

Lift it High

**58 MOTIVATIONAL MESSAGES TO UPLIFT YOUR
DREAMS INTO REALITY FOR THE DESIRABLE RESULTS
INTO GREATNESS AND ELEVATION**



BRIGITTE ADOFO AGYAPONG

This is a sample read for Lift It High.

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LIFT IT HIGH

58 Motivational Messages to uplift your dreams into reality for the desirable results into greatness and elevation.

BRIGITTE ADOFO AGYAPONG

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This book is meant as a motivational or inspirational guide to help readers achieve their dreams. However, it is not meant as a replacement for direct expert assistance. If such level of assistance is required, the services of a competent professional are to be sought.

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The Search Workbook: 8 Master keys to Unfold life`s purpose and achieve its desired success and meaning

RELATED JOURNALS

Goal Setter and Implementer Journal

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Acknowledgement

All thanks to Almighty God for the knowledge and wisdom to produce this book. Great! Another masterpiece has been completed to impact nations and transform generations.

I wouldn't have done this all by myself, in fact, I had a backbone supporting my dreams and this masterpiece.

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Introduction

Do you want to achieve your dreams? How eager are you to achieve them? How hard are you perforating to reach where you want to be with your dreams? Do you sometimes get stuck when you are performing on them? Have you ever thought of giving up on these dreams? If the major answers to these questions are yes, then you pick the perfect book to suit your dreams.

As humans, we can get bored with the things we do and are subject to change. Sometimes, you feel reluctant to pursue these wonderful dreams which you started previously with high energy and eagerness. You have always said to yourself “no one can persuade me to give up.” You felt on top of your life. You worked and continued to work with happiness, with the hope to see the dream fully progress, it started showing good results, but suddenly, challenges struck you, and it hit you hard that you couldn’t imagine you wanted to give up. You felt like stopping because you didn’t want to touch and work on it again.

Have you ever experienced this? Sometimes you may develop a new dream, but anytime you want to start working on it, a series of thoughts enter your mind, and these thoughts always try to bring in a negative energy to possess you. Speaking of ideas, you sometimes sprout thoughts and ideas which will ruin your dreams. You are in the state of the “fear factor.” You fear to lose, fear to fail, fear to love, fear to start, and are covered by other touches of fear and negative emotions fighting back at you with a simple thought in your mind.

What I am eager to inform you about now is the energy to push you up when you feel like stopping or repudiating the dreams out of your DNA. Definitely, you will feel this in one way or another. Let me introduce to you what you need. You need a mental booster or an inspiration to boost you to rekindle your energy to keep on going. We lurk on this. We need the inspiration to pursue harder.

I encountered this idea after publishing my debut book, 'Win You', and started receiving direct messages through my social media handles and email on how the book is helping people to realize their potentials. Some of the messages brought my mind to the idea of writing this book purposefully to persuade, encourage, inspire and elevate you to continue working on your dreams, and surely one day, it will yield results. This book will back us with the high energy to build and yield our results to greatness. This book is here to inspire you to continue the wonderful dreams you want to embark on.

It will serve as a companion in times of struggle and will give you hope to try again until you get it right and win. Another motive for this book 'Lift It High', is to serve as a guide to direct your path to greatness.

How will you use it?

- This book can be used as a daily message to empower your day. You only need a ready mind willing to tap into the messages from this book to inspire you to work on your dreams.
- Utilize the activities in the book in the activities section.
- Share with others too because when you share the message with others, you have impacted thousand.

Enjoy and Impact.

Brigitte Adofo Agyapong

“The discovery and definition of purpose is best enough to lead you in the journey of life” - *Brigitte Adofo Agyapong*

Live for your purpose.

Live with purpose everywhere. If you have found purpose, great! Big congratulations to you. Are you still working in line with your purpose? It is time to work according to it. If you are in the second group in which you know nothing about your purpose, something is tickling you to go for it. Are you eager to discover it? Good, the most important thing is that you have the desire and the willpower to go for it.

Don't worry, you have chosen the right book to suit your needs.

Finding purpose means finding your path and direction in life. It always keeps you and rekindles your energy to face the realities of life. Whether good or bad, purpose needs to be accomplished. With purpose, you know when to start, stop, pause, and continue on the endeavour you are embarking on. Even when the blow of life hits you hard, you are certain that this is where I want to go and love that even in challenges and struggles. Personally, I do love adventure movies; seeing people go on a far journey outside their comfort zones to seek treasures to help in their research, out of curiosity, or save the community. I am always excited when I see people embark on such journeys in movies to save humanity. Most of these journeys are neither smooth nor rough but are faced with rough experiences most of the time, making people lose their lives in the process. Sometimes, their path becomes challenging as they experience problems in discovering paths to success, but never give up because they know their focus and the direction they are heading. And no matter what, they have to achieve their purpose, thus, to search for treasures that can save their society. They slip, fall, rise and walk, and run until they see treasures in their own hands, and then bring them back to benefit their society.

