

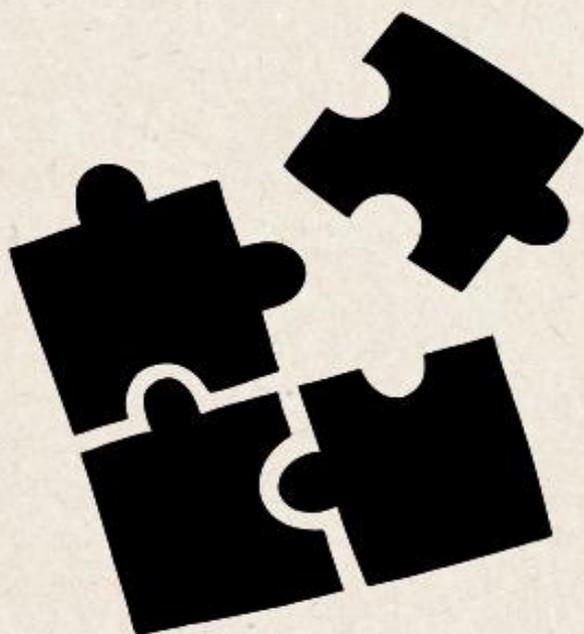
FROM

SCATTERED

TO

SHARP

7 Steps to Goal-Setting Focus



MARTIN KULULANGA

From Scattered to Sharp:

7 Steps to Goal-Setting Focus

by Martin Kululanga

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Focus*

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Preface

I wrote this book to share the steps I personally took — and continue to take — to reach the goals that once felt *'impossible'* to me. I know firsthand how overwhelming life can be. At times, the noise of daily responsibilities, disappointments, and distractions can drown out your sense of purpose. The mission becomes blurry. The dream begins to fade.

For me, that dream started when I was 13. It was a vision so clear, so powerful, that I couldn't shake it. I saw a version of myself doing work that mattered — building, creating, leading, helping others unlock their full potential. And even now, I can still see it. But I'll be honest with you: somewhere along the way, I lost it. I lost focus. I got sidetracked. I gave in to fear, to doubt, and to the comfort of standing still.

It wasn't until recently that I began to rekindle the fire I once had. The fire that burned so brightly. I started confronting the things that held me back and rediscovering the passion that had quietly dimmed over the years. Writing this book became part of

that healing. It became a way for me to remind myself — and hopefully you — that it's never too late to refocus, to realign, and to restart.

If you're someone who has a dream buried deep inside, or if you've ever felt frustrated because you started strong but couldn't seem to finish — this book is for you. If you've ever been afraid of failing, or wondered if your goals even matter anymore, this is a reminder that your vision still counts. You still count.

This book isn't about being perfect. It's about being honest. It's about pushing forward with purpose. I don't claim to have all the answers, but I hope that what I've written here will at least point you in a direction that brings clarity, courage, and consistency.

My hope is that, in reading these words, a small spark ignites in you — a reminder that the dream is still alive. And if that happens, then I believe this book has done what it was meant to do.

Let's become the men and women who take responsibility for our lives and shape our futures — not just for ourselves, but for the people watching us, and for the generations to come.

Introduction

If you're holding this book, chances are there's something inside you that refuses to settle. You have a dream. A vision. A goal. Maybe it's still blurry, or maybe it's crystal clear—but no matter what it looks like, something deep inside is telling you that you're meant for more. Still, there's fear. Doubt. Distractions. The “what ifs.” And maybe that voice in your head whispers, *“What if I'm not good enough?”* or *“What if I fail?”*

This book is for **you**.

This is for the young man or woman who has a purpose but doesn't know where to start. Who's tired of wasting time, tired of watching others move forward while they stay stuck. You don't need more pressure—you need clarity. You don't need to be perfect—you need to be consistent. And you don't need permission—you just need to begin.

We won't sugarcoat the process. Chasing your dream will challenge you. It will expose your weaknesses and force you to

grow. But what's worse than trying and failing is **never trying at all**. Regret hits harder than failure ever could.

Inside this book, you'll find practical tools, mindset shifts, and a step-by-step breakdown of how to pursue your goals, stay focused, and rebuild when you fall. You'll learn how to plan, how to push through fear, how to stay consistent, and how to become the kind of person who finishes what they start.

