

VISION
DISCIPLINE
COURAGE

DEFINITION



FREE | BOLD | YOU

VISION
DISCIPLINE
COURAGE

DE

FINI

TION



THE HUBU JOURNALS
VOL. 1: DEFINITION
VISION. DISCIPLINE. COURAGE

Copyright © 2024 The HUBU Team

All rights reserved. No part of this book may be reprinted or reproduced or utilized in any form or by any electronic, mechanical or other means, now known or hereafter invented, including photocopy and recording, or in any information storage or retrieval system, without permission in writing from the publisher.

Published in 2024 by The HUBU Team
www.thehubuteam.com
Email: info@thehubuteam.com

Unless otherwise stated, images used in this book are from Google Images.

WELCOME

Congratulations on embarking on an extraordinary lifelong journey! This voyage is an adventure that will span your entire existence.

Journaling is a timeless practice embraced by successful individuals to reach remarkable heights. Think of the most accomplished people you know in any field—they often maintain a journal to record their lives, aspirations, goals, challenges, reflections, and more. We admire and aspire to be like them because they discovered their authentic selves and lived accordingly.

Through journaling, many people uncover their true essence by capturing their thoughts and reflections on life and applying the lessons they learn. In our fast-paced world, finding time to reflect is often a challenge, which may contribute to the struggles we face in areas such as mental health, anger, identity crises, and a lack of fulfillment. It is crucial to allocate time for self-reflection and make the most of the precious gift of life.

The word "journaling" shares its etymology with "journey." Journaling is essentially the chronicle of your personal journey—a voyage of self-discovery and self-fulfillment. You are embarking on an extraordinary expedition that will astonish many and propel you to unimaginable heights.

The discovery is you! Deep within you, lies hidden treasures that cannot be extracted or vocalized, but can only be witnessed through the diverse expressions of your life. The world eagerly anticipates your emergence.

You are a mystery waiting to be unveiled; discover yourself! Refuse to let society dictate how you live or suppress the expression of your true self.

Take pride in your journey. It won't be easy, but like any adventure, it is the journey that really matters, not just the destination. Of course, reaching the destination is worth the sacrifices made along the way.

You will tread the paths of remarkable individuals, encountering daunting obstacles, peaks, and valleys. However, you will conquer them all and achieve whatever destiny has in store for you. You are about to write your story; the quality depends on your determination to see it through. This story is not just for you; it's also for those who will follow your path or catch a glimpse into your life.

This journal will outlive you, and it is possible that your siblings, children, friends, and family will gain insights, acquire wisdom, and overcome challenges through the words you pen down. Make them proud. Embrace mistakes as learning opportunities, be repentant when they occur, and strive never to repeat them.

You will be introduced to twelve principles that will shape your mindset, establish visions, and aid you in achieving your goals. Consistently following these principles will yield significant rewards, allowing you to influence the world around you, including your friends, family, community, and beyond. Remember, it takes just a spark to ignite a fire—be that spark!

HOW TO USE THIS JOURNAL

1. Begin your day with a prayer. Take a moment to express gratitude, reflecting on what you are grateful for.
2. Consider the goals you wish to accomplish today that aligns with the principles in this journal. Identify something you haven't been doing or have neglected, look within yourself and write it down.
3. Keep your written goals in mind and seize every opportunity to work towards achieving them.
4. Contemplate the daily affirmation and quote.
5. In the evening, reflect on how well you accomplished your set goals. Write down what you did and how you felt.
6. Before going to sleep, say a prayer of gratitude. As you sleep, imagine how beautiful the next day will be.
7. "Exhale" means venting out your frustrations for the day. "Inhale" means writing down the pleasant moments of the day. "Breathe" means reflecting on how you feel after exhaling and inhaling. "Reflections" means noting the lessons you learned from the day, especially in your interactions with others.
8. Read about the personality for the week. If it's someone unfamiliar to you, you can research about that person and involve your friends. It will bring you closer together.
9. Summarize your week on "The Weekly Summary" page.