I guess you are thinking "O, this is a movie". I want to tell you this, though these are regular scenes from adventure movies. Life itself is an adventure, and to find the treasures in it, you need to find your purpose, and there are quite a number of experiences you will encounter in your life adventure. You will experience the bad, the ugly, the sweet, the bitter, the fall and the rise,

all in search of a purpose. Some can find their purpose through a very bad encounter, while others find theirs in good experiences. In any way you find your purpose, whether good or bad, the vital point is that purpose has been discovered and found, and now you are working with it. Late Dr. Chadwick Bossman (May his soul rest in peace), once said that he found his purpose when he was experiencing cancer in his life, leading him to follow his purpose, and through his purpose, he landed into movie roles that gave him absolute peace of mind. Whilst battling cancer, he was still shooting movies. This particular message that he said at the Howard University commencement Speech really touched my heart and pushed me. It says sometimes you need to get knocked down before you can figure out what your fight is. Sometimes you need to feel the pain and sting of defeat to activate the real passion and purpose that God has predestined inside of you.

I don't want you to just say I have found my purpose without working according to it. Just finding and not flowing with your purpose is meaningless. When you find your purpose and live for it every day and everywhere, you feel the communication with yourself and the inner being, that a transformation has implemented in your life. In fact, the purpose energy you feel inside you becomes so strong that you will want to help others which you think can bring you inner peace, and when you do that, the feeling empowers you to do more. What is your purpose? Discover your purpose. It can be anything around you. Discover it. Don't let anyone tell you that this is your purpose or that is your purpose. Introspectively assess yourself, your needs, your identity, and everything about yourself.

Resources are available on the resources page for the discovery of purpose and the guidelines to follow to find yours. These books are, **'Win You: An introspective Journey of finding yourself, knowing your potentials and harnessing them for greater heights and ultimate success'**, and another book, **'The search workbook: (8 Master keys to unfold life's purpose and achieve its desired success and meaning).'**

Learn to live for your purpose. If you can discover your purpose, learn to work with it each time. Don't stop living, work with it because the more you live for it, the more you share the impact with the people around you, and in the end, you will receive absolute peace of mind and total happiness.

“Purpose doesn’t
make life easy. It
makes life
possible.” – *Dr.*
Myles Munroe

Where do you want to be?

You have beautiful dreams and nice aspirations. This message is to help you examine yourself on your wants, likes, hates and where you want to be. It becomes difficult to fully assess yourself and know your way when you are surrounded by things which make you fall prey to comparison, blame and copy, especially when you see your peers, friends, and other circles in your network succeeding up and up on the success ladder. You see them as people who have achieved their purpose whilst you dawdle behind. You have not succeeded as you wish, which renders you a 'prey' to the blame and copy desire. You now set dreams and goals which are far different from what you want and your purpose in life. You may pay less attention to the inner communication of your being. You neglect yours and rather focus on the dreams of others.

Now, it's time to focus on your purpose and your aspirations. You can assess yourself in these:

How far would you like to go with these dreams?

Where do you want to reach? Who would you like to impact or inspire?

Where do you want to be in the next years? At what pace do you want to go?

I have a dream, and you have yours, but for this dream to become reality, you will need to know how the dream is going to take off. Is this dream going to place you among the world's top 10 billionaires? Where do you want to go?

Is this dream going to help you to be called the world's fastest machine creator? Where do you want to go? And how far are you going? Is it fast or slow? Do you want to be a problem solver?

Do you know what you want? Go for it. Don't let any other noise distract you from working on yourself.

Pursue these wonderful dreams. I can't wait to see you on the top of the ladder of elevation. Go for it. You can do it.

“The future
belongs to those
who believe in the
beauty of their
dreams.” –

Eleanor Roosevelt

C'mon craft those dreams.

Why the wait? You have beautiful dreams leading to great aspirations. I don't think we should undermine one's dreams against the other. What is stopping you from realizing these dreams? I know your heart yearns for these great dreams. You have big and small aspirations of where you want to be in the next ten or twenty years. You hear from friends what they wish for in life. What they want to achieve in their lives in a countable number of years. Whenever you hear of these dreams, they become appealing to your ears and heart too. Hey, those dreams are big and great, can I create one too? Yes, you can, and you will create one, bigger and greater than the ones you hear. These questions of self-doubt were some of the questions I previously asked myself when I heard and saw that dreams come into reality. It was very admiring to me until I realized that I can. I can also create dreams too. My Wish can be created.