If you've ever been paralyzed by fear or distracted by everything around you, this is your call to take your goals seriously. To focus. To fight. To follow through. Your future isn't waiting for "someday." It's waiting for **you**.

Let's get started.

Table of Contents

Chapter 1: Dream — <i>Visualize Where You Want to Be</i>	10
Chapter 2: You Are the Dream — <i>Become the Person Who Can Sustain It</i>	13
Chapter 3: Mind Switch — <i>Your Yes and Your No</i>	17
Chapter 4: The Plan — <i>The Three-Phase Strategy</i>	24
Chapter 5: Dealing with Distractions	29
Chapter 6: Failure	39
Chapter 7: Fight and Finish	45

Chapter 1: Dream — *Visualize Where You Want to Be*

Dream. Dream. Dream!

Everything that exists today — every building, invention, business, and breakthrough — began as a thought. It started in someone's imagination. It was once a vision. It was once a **dream.**

There's a future you desire. A life you want to live. And while it may feel distant or even impossible, it all begins with this: **you must first be able to see it.**

In the famous words of Dr. Martin Luther King Jr., "*I have a dream.*" Before you become anything, you must first **think about it.** You must allow yourself to envision a life beyond your current limitations.

So, close your eyes.

What kind of world do you see for yourself?

What does success look like for you?

What life would feel worth living?

But what if you don't know what your dream is yet? What if you feel unsure about what to want? You're not alone. Maybe you've been surviving for so long that dreaming feels like a luxury. Maybe you've been discouraged too many times. Maybe you've stopped believing that dreaming is even worth it.

If that's you, try asking yourself this:

If you had all the money you needed, all your bills paid, and nothing to worry about... what would you spend your life doing?

Now ask this:

If you had only 30 days to live — what kind of life would you want to experience before your time is up?

Dreaming doesn't have to mean having some grand, world-changing ambition. It can. But it doesn't have to.

It simply means: **what do you wake up for?**

What vision would you fight for?

What future can't you live without?

That is your dream — a glimpse into what could be.

As you begin dreaming, some questions will arise.

Is this dream realistic?

Is it too big — or too small?

Does it align with your values, or go against them?

Those are questions only you can answer.

But here's something important to remember:

Dreams are just dreams... until you wake up and start chasing them.

Chapter 2: You Are the Dream — *Become the Person Who Can Sustain It*

There are two vital things you must be certain on:

First, you must be deeply connected to the dream — the vision you've imagined for your future. It needs to be clear in your mind: the destination you're moving toward, the emotions you want to feel when you arrive, the life that makes all the effort worthwhile. Your dream must be meaningful to you. It must ignite purpose within you.

Second — and perhaps more importantly — you must accept and embrace the reality that the dream will require a new version of you. A stronger version. A more focused version. You must become the kind of person who can attain, sustain, and protect the dream you're pursuing.

Take a moment and imagine the person already living your dream.

Who are they?

What kind of habits do they have?

How do they carry themselves?

What do they say “yes” and “no” to?

This person — the one living your dream — is the person you must become. And here's a hard question: **Would you want to be that person?** It's possible to reach your goal and still feel empty if you don't have the character to handle it. Many people achieve their dreams but lose themselves in the process. That's why your inner growth must match the size of your dream.

Work on yourself as much as you work on your dream. In a world full of noise, arrogance, and distraction, the world needs dreamers with depth — men and women of character, truth, and purpose. Become someone who doesn't just reach for the dream, but someone who **is the dream.**

You may not be that person yet. And that's okay.

But you can grow. You can evolve. You can become.

The most beautiful things in life take time.

Anything truly worthwhile requires patience and preparation.

You don't just receive the dream — you must be shaped into someone who can carry it.

Maybe you're wondering, *"Why is it taking so long?"*

The answer: because you're becoming the version of yourself that can hold it — that can **protect** it and **live** it fully.

For those familiar with the Bible, consider this:

- ❖ **Joseph** was sold into slavery at 17 and waited 13 years before stepping into his destiny — but those years were shaping him into the leader who could save a nation.
- ❖ **Moses** spent 40 years in the desert before leading the Israelites to the land of promise.
- ❖ **David** waited 15 years from his anointing to become king; all while being trained in secret to become "a man after God's own heart."
- ❖ Even **Jesus** waited until age 30 to begin his ministry, aligning Himself with purpose and preparation before stepping into his calling.

