

Gender Balance

Rita Ngu

Iron Trade London United Kingdom

Abstract:- Academics for the girl child should be recommended especially as many girls end up living a life of celibacy without vows or blessing; we all prefer to marry but the girl who fails to marry has to head their own home and cater for their young not to be scandalized ill-treated and rejected because the men they mess-up with got married to the other woman. Educating the girl child will make for smart married women as well as smart single women. The fact is clearly set before a panel to analyze before a conclusion can be reached depending on the hypothesis and the research findings; even the dull and ignorant have a story to tell here on earth not in heaven 'you are the child of the universe no less than the trees and the stars you have a right to be here' a realistic role gives credence to humanity. Numero un, the Numero Uno is the most important person or thing. Wholesome, awesome, wonder and awe, aesthetic, artistic, original; I am a native speaker of English, my mother tongue is broken English, meaning pidgin. One capable of forming part of the larger whole as a basic component that models by exemplifying communicating and connectivity; a local and national symbol of oneness with a global presence. You are all one in union with Christ, at Christ the descendant who has purchased for all eternal life; a person and God the Father in a relationship through Christ the Son; one as the blessed trinity, every generation gets a messenger to tell the people of God that he remains their Father who is unseen.

Keywords:- One, One Digit, One Whole, One Fold, One Family, Ones (un-unus-uno).

I. INTRODUCTION

Academia is the communities in academics interacting to deliver a great experience that enables a wholesome achiever with accomplished satisfaction. The microcosm, macrocosm is all about the cosmos and the analog of the human being; involving the human race consisting both black and white people. Whole is a term that underlines the complete status of an activity, the entire scenario of a situation. It is a full look of the depth of the circumstances surrounding the present. Total confidence in the work done, the whole is all there is; every part, every member; while all these words mean "including everything or everyone without exception," whole implies that nothing has been omitted, ignored, or taken away. All and whole are quantifiers, and as such they are a form of determiner. They express totality or completeness. All can refer to singular nouns or pronouns, or to plural nouns or pronouns

meanwhile whole is essentially used with nouns in the singular.

Women's studies and gender issues enables the male and female to interchange roles on the same standards as such a balancing system falls in place. Equality is the level where reasoning and treatment begin to find the right place and build in stand for unity to thrive. A standard is something that everyone accepts and acknowledges as right in measure, size and dimension. Knowing and keeping to standard is upright behavior, compliant and savvy typical of learned people who queue up for attendance in hospitals, banks and libraries to name a few. A unit of education through competence builds the senses into thinking in a certain direction. Academies are grading step by step, from class to class, from one standard to another until finally through facilitation children grow into adults recalling and conforming to the norms of education. After school is ended there is an alumni to look out for, a job search begins which can be very cumbersome for the disadvantaged so can we look out for the lagging indicators of education alongside the leading indicators through right targets and good metrics to measure outcome. Can women's emancipation build up to something when men group together to repress and demean fellow mates in woman skin.

II. MAGISTER

A whole me, wake up this morning thinking of whole milk, bridel is the right quantity not too much not too little. Headed for the university, did you know the term university is from the Latin word universitas meaning 'whole'? What kind of work do you do? Reading and writing is all about learning step by step; paper work is about documenting, use of chalk, bold marker, A4 papers and books. The bookman is the foreman in the forefront; yes this embodies much of talents hidden that can be seen only at creative environs; speak up, say it well. Booking is the term where schooling is the theme, education is the key to success, and prayer is the master key to this effect a magister level of education with international recognition. According to the international standard classification of education ISCED a statistical framework for organizing information on education maintained by the United Nations Educational, Scientific and Cultural Organization (UNESCO). It is a member of international family of economic and social classifications of the United Nations. The ISCED has nine levels of education; the magister is the eighth and ninth levels. Magister is the level of education that is a master.

Magister is a title or form of address given to scholars, especially those teaching in a medieval university. Magister is the Latin word for Master. They mean actually the same thing. The magister degree arose in medieval universities in Europe and was originally equal to the doctorate; while the doctorate was originally conferred in theology, law and medicine, the magister degree was usually conferred in the liberal arts, broadly known as "philosophy" in continental Europe, which encompassed all other academic subjects. In some countries, the title has retained this original meaning until the modern age, while in other countries, magister has become the title of a lower degree. The world must come together as one and allow flexibility in workstation with equivalent titles of similar levels of education performing in congruity with same quality of fitness as players delivering appropriate basics in models across the globe. Global solutions!