10. Answer the weekly questions. It's best to discuss these questions with friends.

11. Repeat this process until the end of the month and summarize your overall experience. It's necessary to be honest with yourself.

12. For the next month, you can choose another principle or repeat if you feel the need to.

13. Store your journal in a safe, dry place, like a shoe box

14. Repeat this process again and again. You will gain mastery of yourself; nothing will stop you from achieving your goals.

15. We suggest you go through the entire journal by their sets (the 4 Ds).

MAKE THE MOST OF YOUR JOURNEY

*"If you want to go fast, walk alone, if you want to go far,
walk with a friend" - African Proverb*

1. Seek friends who share your noble goals and are willing to walk and work with you. Having a support system will help prevent burnout and provide encouragement.
2. You may face challenges with writing, thinking, and planning. That's okay. practice regularly and unlock your potential one day at a time.
3. Take at least 10 minutes each morning to reflect (meditate) on what you are thankful for and set goals for the day. In the evening, spend 20 minutes writing about the lessons you learnt.
4. Avoid individuals who make jest and try to belittle your journey. They lack direction and clear goals. They want you to conform to their ways and are motivated by ignorance.
5. Confront the bullies, those who observe your progress and recognize your potential. They will try to hinder your success by using various tactics to persuade you to give up on your goals. They are motivated by fear.
6. Steer clear of people who lack clear ambition. They may show interest, but you will soon realize that they have no genuine desire to pursue any goal.
7. Align yourself with friends who are moving in the same direction as you. Dedicate more time to friends who share your vision and can fuel your passion. .

8. Find a mentor who can provide guidance during challenging times. Share your goals with this person. Look for someone who possesses the qualities you desire. Be cautious when selecting a mentor.

9. Always ask questions and seek clarification when you are unsure about something. Be humble in seeking guidance and remain open to learning.

10. Involve your parents and/or guardian. You don't have to share the journal with them, but discuss your reflections. They will understand you better and increase your confidence in expressing yourself.

11. Once you gain clarity, discuss your discoveries with friends and younger individuals. It will broaden your knowledge and begin to influence your immediate community. That is the beginning of leadership and influence.

THE COMMITMENT

My name is

I am years old, the year is and live in

I am in

My vision is to

.....

In the next 28 days I would have accomplished

1.

2.

3.

4.

In the next 28 days I would have become

.....

.....

I am embarking on this journey with my friends

.....

.....

With them I know the journey will be easier and I promise to support, encourage and help whenever I can.

MY PLEDGE

Put your right hand on your chest as you say these words audibly.

I have embarked on a journey to create a meaningful impact and become an exceptional individual. I expect to face challenges, but I am determined to overcome them. My goal is to discover, serve my talent and gift to the world.

Failure is not an option; I will persist tirelessly without making excuses or hesitating. Even if it means putting in more effort than my peers, I will willingly do so because my future depends on my success. I recognize that I have a valuable contribution to society, and it would be selfish to hide from those who rely on me. Therefore, I promise to take a step forward each day towards achieving my goal, even when obstacles stand in my way.

If ever faced with defeat, I will rise again fearlessly; if I am lost, I will seek guidance; if I am weak, I will seek companionship and assistance until victory. I will settle for nothing less than success!

PRAYER

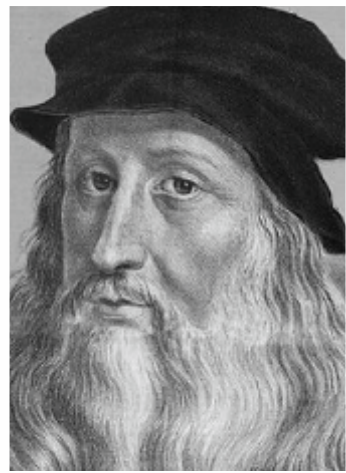
Dear God, I am grateful for the opportunity to embark on this journey; may I find it rewarding and inspiring that I will become a better person to myself and society. May my life be an inspiration to many and to those that will learn from my experience. Amen

A man with dark curly hair and a goatee is looking through binoculars. He is wearing a white t-shirt, olive green shorts, and dark sneakers. He has a backpack strap visible. He is standing on a rock in a natural setting with a large tree trunk and green bushes with pink flowers in the background. The word "VISION" is overlaid in white serif font.