The point is clear: **the process is part of the promise.**

Many people fall in love with their dream, but they resist the transformation required to live it. Don't be one of them.

So, what about you?

You're not an exception. You're not too late. You're not too far behind.

You're capable of becoming the person your dream needs.

You are capable of growing, of fighting, of rising.

You are the dream.

Now it's time to become one.

Chapter 3: Mind Switch — *Your Yes and Your No.*

There's a lot of advice out there that says, "*Do whatever it takes to achieve your dream.*"

But let's pause for a moment — and talk about the **nuance** in that phrase. In this chapter, we'll explore how powerful your **yes** and your **no** truly are when pursuing a meaningful goal.

What Are You Saying Yes To?

Let's say your dream is to become a millionaire — or even a billionaire. For many people, this is a common goal. Now ask yourself: *What is the fastest way to make that much money?* Some might say: crime. After all, there are plenty of examples of people who got rich illegally. It's "effective," in a dark sense — but at what cost?

Why isn't that a viable option for most of us? Yes, there's the fear of getting caught. But deeper than that — there's **the compromise of your values and your character**. Many illegal actions come at the expense of others — stealing from them, cheating them, or harming them in some way. Even if you “win,” it isn't worth the cost.

Saying **yes** to a dream is also saying **yes** to the kind of person you'll become. It's saying yes to doing things with integrity, discipline, and courage — even if it's slower, even if it's harder.

And What About Saying No?

Now let's consider another example: gambling.

Imagine chasing that dream of wealth by playing games of chance — hoping for a one-time jackpot that will change your life. Statistically, you'd have a far better chance at saving and growing money over time than winning the lottery. For example, the odds of winning a major jackpot are often 1 in several million — less than 0.0001%.

Here's the key question: Are you focusing on the rare moment of luck... or the daily actions that build lasting success?

Choose Your Path Consciously

Your “**yes**” should align with your *values*, *your vision*, and the *kind of person you want to become*. Say yes to opportunities that stretch and grow you, even when they're uncomfortable. Say **no** to shortcuts that contradict your principles, even when they seem tempting.

You don't want to be someone who reaches their dream only to lose themselves. You don't want to become a dream-holder who abandoned their values, crushed others, or ignored their conscience just to “make it.”

Create an Environment That Supports Your Choices

Saying yes or no is not just a mental or verbal decision — it's also **environmental**. Many of us are products of our environment. Even if we think we aren't, we are influenced by what surrounds us.

So, build an environment that supports your “yes”.

If you want to get in shape, put up pictures of your fitness goals.

If you want to avoid junk food, don't keep it easily accessible.

Make bad habits inconvenient — and good habits convenient.

If you're low on willpower, you need to structure your space to help you succeed, even on your weakest days.

Think about it:

- ❖ If libraries were loud, would people read?
- ❖ If hospitals were filthy, would they heal?
- ❖ If professional offices were chaotic, would you trust them with your business?

Your **environment must agree with your vision**.

Motivation is Rare. Structure is Everything.

Motivation comes maybe 10% of the time. The remaining 90% is showing up with **consistency** — even when it's hard.

You don't want to fight your **inner doubts** and your **outer world** at the same time. Give yourself every advantage to stay consistent, especially when motivation fades.

Know Your Limits vs. Know Your Boundaries

Here's a powerful distinction:

There's a **difference between breaking your limits** and **violating your boundaries**.

Let's use a dog as an analogy. Some dogs can be trained to do remarkable things — acrobatics, service work, or problem-solving. That's an example of breaking limits.

But dogs cannot grow wings and fly. They don't lay eggs. It's not in their nature. Trying to go beyond those **biological boundaries** would only lead to harm.

You are the same way.

You have moral, physical, and spiritual **boundaries** that are there for your good.

Yes, you can technically violate them — but should you?

Faith and Boundaries

For those of you who follow the Bible:

You might recall the verse that says, *“All things are possible.”*

But in context, it includes: **“with God.”**

Hebrews 11:6 says, *“And without faith it is impossible to please God...”*

Hebrews 6:18 tells us that *“...in which it was impossible for God to lie”*. Due to His nature and character, He will not lie.