Table 1 describes the different levels of education according to the international standard classification of education ISCED

Table 1
Levels of education according to international standard classification of education ISCED

Level 0	Early childhood education 'less than primary'	Low level education
Level 1	Primary education	Low level education
Level 2	Lower secondary education	Low level education
Level 3	Upper secondary education	Post secondary
Level 4	Post secondary non tertiary education	Post secondary
Level 5	Short cycle tertiary education	High level education
Level 6	Bachelor's or equivalent level	High level education
Level 7	Master's or equivalent level	High level education
Level 8	Doctoral or equivalent	High level education

As we are having the same level of education we should take interest in the welfare of our brands and those of our pals like craftsmen we resonate as an association of people for mutual aid in pursuit of a common goal. Having attended regular school with the traditional setting of classes, homeschooling is appreciated to better assess and understand. Uni-people are working day in and day out to keep up with the various mixes of education types. My brand is academic with resource material and application to texts in real life scenarios; looking at a situation, describing the situation to the understanding of people not present in a realistic and appealing manner. Using the brain power as a higher mammal no animal instincts of wildness which is primitive and detested; men and women should reason on the same level when they have similar qualifications.

Having passion for regular traditional settings with face to face meetings allowing mates to bond ask questions to clarify doubts for emotional touch, acceptance, gift giving, whilst understanding artificial intelligence online learning distance education and virtual studies at its cross roads enables flexibility; thus a blend of all the forms makes it visibly clear that comprehension, assimilation are keys to fundamentals and deliverables. Where time is one factor in teaching timetables every period is scheduled ahead for a whole month of teaching having the reading material, resource, makes both parties to understand each other cover more topics on the syllabus at a short time frame in the comfort of their homes. Anxiety which is caused by lack of enough to read when absent from class is covered because in case you are thirsty for knowledge or hungry for notes at any given period (t) there is something to grasp from a touch phone, computer, printed slides etc. In addition anxiety from catching transport vehicles covering phone costs for explanations of delays due to traffic on the different streets as we all merge from different points is saving us our breathe! Breathe taking!

III. ALUMNI

As a student making it a point of duty to attend classes is an essential part of the curriculum; being present to witness and interact with the teaching staff and fellow mates makes learning and education more appealing than sitting back to copy stuff from your other mates with wrong spellings and incomplete sentences. That notwithstanding in difficult situations absenteeism can be unavoidable. Why will a serious student lay back? Instead all students should be compelled by the norms that be to attend and participate in the classes, courses going on for the assessments in the school curriculums because this will result in better output due to improved comprehension and speedy responses. When ideas are shared the common good prevails thus sustainability and performance outweighs malfunction, mishaps and misdemeanor. Sure goodness and mercy are terms that apply where solidarity and peace reigns.

We should put in our best; put up our best show and offer our best assistance as mates and colleagues because we owe this to ourselves in the least. After all whilst in school if we do not enjoy our studies we will not do so as ex-students or as former-students? Student life must be well understood and well experienced to better appreciate the ins and outs of the educational cycle. Now that our school days are over we start to look forward to becoming ambassadors for our alumni. Alumni look out for each other except where disdain and malaise reigns; what then does this achieve. Come to think of it most schools should wake up to councilors, information officers, advisers and what have you to breed the right behavior amongst future generations of leaders. Some schools offer alumni associations which enables them to coordinate assistance for each other; solidarity and social issues come into play. The job market is explored and festivities come in depending on personal needs and case studies at hand; we all come along.

IV. STYLE

The western style of education and the black style of education are typically leveling up to the same except where specialization comes in. The primary and secondary levels have come up to the same level except where cultural norms set in. There are styles to manage a business both small and large scale business after going through the educational process. During the training period the coaches taking part in the sessions empowering the participants to be motivated in securing the cultural diversity specially tailored to suit individual needs designed for male and female gender, denouncing violence on the girls and women; sexual abuse and manhandling partners by the men folk. Uphold each class for coequality, equivalence and relevance to abound and improve a network for teams zoning the area to build a solid connection. This is the team style of management; as opposed to the family style.

