only giving advice based on perspective or projecting their insecurities on me. Now, I have written for different brands, and my content has yielded high conversion and traffic.

Imagine I had listened to their words and advice, you would not be reading this.

Also, I was facing some difficult situations in my relationship at some point, and I remembered some people convincing me to change who I was to become the person my partner wanted (not thinking of what I wanted too). It's okay for me to change my bad habits and behavior, but it is not okay for me to become a different person.

These people are not evil, nor do they hate to see my progress, but they all offer advice based on how much they know and things they believe. That is why I need to filter who I listen to and whose advice I take.

# Lesson 15

## *I Believe All Things Are Working Together For My Good — Positivity*

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Ohh my! I used to be very pessimistic. Besides worrying too much, I would not see the bright side in anything, even the good. This led to me dealing with esteem issues for a long time and thinking small of myself.

Believing that everything works together for my good and trying to see the positive in everything, even the bad horrible experience, has given me a different perspective on managing life situations.

Negativity has no place when positivity comes. I have conditioned my mindset to see positivity in almost everything, having peace that everything is working together for my good, and I believe you should do so.

# Lesson 16

## *Celebrating My Small & Big Wins*

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Life throws things at us. Many times people say when life gives you a lemon, you make lemonade. I have learned that regardless of the win, small or big, it is worth celebrating. I have also learned to celebrate the failures because it signifies that I am growing, and I have learned a better method, strategy, or technique to make things work better.

I love to dance and have conversations with my friends. For me, every win comes with a celebration. I turn on my speaker and vibe to my favorite songs, singing at the top of my lungs while trying all the new dance steps. Dancing has become one of my favorite celebration routines. Also, I take notes, journal about my wins and how I achieved them, giving myself credit. I remind myself daily that ***“I am worthy of my wins, I earned it, and I deserve to be happy.”***

Celebrating your wins will open your eyes to how unique you are and how hard you have worked. It is also a reminder that you are doing well.

**Remember:** It's your life; no one can celebrate your success like you! Give yourself credit when due, even if others don't see it.



# RELATIONSHIP SECRETS

Before we dive into this section, I am sharing my personal experience and lessons.

Please note that everything written in this section is based on my experience in relationships with partners, family & friends.

Hence, it is subject to my circumstance and experience. You may not relate with it **100%**, but you will surely learn something new from my story.

# Lesson 17

## *There Is A Lesson To Learn From Every Relationship*

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The saying “**you cannot have 20 friends for 20 years**” is valid, but we all miss one part: in those 20 different friendships, there is a lesson to learn from each.

This lesson could give you direction, redirection, change your life positively or negatively. Whichever it is, there is a lesson to learn from each relationship.

Sometimes, God makes us encounter situations to have a redirection and position us for future events.

I have learned so many lessons in my encounters with friends and relationships with people, but one major lesson is the “**Spirit of Discernment.**”

The spirit of discernment tells you who to “**ride or die**” with and who you should cut off.

# #17

## *There Is A Lesson To Learn From Every Relationship*

First of all, you need to identify the habits and behaviors of people you can manage. This will determine the type of relationship that will exist between you and certain people.

### **Questions you should ask yourself regarding relationships & friendships**

1. What are their values?
2. Do their values, dreams, and goals align with yours?
3. What value do you gain from the friendship?
4. Do they have your best interest at heart, or are they trying to use you to get what they want?
5. Are both parties ready to invest in the relationship and friendship and make it worth it?
6. Are you ready to make sacrifices for that relationship?

After honestly answering these questions, you can determine your relationship with each person you meet.



# Lesson 18

***Go where you are wanted and not where you are undervalued.***

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Value is relative; what value means to me will differ from what it means to you. Therefore for each relationship, you need to know what value you are getting from it.

Sometimes we find ourselves in really complex situations and friendships then we wonder how we got there. It has happened to me several times. But what I realized is that it happens when we are not intentional about who we call friends and what we call friendship — mindless going into relationships and friendships.

There was a time I was caught up in a situation. Every day, I asked myself how I got into it, but at some point, I realized it was because I was not deliberate about who I was considering as my friend.

After several embarrassments, leaving me high and dry. I decided to step out of that situation. I had peace.

***Whatever it is, remember to go where you are wanted and not where you are undervalued.***

# Lesson 19

*Sometimes God is removing you from situations that no longer serve.*

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Like I mentioned the Spirit of Discernment earlier, I have realized that God sometimes gives us all the signs we need.

We need to **LISTEN** more.

I was once in a relationship where I saw all the signs.

It wasn't working. I was tired; I had no space. I did not set effective boundaries. But I was blind through it all till things became horrible.

When situations, friendships, and relationships no longer serve you, **LEAVE!**

# #19

*Sometimes God is removing you from situations that no longer serve.*

## How Do You Know When To Leave?

1. The signs will be staring at you right in the face. You just need to look, pray and listen.
2. The situation no longer adds value to you. It doesn't serve you anymore
3. Your intuition is telling you to step out. **LISTEN** to it.

Whatever relationship or project you are in, follow your intuition. Instincts are always right and lead us on the right track.

# Lesson 20

## *Set Realistic expectations.*

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A big mistake is entering into any relationship or friendship without a realistic expectation.

Identifying what you expect from someone and what you think the person is capable of giving you.

Everyone likes to be treated a certain way, just like everyone has their different love languages. How can person A serve you, and what expectations have you set for person A?

Each friendship has its expectations. Also, make your expectation as realistic as possible.

# Lesson 21

## *Stop Trying To Change People! It Never Ends Well.*

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I have been in situations where I had people trying to change the person I was. It's important to clarify at this stage that **“trying to influence someone is different from changing them”** Here is why there are two different things.

### **Changing Someone**

If you try to change a person from who they are, you see they become a shadow of themselves.

Everything changes — the things they love, how they act and how they manage situations. The sad part is this doesn't make them like you more because the moment they finally realize that you try to shape them into the person they are not. It becomes a question of **“Did you have my best interest at heart?”** At least, this was the question I had in my head when I realized that people expected me to be a certain way.

Also, while you may succeed in changing people, they automatically become people-pleasers because they're acting and behaving to please you. That is not real.

# #21

*Stop Trying To Change People! It  
Never Ends Well.*

## **When You Try To Influence People's Behavior**

The truth is you can only try to influence how people act by communicating what you expect from them. This is totally different from trying to change them. If you communicate your expectation, they can either adjust if they see the reason too or not bother because they feel it's not worth it.

However, if you don't like someone's behavior or habits, it's better to stay clear and avoid unnecessary back and forth.

# FINAL WORDS

I am glad you made it to the end of the book. If you had moments you could relate to and enjoyed reading this book, please share with me or on your Instastory and tag me [@imade\\_eseosa](https://www.instagram.com/imade_eseosa).

I have learned a lot so far in my life, but these few I have shared have impacted me the most.

One thing about life is that we keep learning, evolving, and restrategizing.

As you have read this book, I pray and hope you have identified areas you believe you should do better in, and you will also start taking actions towards living intentionally.

I would love to have more conversations with you. Please, take the bold step, follow me on Instagram [@imade\\_eseosa](https://www.instagram.com/imade_eseosa), and if you're not yet on my email list — [Click here](#).

**Wish you all the best as you navigate through life in your 20s.**

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