These are examples of healthy **boundaries** — not limitations on potential, but foundations of character and purpose.

The Conclusion: Say Yes to Growth, Say No to Compromise

There is immense power in your ability to **say yes** to the habits, choices, and environments that build your dream. And even more power in your ability to **say no** to anything — and anyone — who threatens it.

So yes, break your limits.

Push your growth.

Stretch beyond fear.

But **do not** violate your integrity.

Do not trade your soul for your success.

Use your yes for progress.

Use your no for protection.

Chapter 4: The Plan — *The Three-Phase Strategy*

You need to have some form of structure when you're pursuing the dreams that you have. You can't just wing it and expect things to somehow work out. If it's something that means something to you, you probably want to have some sort of plan or strategy to get it done. Wouldn't you want to know exactly how you did it? Or wouldn't you want to know exactly what not to do?

In this chapter, we're going to look at the Three-Phase Plan. This strategy involves writing down:

1. The end goal
2. An overview
3. Daily tasks that will push you forward

Phase One: The End Goal

You need to write down the end result of your goal and why it is important. I mean physically writing it on paper or a whiteboard — not on a computer, and not on your phone. You need to be deliberate about what you want, and you need to take action by writing it down to show that you're committed.

This part of the plan shouldn't be too difficult since you've already envisioned it and you're clear about what the end goal is.

Phase Two: The Overview Plan

Preferably, I'd still like it if you wrote this part down on paper — just like the plan before. But if not, at this stage you can use any digital device: your computer or your phone.

During this planning phase, you're going to make a lot of amendments. In this phase, you'll create a timeline and list the milestones that you need to overcome to get where you want to be.

For example, if you want to achieve a certain body type within a year, you might want to write down milestones to hit each month. Write it in a general sense, knowing that this may change — not because you're planning to stop, but because life happens and adjustments are necessary.

As you work toward your goals, you'll improve at execution. You'll get better at planning. Revisit this document and make the necessary changes to guide you more accurately.

Additionally, find three people who have achieved something similar to what you're aiming for. This provides social proof that what you're trying to achieve is possible. It doesn't have to be the exact same thing, but something similar enough to show you that it's attainable.

And in the rare case that nobody has achieved the dream you have — well, that's great. Either you're very wrong about what you're doing... or better yet, you're about to make history.

Phase Three: The Daily Plan

This is the most important part of the plan. In this phase, you must write down a list of things you need to do for each particular day. Do not start your day until you've written that list. I cannot stress how important this is.

We operate better when we work on smaller pieces of the larger goal. Most big things are just a collection of small things. A year is simply a group of months. A month is a collection of days. A day is an accumulation of hours. Hours that could dedicate to your goals. When you write your daily goals down, nothing feels better than crossing off the tasks you set for yourself.

When you begin doing this, you start becoming the person who keeps promises — your promises. You become the person who follows through. These are small, manageable goals that you know you can complete within the day.

Small progress is better than no progress.

Your tasks can be as simple as making your bed, washing your clothes, or cooking yourself a healthy meal that evening. You

need to write effective goals that you know you can do and that you're willing to do — goals that push you forward.

This practice will also help you break the illusion of being busy versus being productive.

You will know exactly what you're doing, and exactly which tasks are difficult or are taking your time.

Chapter 5: Dealing with Distractions

In the age of information and technology — especially with the introduction of Artificial Intelligence (AI) — one can only imagine how many avenues of distraction exist. From the need to avidly compare ourselves to others, to "doom-scrolling" video shorts and digital reels, to being bombarded with constant pings and alerts from notifications. Our world today has made us so absorbed in this digital reality that deeply focusing on anything seems almost absurd. What shall we do then? This is not a question of whether or not social media and our gadgets are bad. What we want to do is develop useful strategies and techniques to fight through the distractions.

First, we need to identify the different types of distractions you and I face in our day-to-day lives. Of course, these may vary from person to person, but generally speaking, we can categorize them in this way:

1. Adventure Distractions: The ever-growing need to seek out something that excites or intrigues you. This manifests in various ways — scrolling to find that one perfect video, constantly switching

between apps, or waiting for the satisfying feeling you get when someone reacts to your post. It is a constant need to find something thrilling.