Family style is possible for one person and more but usually not exceeding four people most appropriately it should be father and son like Awa & Son Photos Bamenda, brother and sister like San Paolo pharmacy where I worked for my eldest brother, husband and wife etc. A family owned business may be defined as any business in which two or more family members are involved and the majority of ownership or control lies within a family. Family owned businesses may be the oldest form of business organization. Family business owners typically keep profits within the family. While not all businesses are successful, a family business that has sustained itself for generations is likely to generate significant cash flow and profit to the owners, which could be you. However lack of skills or experience is a problem with this kind of management style because some family businesses will appoint family members into roles that they do not have the skills or training for; working in a pharmacy with a microbiology bachelor's degree is not acceptable by the norms that prevail. This can have a negative effect on the success of the business and lead to a stressful working environment.

The team style management is for personnel who typically do not have family ties but are bound by the norms of their business goals. Personnel of a team can share a ride to work using a business car or share one computer if they have the skills but lack the means. A team is any group of people organized to work together, both interdependently and cooperatively to accomplish a purpose or a goal. It's not easy to get teams across a growing organization on the same page. When teams are not aligned the customer experience and revenue suffers. The good news is that you can help your clients and your business close those alignment gaps through efforts of business communication, connectivity, marketing, sales, and information technology.

Three common types of workplace teams include functional or departmental, cross-functional, and self-managing. The very definition of a team is a group of people working toward a common goal. You hear about teams in sports. Do they call a group of baseball players employees? No, they are called a team, because each of the members

fills an important position doing what they do best. The material you carry with you in your head as the bearer makes one say again 'in head & foot'; the foot cannot say to the head that do not use me to go your way because I am not a head. The body has many parts, the eye, the hand, the foot, the head each with a special function without the eye to see, the foot will lead one to the ditch. As a team you work for a goal set together with one aim, once it is achievable, it is doable and can be redone because together achieves better; 'many hands do light work'. Small teams use little or no technological skills meanwhile large teams are complex and data driven with huge stores of data volume. Team spirit is good where every player knows their worth and fills in their required field of play; good gaming makes it interesting, exciting and more passionate.

Figure 1, is a diagrammatically representation of family style and team style management

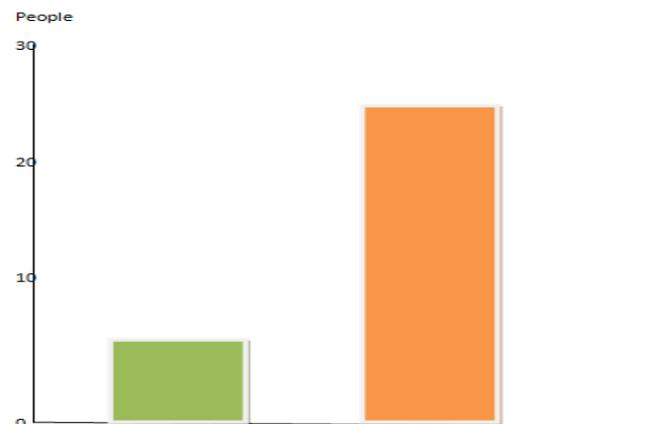


Figure 1 Management Styles (Family Style Green –Team Orange)

Histogram indicates small teams and large teams exist depending on the activity.

V. PEOPLE

A whole number has no fractions; when two is shared by two sides each side gets one whole number; no fractions involved. One is the lowest cardinal number, half of two; it represents the same identical situation and can stand for a people in general. The Numero Uno is the best or most important person, thing. The individual, person, thing makes a three in one for the trinity in unison, divine and human. In mathematics and digital electronics, a binary number is a number expressed in the base-2 numeral system or binary numeral system, which uses only two symbols typically "0" and "1": in the digital world signals or data are expressed as a series of the digits 0 and 1 typically representing quantity. The word people come into play when two persons are involved.

Digits are used for mathematical calculations; one digit numbers are zero to nine for small teams, two digit numbers are ten to ninety-nine for larger teams, three digit numbers are a hundred plus for projecting global workplaces; needing good people skills honed over the years from training and experience. I am so plus looking for an

addition, an advantage, a fitting in style, a fitting in position, a fitting in place, 'plus/we fit plus/plus ca change plus c'est la meme chose'- one more. The global workplace needs experience, dynamism and tech savvy to keep pace with competences for the global marketplace, competition and professionalism that brings out the celebrity in you a call for celebration. DIGI_R is a digital online presence for my advertising campaigns with the twitter app in the big brother Naija house; it offers a personalized experience and a call to support from a huge audience for promotional activities with iron trade.