There is nothing special between someone who writes dreams and the other who doesn't. The truth is that dream is a wish. A wish for greatness, a wish for new initiatives and many more aspirations for one's life. The most important thing is that, with dreams, you can sit down and set your goals to accomplish those dreams. You can plan and create systems to make them work. They are beautiful and nice when you create them.

Crafting your dreams is simple. They are strong when you craft them. Crafting those dreams means you have strongly moved a step ahead to set goals and plan for your future. Dreams need to be critically planned. Don't just be open to people's thoughts in a way that you will emulate their style and dreams because they look beautiful to you. Have a sit in your room, pick a journal or a notebook, think quietly and assess what you really want in life and where you hope to be in designated years to come. Be yourself. Create those dreams, love the dreams you have created and move forward to build them up because dreams without action or end activities are mere wishes. They are void and can vanish in thin air. Working on those dreams means

the hope to be this and that has come to stay and have a mark to be looked upon. Anytime you are working on your dreams, it reminds you and creates confidence in you that truly your dreams are achievable no matter what. Start Now.

Be yourself,
don't take
anything from
*and never let
them take you
alive.*

— *Gerard Way*

Be You.

Be you in all your dealings. Everyone is unique in their own way. The earth has a great population of 7.9 billion spreading to every part of the seven continents and islands. Each one of the 7.9 billion population has an identity; likes, dislikes, behaviours, attitude and habit which forms his/her way of life.

Though our behaviour might be similar to one another, they can never be the same. Each one of us has our likes, dislikes, interest area, and much more which relate to our identity. Each one of us is unique. Our competencies are unique as much as our failures.

Can you imagine comparing your failure with someone's success? Do you know the in-depth success step pursued? How he or she did it? The in-depth of every action that led to the success? There is a big difference in that.

Even if you use the same approach in doing what a successful person did, there will be a slight difference in what empowered the person to the successful ladder, so as a failure. Never compare your failure to someone else's failure because you are two distinct individuals with competencies and flaws.

Love the advantages and disadvantages of your identity. Don't criticise and blame yourself for the imbalances you see in yourself and around you. Just love who you are because you have all the power in you to succeed in life. Everything is possible if you believe in the power in you and your words. Instead of comparing yourself with friends, family, colleagues and other people in your society, can you try this? Why don't you take a step forward to be yourself? Just try it. Accept the beauty of your identity even if you hate them, and challenge yourself on this.

Just be yourself. You are a unique and special person filled with excellence in everything you do. Even in your mistakes, you are unique! Show yourself the care and love which is needed to raise you in whatever endeavour you are willing to engage yourself in. Be you.

Let's do this. (Kindly put your name in the blank space, and proclaim positively).

I _____ believe that I am powerful and filled with excellence, and I love the real me.

You can also try an affirmation that works perfectly for you.

**“Your light can
make the foggy
road clear” -**

Brigitte Adofo Agyapong

Always remember your light can make the foggy road clear.

Wondering about this? What foggy road is the book talking about? The road of life is neither smooth nor rough, we enjoy a mixture of both. The reality of life tells and allows us to learn that things can change at any time. Any direction we take has consequences; when you take the bad road, you enjoy your benefit likewise the good. The state of life is not all about the nature of the road, as muddy roads, a road filled with potholes, or smooth roads. You can be found on a muddy road but has a good or smooth road ahead. Life is a journey, and how you move can guide you to the successful end of it.

The foggy roads are the challenges we face when we try our best to achieve our dreams. Some setbacks push us to stop or pause whatever we are doing or wherever we want to go or reach. You can't see clearly on a foggy road unless you use a powerful or strong headlight or light to guide you to the clearer road where you are going.

This journey is likewise an encounter I had:

I quite remember years ago in Aburi, a town in the Eastern region of Ghana. I travelled to a town around the Akwapim-range which is a mountainous area. We travelled from Mamfe to Aburi around 4:30 am GMT. As we travelled, the road was foggy, so the driver could not see clearly. He switched on the headlight so that the bus could safely pass through the foggy road to a clearer road under the mountain. Instead of the normal speed, he drove slowly. Also, since the road was constructed on a mountain and was curvy as well, he took his time to drive slowly, and finally, the travellers arrived on a clear road.