2. Mental & Emotional Distractions: These include, but are not limited to, worrying about things outside of your control; questioning your abilities or goals; fear of failure and perfectionism; measuring yourself against others; and feeling unmotivated.

3. Structural Distractions: These stem from a lack of clear goals and not knowing what to focus on. No accountability — no one keeping you on track.

If any of these resonated with you, let us build some techniques to manoeuvre through these distractions.

If You Are Dealing with Adventure Distractions

Many of us suffer from this. I would personally say this is my biggest distraction of them all. One could say that a simple solution is to just

put away the devices of distraction — whether it be your phone, console, or computer. In addition, you could also switch off the apps that are causing the distractions so that, even if you need the device for something essential, such as work, you would still be able to focus. Although I do agree with that sentiment, personally I feel that "adventure distractions" run a little deeper than simply putting away devices.

Think about this: Are you able to be alone with your own thoughts? Are you comfortable being bored?

A lot of the time, when I was trying to focus on a particular goal, my mind would start drifting — daydreaming about something else — or my hands would start fiddling with an object on my desk. Sometimes I would start humming a song that was stuck in my head, and I'd slowly drift away into procrastination. From my own experience, I termed this "adventure distractions," as a way for the body and mind to mitigate dullness. Some of these distractions may not be triggered by our devices but are deeply rooted in our minds and default behaviours.

What do I do when I am bored, confused, or alone? What behavioural patterns do I exhibit when I want to take a short break?

Try to notice the natural patterns you follow when you are distracted. First, we must identify our patterns. The next time you get distracted and perform one of these actions, keep a running tally beside the behaviour you listed. Does this sound boring to do? Yes. Does it sound mundane? Absolutely. But we want to evaluate how badly distractions are affecting us. Until we actually see it for ourselves — how poorly we are performing — we won't believe it.

Secondly, we should place a reward system in our daily tasks. Depending on how often you get distracted, this will take some accountability on your part. Immediately after completing a difficult task, give yourself a 10–20-minute reward. The rewards can vary — giving yourself a pat on the back, taking a break, watching a video. Please be reasonable with these rewards, keeping them within 10–20 minutes. We want to channel our pursuit of something exciting into finishing our tasks — redirecting our energy into something meaningful first

If you are dealing with Mental & Emotional Distractions

Awareness & Acknowledgment

Mental and emotional distractions often strike when we least expect them — intrusive thoughts, feelings of overwhelm, doubt, or anxiety can quickly derail even the most focused person. The first step to managing them is awareness. Pay attention to your thoughts and emotions: are you constantly worrying about the future? Are feelings of frustration or self-criticism creeping in? Rather than trying to suppress or ignore these distractions, acknowledge them. Name what you're feeling — “I'm stressed,” “I'm anxious,” “I'm distracted by self-doubt.” When you recognize these emotions without judgment, they lose some of their power over you.

Grounding in the Present & The Mind-Body Connection

It's important to remember that our mental and physical health are deeply connected. When your body is out of balance, your mind often follows. Simple practices like regular exercise, staying hydrated, getting enough sleep, and eating nourishing foods can greatly improve focus and reduce mental clutter. During my university days, when the pressures of exams, assignments, and expectations weighed heavily on me, I would lace up my shoes and run seven laps around the football field. It was my personal reset — with each lap, my anxiety and

frustration melted away, leaving me calmer and more clear-headed. Find your version of that release. Whether it's running, stretches, or walks, physical movement helps reset your nervous system and brings you back to the present.

Emotional Resilience & Refocusing

Building emotional resilience takes practice. Learn to approach setbacks and distractions with curiosity, not self-criticism. Ask yourself: what is this feeling telling me, and how can I support myself through it? Use mindfulness techniques such as deep breathing or journaling to regain focus. Keep your larger vision in front of you with visual cues — a goal board, written affirmations, or simple daily reminders of why you started. And remember, you won't always feel perfectly motivated or emotionally stable — that's normal. The goal is to keep showing up, even on hard days. By nurturing both your mental and physical well-being, you'll strengthen your ability to stay grounded and committed to your goals, regardless of life's emotional distractions.

If You Are Dealing with Structural Distractions

At this stage, your goals need to be clear in your mind. You can refer to Chapter 1 for guidance on exploring your dream. Knowing your identity, as conveyed in Chapter 2, is of paramount importance. Chapter 3 expands on mindset shifts and establishing an environment for success. Chapter 4 elaborates on having a plan for the tasks you are about to undertake. It cannot be overstated how essential it is to have structure and routine in your endeavours.