This is possible today through digital communication from a small office in private as well as from a huge office building downtown using phones, computers, mailing systems like yahoo plus and Google; got to get a space because there is plenty of space here. In DIGIT Inc the company helps you get results and reach your money goals effortlessly. Improve your financial health with Digit, the personal finance app that helps you save money, budget, invest, and pay off debt - so you don't have to think about it. Healthy money, happy mind; whatever your money goals, start making progress today. Discover how to save, invest, improve your spending, and pay off debt, effortlessly. Digit gets to know your personal finance habits and makes saving money effortless. Digit analyzes your spending patterns and income and intelligently saves what you can afford, so you can reach your savings goals quickly and easily. Digit's Overdraft Prevention feature moves money back into your checking account to help avoid overdraft fees.

The world has gone digital people with a worldly sense, people fixing the world, people on planet earth involved with biodiversity and conservation, people in virtual reality augmented reality and extended reality; great white people The people with an artistic touch in designing and performing like Prince Harry and his wife Meghan are talking about how they want to approach life and work from all across the globe showing proof of the nature of this generation. They are living and working in Africa Europe and American on the same level to model the coming of age of a people. People like Bernard Marr & Co involved actively in the industry tech age. They are interacting with the monarchy and the democracy; we all must put our hands on deck to go with our changing times; the wind of change blows. We must be proclaiming the people in our lives like role models that display and exemplify the new trends for improved realization. Real estate, human estate- real human!!!

VI. ORIGIN

Holistic = Wholistic (kind of!).

Wholistic refers to a whole or whole body; taking into consideration the whole body or person. A person carries a personality that soothes, cares, nurtures, nourishes at home and it is so personal. An attendant is ready to assist with office duties to facilitate the running of the business; in person or by mail. What are the five steps to grow my idea as a professional, to start there is a subject matter to deal

with, next we wonder, marvel, ponder on the subject, do some research into the past, present and future of the subject, connect the environs to the subject matter, expand your horizon by breaking new ground or by tapping into old skin. Holistic marketing is targeted towards the whole of the population involving all departments of business. Every hand is on deck with holistic marketing to give a good image for the enterprise, sales, accounting, management go the extra mile to give it a boost.

Our roots and cultural origins are the reasons for emotional attachment to a place or community. Having a source of origin gives a sense of belonging as a descendant growing up until we begin to have a settled life in a place, take root and become fixed or established. On the other hand money is the root of all evil use it well, there are many ways to spend money wisely invest-it in business and have fun in your circles: save some when it is too much for the rainy day. From Longman Dictionary of Contemporary English somebody's roots your relation to a place because you were born there, or your family used to live there as immigrants keeping in touch with their cultural roots Alex Haley's story about his search for his roots became a bestseller. Based on Alex Haley's family history; Kunta Kinte is sold into slave trade after being abducted from his African village, and is taken to the United States. Kinte and his family observe notable events in American history, such as the Revolutionary and Civil Wars, slave uprisings and emancipation.

While no one has a precise prescription for how to eradicate racial injustice, I firmly believe that a critical first step is embracing the difficult conversations and uncomfortable truths that we've become too accustomed to avoiding. The baseline uncomfortable truth is that blacks and whites often maintain their own subcultures including very different informal conversations in with surprisingly little overlap at times. In this new Black Lives Matter environment with heightened racial sensitivities, many white people may approach their businesses with some hesitancy and anxiety about not knowing exactly what to say, but it should be similarly acknowledged that for many black people, they may want to speak boldly but feel constrained, muzzled or just completely exhausted and therefore choose to instead simply fume on the inside.

Some said they were frustrated that the goal post for what is appropriate to call black people keeps moving. They admitted that they are tired of trying to keep up. Indeed, what is acceptable for white people to call African Americans and for black people to call themselves has evolved over the last century. The standard term has shifted from "colored" to "negro" to "black" to "African American" as people sought to redefine themselves and their place in America. We want to experience the American dream but we continue to dream until our lives are lived out in exhaustion and contempt. Martin Luther King dreamt Koffi Atah Annan spoke out clearly; Jesse Jackson visited Africa he was on television saying we should ignore our tribes-villages traditional barriers and look as a nation at one common good Oprah Winfrey is talking on her talk show

program. We must continue to keep up our own values else we waste our years and live-out the sham, slander, shame and broken dreams of shattered ambition. Let's be one, be one to follow change, no Tikar, no Fulani, no French, no English; one people, one beer.