Everyone experiences foggy roads; these encounters are just to stop us or convince us that our journey or any aspirations of ours are impossible. The

foggy encounter can be people around us, problems causing setbacks, lack of emotional support for our dreams, financial constraint and many more. We sometimes become confused when we are even on the right track and faced with challenges. Don't let those foggy roads stop you, but rather, see them as step-stones which is giving you the strength to push through until you reach the clear road. Do you know you can do this? Yes, You can do it.

The light is the energy level you have inside of you which supports the dreams into reality even if you feel like giving up on the beautiful journey. Raise your willpower high and increase the momentum to push further, though it will take time. One step at a time; don't rush the process, and slowly, you will reach there with every step you take. Don't allow other distractions to affect your steps or moves, and let the energy rise to the top and be your lead. Don't slip, and even if you slip, consider that more height needs to be achieved. You are powerful, and you will rise. I really like this quote in 'Things Fall Apart' by Chinua Achebe; "The downfall of a man is not the end of his life." Push hard and walk again. Let the will to do more be at the blossom of your mind and heart until you bypass the trials and the problems.

Just keep going.

“Stars don’t
shine because
they want to be
seen; they shine
because they are
stars.”

– *Alexander Den Heijer*

Shine everywhere.

You are a star, there is a great need to shine everywhere. “I am facing a huge loss in business, how can I shine?”

You can shine perfectly even when you are stuck with challenges and problems in life. This is the right time to increase your energy level and be determined in whatever you do. Increase the booster inside you and work towards your goals. Thus, to change circumstances in and around your life. “No, I can’t do it.” Yes! you can, and you will do it. Motivate yourself.

When do stars shine? They shine in the dark so that you can see their beauty and splendour in the night. When you lift your eyes into the sky in the night, you see galaxies of stars forming together. They are beautiful. In all the darkness surrounding the stars, they can bloom and showcase their beauty, their strength, and competence.

Don’t let the situations you are facing now stop you from moving out in line with your goals and aspirations. Be for it. Increase the inspiration to motivate and push yourself to go further. Relax, and don’t think about the effect these problems are causing in your life. Be yourself, be strong and keep on going. Failing on these paths or steps means other steps need to be initiated to pave the way. Move one step and another step, Keep on going.

Do great in darkness, but don’t forget to shine in the light also. Be strong for yourself. The more you allow yourself to shine, it then becomes your form and habit. Your mind will know you as a person who shines everywhere, and the society will also define you as the person whose state is to shine. You always gleam daily.

Keep the beauty up and shine.

“Move into the light, there are no two ways about it. The more your light takes a step in darkness, the more darkness and challenges are reduced. Continue to move, and move stronger into the light and broaden your possibilities”

– Brigitte Adofo Agyapong

Move higher into the light.

You will surely reach there when you move. The energy, the grit, the power, and a lot more are in store for you and are all available in your hands.

I realised that, when you craft your dreams, set goals, and start working on them day by day, you achieve those goals. When you discover that you are on the edge of achieving your prioritised dream, you then hope for another wish which is more than the one you have achieved. As you grow, your need and goals also expand. You yearn for more.

Creating another dream means you are advancing to another priority filled with challenges and problems. Get ready for the battle. It is good to give yourself more challenging tasks.

Don't stop yourself from creating and setting goals for a new horizon. Do it. Broaden your spectrum of capabilities and capacities. Move into success, and success is never a one-day affair. You rise, fall and rise, fall, slip and a whole lot on this journey. Allowing the problems ahead is normal and a plus for winning in life because it is part of the encounter. Move higher to a big destination of success. Keep on going. You will meet people who will support you and people who will disgrace you. Embrace those that support you and be vigilant against those that disgrace you; some indirectly show you the way and give you the strength to push forward. You will encounter big wins and small wins, but in all, appreciate whatever comes your way and live with it. Since you are moving higher, priorities, competencies and challenges will also be greater. Just open up to every encounter and critically assess them to know about each step you take. Move

**“You can’t win if
you don’t try”**

- *Robin Sharma*

Never stop.

Never stop going where you want to go. It is very okay when you pause on chasing what you want. There is a vast difference between pausing and stopping.

In both encounters, there is a cease in action to continue. One has greater momentum than the other. When you start a journey and you pause to rest, it means you want to gather some water or food to gain momentum to continue with the journey. The water or food can be related to the booster or inspiration to keep you going.

Though people around might perceive that you have stopped, instinctively, you know you just paused to rest. You paused to gather some courage and study all the possible risks, opportunities, and competencies to continue moving. With this action, you are preparing your mind to continue and start again. Since you have gathered all the necessary activities which include the competencies, power and energy to move and continue what you started, you become more energized than the former. More powerful than ever because you now know your strength and weakness, especially when you learn from your past mistakes to push through when circumstances similar to the previous ones take place. You can strongly rise and fight to move and keep going.