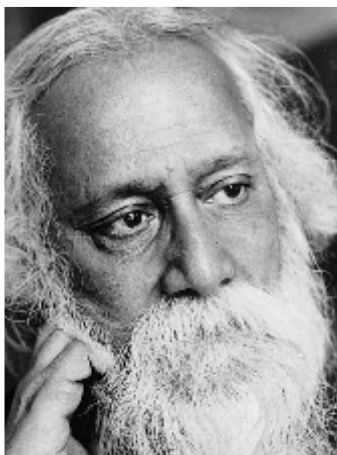
VISION



Frida Kahlo (Mexico)



Leonardo da Vinci (Italy)



Rabindranath Tagore (India)



Ibn Khaldun (Tunisia)

UNLEASHING SUCCESS: THE EMPOWERING INFLUENCE OF VISION

The power of vision, often described as the ability to transcend the present and envision a brighter future, has a profound impact on personal and professional achievements. It serves as the driving force that propels individuals, organizations, and societies towards greatness, providing them with a sense of purpose, direction, and motivation.

By delineating clear objectives and charting a course towards their realization, vision becomes an invaluable tool that unlocks potential, fosters innovation, and paves the way to success.

A compelling vision acts as a guiding light, illuminating the route to success. It brings clarity amidst the complexities and uncertainties of life, enabling individuals to establish meaningful and attainable goals. With a clear vision in mind, one knows their destination, facilitating the prioritization of tasks and decisions that align with long-term objectives. Vision operates as a compass, ensuring that every action and effort contributes to the overarching purpose.

Vision fuels motivation, inspiring individuals to transcend their limitations. When confronted with challenges or setbacks, a well-defined vision provides the resilience necessary to persevere and overcome obstacles. It ignites an inner passion, reminding individuals of their ultimate goal and fostering the belief that adversity is merely a stepping stone toward success. With vision as their guide, setbacks are perceived as temporary deviations rather than insurmountable barriers, and failures become valuable lessons that fuel personal growth.

Vision fosters a culture of innovation and creativity. By envisioning a future that surpasses the present, individuals are encouraged to think outside the box and explore new possibilities. It sparks the quest for

innovative solutions, pushing boundaries and challenging the status quo. A clearly defined vision inspires individuals to embrace change, take calculated risks, and pursue unconventional approaches, leading to breakthroughs and advancements.

Shared visions possess the power to unite people and foster collaboration. When individuals rally around a common vision, they combine their strengths, skills, and resources, forming a collective force that propels them towards success. A shared vision nurtures a sense of community, collaboration, and shared responsibility, where diverse perspectives are valued, and collective achievements are celebrated.

Vision provides a sense of purpose, infusing actions and endeavors with meaning. It serves as a guiding star, leading individuals toward a fulfilling and purposeful life. When one aligns their actions with their vision, a profound sense of satisfaction and fulfillment arises from personal growth and the realization of their potential. Success, in the context of a vision-driven life, transcends material achievements, encompassing a deep sense of contentment and self-actualization.

Vision acts as the catalyst that propels individuals towards success. It unlocks latent potential, ignites passion, and provides a roadmap for achieving goals. With clarity of purpose, individuals are empowered to overcome challenges, embrace innovation, foster collaboration, and experience profound fulfillment. By harnessing the power of vision, individuals can create a future that surpasses their wildest dreams, making a lasting impact on themselves and the world around them. Therefore, dare to dream big, define your vision, and embark on a transformative journey that leads to success and personal fulfillment.