VII. COSMOS

The cosmos, the universe meaning all existing matter and space considered as a whole, a sphere of activity or experience. The philosophy of cosmos is a discipline directed to the philosophical contemplation of the universe as a totality, and to its conceptual foundations. Biblical cosmology is the biblical writers' conception of the cosmos as an organized, structured entity, including its origin, order, meaning and destiny. Our universe is 13.8 billion years old, a timescale much longer than the more relatable spans of hundreds or thousands of years that impact our lived experiences. Prince Phillip lived into a ripe old age, rest in peace 1921 to 2021 one whole century gone, fallen asleep to rise no more. As the energy density, scale factor and expansion rate become infinite the universe ends as what is effectively a singularity. The word universe derives from the Old French word *univers*, which in turn derives from the Latin word *universum* which means all together, whole, entire, collective, and general, literally turned or combined into one. Take up your own space therefore, be of good cheer, state of the art, prelude to your new horizon; the designer is you take your time make it memorable.

The world may be spherical, rounded or flat; it is a place to leave better than you found it the powerful world leaders the societies that live in it will benefit from your life here so do your very best. May every space be spacious enough to make it happen not mar it, may every grace be gracious and may every religion be religious so evil is set aside. Heal the world, welcome to my world where food must not spoil and souls must not perish; welcome to the feast of heaven and earth; come to the table of plenty where the breaking of bread is for the glory of God. The universe, the planet, the earth and all its peoples must come together as one. Welcome to the democracy of the kingdom of ambassadors an embodiment of Christ; welcome to equality in brain power, financial freedom common ground, common wealth, global trade, and global equity.

VIII. COMMON SENSE

We hear of the great multitude of people who are belonging together mostly referred to as patriots. These people function as one listening to the same music, eating from each other's table, sharing pain and pleasure living in the same community. All over the world this set of people play a similar role and come together to present the facts that make innovation acceptable in their own small units of existence. The commoners are knitted together in a bond that never fades away always uniting and serving each other for the glory of their existence. They are not wealthy so to speak but there is a spirit of togetherness and love that binds and fastens. May they last as they are one in faith exercising a win-win helping hand to each other for the common good.

They all go to the commons and study together in the same schools interacting with the same tutors and sharing the same books, pictures, photos and dancing to the same rhythm. The joy of living is seen in the faces that rejoice because life is too short and there is no time to waste. I enjoy interacting with the local people who sell their own farm produce at the Muea Market every market day; I go along with my commercial product a bucket of crackers. This is what I used to sell when I had no teaching going on; in order to keep body and soul together, my kinder joy during my childhood days. Figure 2 below is an exhibit of my product ready for marketing

Common wealth is the 'general good' of an independent community, the people living in a place practicing common ownership. It is a grouping of states or other bodies, an international association consisting of the UK together with states that were previously part of the British Empire and dependencies. The time is now, right time to say goodbye to the vampire; it has destroyed but the Lord has conquered, march on to victory. Come on you are all welcomed, come one come all.



Figure 2 My Marketing Product Ready "Prawn Crackers in a bucket"

IX. CONCLUSION

School is a good thing, learning is a good thing; come to school to learn as a student, as a former student because learning does not stop. Most often than not the people who are learned and jobless are fewer than those who are illiterate drop outs having gainful income generating activities. Even when they graduate and lack jobs they still offer a lot of sane manners compared to the very wealthy uneducated drop outs. Remember some healthy tips and self administered remedies can be followed on radio for cheap; even good counsel can be selected from bad council when education is achieved. The importance of high quality education can never be under estimated; it saves time and a stitch in time saves nine.

Life long learning and the learning ladder; the learning curve keeps going up as time goes by. In the good old days when the colonial masters came along getting a primary

school certificate was a pride and honor for the family involved back then the honorable could pick up a job so fast with clerks position earning a minimum wage but slowly over time with training and consistence the employee got pay raises from the government institutions until retirement when they returned home for the retirement benefits. Always they will not want retirement because they were needing the large income and their families were large with six to nine children to cater for and this was so difficult as they were the cream of society looking out for higher education for their kids. When education is achieved society benefits from the income, revenue generated, the club of educated graduates and their circles be it the workplace or the social affiliation and the whole community rejoices.

In the last century earlier on when school and learning started after the first and second world wars there was the gender problem that still lurks nowadays. The few parents who were farmers and convinced to educate their children chose to educate the boy child hoping the girl's place was marriage cooking and child bearing. When the girls married they were to do all house chores and raise the children they bore for the good of the traditional family; nurturing nourishing and protective of their young. In spite of all their hard work they were thought of as lacking income from a pay package and they were treated as second class parents; inequality reigned and domestic violence plagued this mode of life for mothers of old. Today we talk of gender balance women's rights and equality where men too can cook meals for their families and women too can fetch the income for the family.