Keep on going, don't stop. When you stop chasing your dreams, it means you have quit and want to turn away from them.

When others are running, don't be confused and say "why am I not running fast as them? It takes time and purpose to reach where you want to go. Just keep walking. Since you are also moving, positive results will show in their time. Just move.

When I heard the story of Usain Bolt using 10 years of training to become the world's fastest man, thus, training for 10 years to win 3 minutes track

record to take the title, I marvelled. Wow! That is it, never stop. If he had stopped, I don't think he would have reached where he is now. When you mention Usain Bolt, most of us know who he is. I call this; grit backed with power to pursue until you reach there. Are you still thinking about whether to continue? Don't stop. You can pause but remember to continue and persevere to where you want to go. See you at the top.

"Great leaders develop through a never-ending process of self-study, self-reflection, education, training, and experience." - *Tony Buon*

Reflect on your today and Move.

There are new beginnings every morning. New day, new moments. Why today? The most important thing is that you have the energy today, and you are pursuing life as it is today and not yesterday.

Blaming yourself on past events, I believe is meaningless because there is nothing in existence for it again. It only reminds you of the pain of “why did this happen to me?” When you do that, you stop yourself from thinking about how you can solve the problem. Previously, when I wasn’t mature in the personal development phase of my mindset, when something bad happens to me, I do complain a lot and tried to blame others or myself. The usual phrase I query is “Why me? or Why must this happen to me? I realized that anytime this thought echoes in my head, it does this to me instead; it increases the pain of the encounter I faced. Now, I have diverted this question to “How can I solve this problem? We need solutions. Do not blame. Doing that really helped me face my growth and embrace myself for the better days ahead. We are now in today. You have a new day, therefore, a new beginning or chapters must be embraced but not live on past experiences. We can only look back when we want to reflect to help us move forward in life.

Don’t be confused about learning yesterday’s lessons and focusing on past events. Yes, it is good to reflect on yesterday's activities but don’t blame yourself for the mistake, c`mmon, move forward, reflect and move on.

Yesterday is already gone, and we learn the experiences of yesterday to brace with the actions we face today and in the future.

Reflect on what you want to do today. What do you want to do today? What is on your to-do list? The major things you will be doing today, write all of them down.

Work on your dreams with the action you take today not yesterday.

“It’s fine to
celebrate success
but it is more
important to heed
the lessons of
failure.”

-Bill Gates

Learn and correct the mistake.

A Mistake! Why do I have to make a wrong move? It is a Mistake.

As humans, as we are, we are bound to make mistakes or wrong moves in life. There is a popular quote I do hear people say when they make a mistake on their priorities, “every mistake is a new style”, and it is mostly carried up by women. Especially, when they decide to be creative in an initiative and it goes wrong. When people laugh at them, they often say that to help them uplift their confidence levels to keep on going and not to look down on themselves. You will hear these quotes just to give the creator motivation to upgrade themselves on the artefact created. Thus, a mistake is a door for new initiatives and innovation; giving room for learning through flaws. It is mostly heard among African women.

The most important aspect of learning from our mistakes is to give us the clue to try again. Try again until you get it right. Sometimes, I giggle on one of the search engines when looking for a result on an enquire and find the results. I Keyed in the term, the search results showed me what I wanted to know about the .com. I clicked to open the search URL slug, but nothing came. I was expecting a fully operating website, but it gave me a short description, “site cannot be found.” What! Let me try again, I said to myself. I tried again, same result. Then I changed the keyword and got it. This time, it didn't give me “the site cannot be found” but rather, what I wanted. With this, it can happen in our interest areas. What are we dying for? What are our priorities? We hope to see good results come our way, but then, we realize a mistake has been committed. With the least expected encounter, we say, what is happening? We can either try again or never try again to find the exact cause of the wrong result. When you try again, it insinuates that we are eager to search for the flaws of what went wrong.

A mistake can never be corrected when you are unaware of your steps. When you are not conscious of the action you take, you just move to the wrong path. You are on a strong stand if self-awareness and change is your priority.

We change for the better. We learn new things about life, trends going on, and a lot more to grow our personal development.

I hope you enjoyed reading these materials and gained a lot inside this book. Would you like to get a copy for yourself or others? Lift it High is available for pre-order on Kobo, Apple Books, Nook, Smashwords, Indigo and Booktopia.

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It will also go live on Amazon on release day which is 23rd May.