Have a Routine

I remember, in my college years, struggling to pray in the morning because I was overwhelmed with assignments and deadlines. I bought myself a marker, duct tape, and — I believe at the time — an A3 sheet of paper. I wrote, in all capital letters, the word "PRAY" on it. Then I stuck it to the ceiling to ensure it was the first thing I saw every morning when I opened my eyes. (Don't worry about the logistics of how I managed to stick it on the ceiling.) The overall point is that there needs to be markers for when your day begins and when your day ends. For me, at that time, it became those four letters I saw every morning. We can establish markers of routine throughout our day to give us a sense of process.

Work on One Thing at a Time

There are those of us who pride ourselves on multitasking — performing numerous tasks within a given time frame. Although I acknowledge that multitasking has its place, usually with smaller or mundane tasks, most goal-centric activities require undivided attention. Even though it may be possible to play soccer while juggling frying pans simultaneously, it would not be recommended as a method of practice for someone desiring to be the best juggler or soccer player. And in the event that someone wanted to become a "juggling soccer player," they would first need to practice those skills separately before combining them. I think it is fair to say: it is better to get one job done well than four jobs done halfway.

This is not a declaration that multitasking should never be done, but rather an encouragement that it should not be done when performing critical, goal-centred tasks. Doing many things at once will most likely divide your attention, increase the chances of errors, reduce quality, and lead to stress from feeling overwhelmed. This assumes your energy is equally divided between tasks — more often than not, that is probably not the case. While multitasking might seem productive, it actually hinders your progress.

Another question could be: What if something important pops up? If it is something that requires your immediate attention — for instance, an emergency — it would be ill-advised not to attend to it. However, there are those of us who frequently have several "important" things arise. In such cases, let us create a hierarchy of importance. If these other important tasks are in direct conflict with our current goals, we should re-evaluate when we can accomplish them. Let us ask ourselves: If I cannot get it done in the morning, can I do it earlier? Or perhaps in the afternoon or evening?

Twenty-four hours is enough time to fit in the truly important things that we need to do.

Accountability

Assuming you can hold yourself accountable, it's important to go beyond vague intentions. Begin by establishing a clear time frame for each of your tasks — especially the immediate task you are working on right now. Without a deadline, even the smallest task can stretch endlessly. Be honest with yourself about what you can accomplish and by when. In addition, admit your shortcomings openly. If you miss a deadline or fall short of what you committed to, do not make excuses or pretend it didn't happen. Acknowledge it. Reflect on what caused

the setback — was it distraction, poor planning, or procrastination? Understanding the root allows you to adjust and do better next time. The more consistently you practice this kind of honesty with yourself, the more your self-accountability muscle will grow. Over time, you'll find it easier to stay focused, meet your own expectations, and build trust in yourself to follow through — no matter what distractions arise.

Chapter 6: Failure

“Finding Another Inspiration, Leading Upward Regardless of Everything”

There are some of you who, once you set their minds on something, execute and move forward. They're focused, determined, and you conquer. If this is you—great. Keep moving and continue pushing forward. But there are also those of us who **fail** in the pursuit of our goals. This chapter is about what we can **learn from failure**.

F – Finding

This is the stage of self-discovery. You need to ask yourself some honest questions:

- ❖ How did I fail?
- ❖ What caused me to fail?
- ❖ Why did I fail?
- ❖ What strengths do I lack that led to this failure?

❖ Is this pursuit still worth it? Would I try again?

Answer these questions truthfully. You need to be clear about the reasons behind your failure. Maybe fear held you back. Maybe you hesitated. Maybe you lacked the necessary knowledge, skill, or discipline. Rarely is failure just “bad luck.” In most cases, there’s something you could have done differently to succeed.

There is a time to cry over what wasn’t accomplished—but this isn’t that time. This is the time for introspection. Sometimes, failure teaches the lesson we needed. Sometimes it redirects us. And sometimes, the hard truth is: **the problem was you.**

A – Another

Failure comes in all forms. Some failures still allow you to pursue your vision. Others may seem to shut the door permanently. In either case, it’s time to consider *another*:

- ❖ Another approach
- ❖ Another path

- ❖ Another perspective
- ❖ Or, in some cases, even another dream

Be honest with yourself. Is it time to pivot, or do you simply need to reassess and recommit? If the answer is that this dream is still worth chasing, then let's keep going.