Men and women are looking out for equality in the education and income index. Men and women like black and white are continuously struggling to bridge this gap that remains between them but surely the gap is lessening in space. Apparently from learning the basics the modeler has emerged with all its beauty and elegance. Parity from 'paritas' is the state or condition of being equal especially as regards to status or pay; exhibiting no discrimination or favoritism. Where two or more are equal to each other like race parity, religious parity, marriage parity, single parity, male parity, female parity, white parity and black parity. In state owned corporations and schools hierarchy are looking for regional balance, regional parity enables unity in state affairs: national oneness. We all look out for the common good offering the best outputs and the best inputs because competence and performance come into play. Joe Biden plans to invest in universal preschool an investment which will give children a head start paving the way for the best-educated generation in US history. For the future we are forecasting that what will be trendy is graduate level of education for all households because single households are increasing and no matter the marital status children are reducing to a range of two to four maximum. Sounds like all mums and dads want to catch more fun nowadays and this is fashionable. Trendy!!!

Education without a good pay is senseless; I for one with an MBA diploma since 2007 still dreams of the good life, good income and good health that I promised myself at

the end of my certification process. Others excel with the same certificate because my classmate got a five thousand dollar paying job just at the end of her studies at UOP-University of Phoenix Timonium Campus Maryland in the year 2007. George Walker Bush earned an MBA he was the president of the United States. Why then can't I also succeed; may be this is the African mentality still lurking since I returned to my home country after my studies. Actually before my studies finished I had gone for over six months without a job since I suffered workforce reduction in winter with FORMAN MILLS REISTERTOWN.

DIGIR is me-still thinking of setting up short training modules to improve as well as perfect already acquired work tools geared for entrepreneurship, creativity and innovation with holistic marketing to cover science, engineering, health and humanities. Business hints and tips are guidance for high performance to enable productivity. Can we therefore re-structure some old fashion jobs like gardening, introduction to dietetics, crafting, climate change and animal husbandry to suit our graduates in unemployment such that we generate more profitability? Can we introduce creativity, innovation in our curricula? What else can we do to make all graduates earn a good living? The situation is bizarre.

ACKNOWLEDGEMENT

I am so grateful to my mother Awambeng Bibiana and equally appreciative of support from my seniors, all my six sibs (Janette, Stella, Foncha, Caroline, Michael, Boniface @ BAYELLE Nkwen Bamenda as kids) especially as I have gone on and on without stable income; for support, understanding and care; a big thanks 'Grand-MA-GGMA'. Appreciate a friend and sister Yikilah S. Ndahne for morale spiritual and financial support all through the years since childhood from our school days, now in Egypt. My mates and colleagues for being there for me all through my long journey of taking care of business; especially I want to mention Petty Nain for her assistance with internet funding access and Venessa Ashukem for offering me her internet key. The Fortindongji's Family has been a source of inspiration since my days of selling crackers; I applaud them for community care and spiritual fraternity. My online international families with whom I have an online presence, your engaging emotional comments keep me funky. Finally to my son (Lionel @ BAYELLE Nkwen Bamenda grandchild) my offspring, the fruit of my labor, my only son; miles away from me stay blessed. To God is the glory great things he has done.

REFERENCES

- [1]. Cosmos- Internet of Block chains (@cosmos).Twitter. Stargate.Cosmos.network
- [2]. Digit Inc –shops, games, kids
- [3]. DIGI_R – twitter Rita NGU @ rita_ngu
- [4]. Ebuka Obi Uchendu-Big Brother Naija House
- [5]. Forbes www.forbes.com Dear White People –Here are 5 uncomfortable truths Blacks want to say.

- [6]. Joe Biden Pre-school plan www.nbcnews.com
www.marketwatch.com
- [7]. Muea Market –Selling Crackers in the locality
- [8]. Roots 1977 Historical Drama Kunta Kinte
- [9]. OR- Origins OR-Original writer, OR Black Gold (5*10)
- [10]. Zozibinzi Tunzi-South Africa-Miss Universe-My parents taught me the value of education

TABLE FOOTNOTE

Good sense is common sense “common sense is not common”

- 1) Exercise often it helps circulate blood all through your system-brisk walking one hour a couple of times a week
- 2) Write down what makes you unhappy and figure out why.
- 3) Write down what makes you happy and keep it up.
- 4) Meditate for 10 minutes when you feel good, God is goodness