

Mustapha's Three keys to a worry free life



1

Financial Independence

- Meet your basics in life
- Support others to escape poverty without hurting yourself
- Earn even while a sleep
- Make personal strategy & execute it with discipline

Social Respect

- Family -know your roots.Be genuine
- Fun- have fun
- Friends- Build social capital and have supporting community
- Faith. Have spiritual moments and reflect. It is good to be humble
- Fluency. Read, Buy, great books & savour them
- Be knowledgeable

3



Good Health

- Avoid life style that expose you to health risks
- Eat well, exercise i.e physical fitness
- Proactive medication i.e prevention
- Try to eat in not out
- Smile often



2