There's often more than one route to a goal. However, in some cases there is only one way to the goal. In those cases, the path itself doesn't change—but you have to. If your dream only has one route, find **another way to walk that same path**. Become stronger. Become wiser. Become **another version of you**.

I – Inspiration

Even in loss, inspiration can rise from failure. You must **reignite the fire** that led you to chase your goal in the first place.

- ❖ Was it a mentor who inspired you?
- ❖ A vision of the life you want?
- ❖ A talent you wish to master?

Revisit those reasons. Maybe the fire doesn't burn as brightly as before—but if the vision still matters to you, then that's enough. True inspiration goes beyond emotion. It becomes **conviction**—a reminder of why it matters and why it's worth fighting for.

L – Leading

You must **lead yourself to victory**. Take responsibility for your past actions and for your next steps. Maybe the pain of failure is still too heavy. Maybe the embarrassment is real. People might laugh. You might feel alone.

If that's the case, then lead yourself to a **place of healing** first. As King Solomon once said:

*"A time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh."*

Do what is necessary to recover. You are not a machine—you're human. Take the time you need. But when healing is done, lead yourself **back to the fight**. No one sees your vision more clearly than you do.

U – Upward

Now that you're back in motion, pursue your goal with renewed clarity and purpose. You know exactly what you did wrong. You know the exact moment you broke before.

This time, **surpass that moment**.

That moment—the point where you previously failed—is now a checkpoint. If you can push past it, you are already greater than the version of yourself who stood there before. Mark it as a milestone. Celebrate that you're moving **upward**.

R – Regardless

You've already surpassed your old limits. Now, see how far you can go—**regardless** of what stands in your way.

- ❖ You might feel fear—move **regardless**
- ❖ People may doubt you—move **regardless**
- ❖ You might be exhausted—move **regardless**

If you're a believer, then hold on to this promise:

“If God is for us, who can be against us?” (Romans 8:31)

“You are more than a conqueror”. Keep going.

E – Everything

You carry **everything** with you on this journey:

- ❖ The failures and the successes
- ❖ The setbacks and the growth
- ❖ The pain and the transformation

Failure is only part of your story. It is not your story. So, rise—
let us achieve what we set out to do.

Chapter 7: Fight and Finish

Never give up

By *fighting*, we don't mean being aggressive or insufferable. We mean being **relentless** — getting up again and again, and moving forward even when progress seems invisible. Most goals worth fighting for come with barriers to overcome. These can be internal (like fear, doubt, insecurity) or external (like lack of support, money, or opportunity). But if it's something worth fighting for, it will give you meaning and purpose. And for that, you must fight.

You may ask yourself:

- ❖ Why do I feel like quitting?
- ❖ Is it still worth fighting for?
- ❖ How do I keep going when I don't see results?

Think of it this way: **results are just byproducts of the work you put in.** If you are clear on what to do, and you're sure the

path you're walking is the right one — that is where your focus should stay. The results will follow.

Imagine two people standing side by side. One of them moves forward by just **one centimetre** every day. It doesn't seem like much — almost nothing at all. But in a year, this person would be over **three football fields ahead**. Do you notice the centimetre that you move when you're chasing your goals? Probably not. But progress is still happening.

If you can run — run.

If you can jog — jog.

If you can walk — walk.

If you can crawl — crawl.

But never stand still.

We must learn to separate **being busy** from **doing meaningful work**. You want to pour your energy into the things that matter — the things that truly move you toward your goals. There's a common saying: *"Work smarter, not harder."* And while there's truth in that, let's take it further:

Work smarter, harder!

Find the most effective way to achieve your goals — and then pursue it with everything you've got. Because even if you work smart, the version of you who does the same thing with more focus, more intention, and more effort will be ahead.

Don't just be busy — be busy **with purpose**. It's better to do two hours of the *right thing* than eight hours of something meaningless.

The promise keeper

What if I start strong but fail to finish?

What if my motivation fades?

How do I stay consistent when the spark is gone?

These are the questions that haunt even the strongest among us. And they're honest questions—ones that need answering, not avoiding.

So, pause for a moment and ask yourself this: **What does your life look like if you give up?** What does your future hold if you never follow through on your dreams?

Picture it clearly: the version of your life where you settle, where you stay the same, where the vision in your heart fades into regret. **How does that make you feel?**

If that life feels acceptable to you, then perhaps your dream isn't something you truly want. And that's okay. Not every dream has to be chased. But if that imagined future—the one where you did nothing—fills you with sadness, restlessness, or even quiet frustration, then you already have your answer.

The path forward is hard, yes. But the cost of *not* walking it is still harder.

Here's something we should remember: **A great predictor of your future is not your wishes—it's your past actions.** What you have today is the result of what you've consistently done yesterday. And what you will—or will not—achieve tomorrow will depend on what you consistently do *today*.

We often talk about the “best version” of ourselves. We dream of the confident, disciplined, joyful person we could be. But sometimes, when inspiration fails us, it helps to look at the opposite.

Think about the *worst version* of yourself:

The one who doesn't follow through.

The one who gives up halfway.

The one who stops believing, stops trying, and lets time pass them by.

Is that who you want to become?

Let that thought motivate you if the dream no longer does.

Let each man and woman decide—**Who do I want to be?**

And perhaps more importantly—**Who do I *refuse* to be?**

Look at your current self.

Are you proud of the decisions you've made?

Are you proud of how far you've come?

Are you grateful to your past self for getting you to where you are now?

If the answer is yes—then good. Keep going. Your future self will look back on today with even greater gratitude.

But if the answer is no—if regret, missed opportunities, and broken promises fill your thoughts—then here’s the powerful truth: **You have the power to change it.**

Right now.

You see, your **past** may be the reason for your **present**, but your **present** is the reason for your **future**.

Everyone fails. Everyone loses momentum. Everyone faces moments of doubt. What separates those who build the life they want from those who don't—is this: **They move anyway.**

We all have fears. We all face obstacles. We all experience pain, setbacks, and moments of hopelessness. But we also all have the power to choose. To choose purpose over passivity. To choose direction over distraction. To choose consistency when motivation fades.

Your current struggles are not the end of your story. Your current pain will one day be replaced by the **cheers of your**

future self—the version of you that *didn't quit*. Your current doubts will be overshadowed by your victories. Because the life you want doesn't begin with a perfect moment—it begins now, with an imperfect but committed choice.

Let us be the people who live with vision. Let us be the people who **move with purpose** and **walk in truth**, who **align with our values**, who **keeps the promises we make to ourselves**—especially when no one else is watching. Let us be the ones who write our future in bold ink, not pencil. Let us be the ones who rise every time we fall. Let us be **Promise Keepers**.

And if you're still here, still reading, still thinking about the life you want... That means you're not done yet. So, get back up. Keep walking. And finally **finish what you started**.

Epilogue

No one ever said chasing your goals would be easy. Fear, failure, doubt, and discouragement will come. You will question yourself. You will feel like giving up. But don't let temporary feelings rob you of a permanent future. You don't need to be the most talented, the smartest, or the fastest — you just need to be the one who doesn't stop. That's the person who wins.

Consistency isn't about being perfect. It's about showing up even when you don't feel like it. Discipline isn't about never getting tired — it's about moving forward even when you are. Success is rarely a moment. It's a decision repeated every day in silence, when no one is watching and the results aren't yet visible.

You've read these pages for a reason. Something inside you wants more. Don't ignore that. Feed it. Fight for it. Nurture it. Even when the world doesn't believe in your dream — **believe in it anyway**. Your life is not a rehearsal. You only get one shot. Make it count.

Let this not be the end of your journey, but the beginning. You've got what it takes. Now go build the life that's waiting for you — one focused day at a time. From Scattered to Sharp!

About the Author

Martin Kululanga is a developer, engineer, and mentor from Malawi with a passion for helping people overcome procrastination and become finishers—not just starters.

Having wrestled with inconsistency in his own journey, Martin began teaching what he first had to learn himself: focus, resilience, and the discipline to stay committed to personal goals.

Today, he writes and speaks to students, creatives, and everyday dreamers who are ready to move beyond excuses and stay loyal to the visions that matter most.

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