



— The —  
**FAB**  
sisters  
*Academy*

10 Ladies share their TFS experience



# THE FAB SISTERS ACADEMY

*10 ladies share their TFS experience*

*Facilitated by:*

**EZIAHA BOLAJI-OLOJO**

# **THE FAB SISTERS ACADEMY**

*10 ladies share their TFS experience*

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## ***Introduction***



**The Fab Sisters (TFS) Mentoring Academy** is my, NOW 12-week mentoring academy for my sisters who are young, single and searching for purpose and need a close mentor to hold their hands through it all.

I know the impact of mentorship; I have seen it transform and elevate the lives of people who were intentional about being mentored even by a distant one. This is why I'm committed to helping my sisters lead and thrive with a more intentional and purposeful life as singles.

About 12 weeks ago, I started this journey with my sisters; today, I'm grateful to God for carrying us to the end especially for the lives that were transformed, prepared and propelled into fully maximizing their season as singles the way God intends. In the following pages, you will be reading from them the review of their 12 weeks in TFS Academy.

I'm thankful to God for using me as a vessel to reach His daughters in this season. And it is my earnest desire that you too will be impacted as you read through.

Love and Light,

***Eziaha Bolaji-Olojo***

# ADELEKE ATINUKE

## My TFS Journey

I'd title my TFS journey **GROWTH** because, I have matured more than I ever was. The journey of a thousand miles begins with a step; my step began when I applied for the TFS Mentoring Academy.

Going in for this program, I had a plan, a goal, and that was to grow Spiritually and Mentally. I remember clearly in my application I wrote and I quote: *"I have struggled to stay disciplined all my life which is why a platform like this is the best for me. For a long time, I have battled with low self-esteem and finding my purpose. It feels like I'm roaming."*



With a mentor like Coach Eziaha, you cannot roam. It's not in her mentees' dictionary. A mentor guides, teaches and corrects, and all of this I was privileged and honoured to be a part of.

TFS Mentoring program was a rollercoaster of emotions really. It opened my eyes to see how I'd been doing it wrong all along. It opened me to a deeper understanding of the true meaning of life itself. How we can do more than we think in the 24 hours God has gifted us, if we set our minds to it.

I've never had a mentor before and I'm more than happy that I was under the training of a coach that guided me and instilled so much wisdom into me – if I had to do it on my own, it would probably take a decade.

With a mentor you cannot roam and be lost, you cannot miss your way. I'm a young girl still trying to figure out my journey, my purpose. Through TFS I've learnt the power of prayers, and how stupid the devil can be. Prayer is the believer's armour and sword.

I've also learnt that saying that we don't have time is an EXCUSE. We all have time to do what we choose and decide to do! I can get full productivity of my time if I plan my day ahead. We are in control and we make the choices.

Wise time management doesn't necessarily mean that I do more, it means I do more of what matters the most. If I truly love myself the way I say I do, I would be disciplined and take charge of my life because no one will do it for me. I'm working twice as hard and being intentional about how I spend my time because I'll never get this time back. Especially now that I'm young, this is the best time to utilize my strength and energy; putting what I have in the right resources would certainly pay off. I'm more accountable of my time now because I know my time is valuable.

### **TFS Academy stretched me even more than I expected.**

Series of assignments and videos; knowledge upon knowledge never ending.

Before TFS Academy, I lived my life as I pleased, literally. I didn't like correction – we go just turn enemies. I hated writing and reading, not to mention watching lengthy educational YouTube videos (if it's not skit, I don't bother). It is safe to say I had no content. But all that is behind me. I know now that journaling and scheduling are very essential. I know now that how I live my life is key. My lifestyle choices would definitely reflect on my productivity.

Now, I am very humble and prayerful.

I also do not follow blindly because as much as I'm in the slipstream of my mentors, I have to filter what I take in from them and pick the ones that work best for me, and the ones that the Holy Spirit lead me to. I have given myself the permission to kill myself, I have to plan myself and act accordingly. Success and results won't catwalk and meet me in my bedroom. To get the results I have never gotten, I have to do the things I didn't use to do. I am in control and I invest time in the places that matter the most.

I do not think of other people or what they think about but just what God has told me to do and working on it. I wouldn't say I have brutally eliminated all distractions but I'm taking it one day at a time. Now, I'm hardly using social media. I hardly turn on my data because that helps me to get less notifications and temptation to derail.

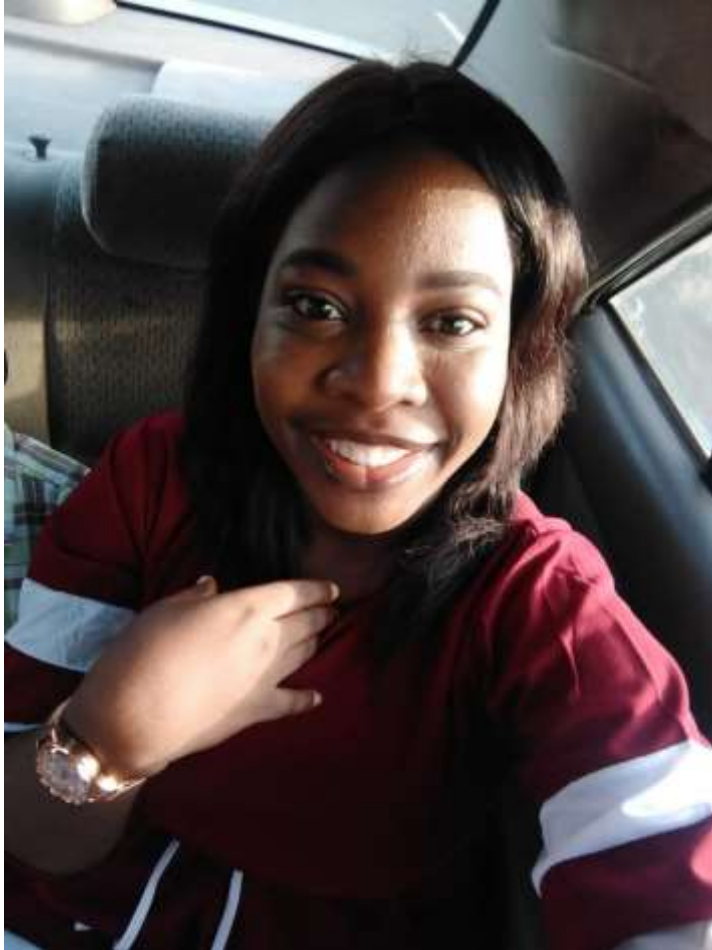
I am my own boss and I have power over my mind. So, when I feel like I can't do it, I know that I can if I push and I get myself to get it done. I'm not perfect but I take conscious effort to be a better me than the Atinuke that applied for TFS.

Thank you, Coach E, for this opportunity. I bless God in the life of Coach Eziaha.



# BANK-TAYLOR ITUNU

## Review of my TFS journey



I, Bank-Taylor Itunu, is truly grateful for the gift of Coach E like she's fondly called. Thank you, ma, for the opportunity. I am truly transformed and blessed by this mentorship program. My whole life hasn't been the same ever since I started this program.

I learnt how to be intentional and how to be productive.

TFS taught me how to write. That was the first lesson I had to adjust to. We had to review every meeting, blog and video. It's not that I don't like writing, but then I don't take my time to string

words together. So, when Coach E said our review must be rich. I had to learn how to think up words such that it won't just be a single sentence. And that helped me a lot. I improved in the way I write; it gave me an opportunity to express myself better.

I used to be that lady who has so much to say but will just say little. I don't know if I should call it the laziness to think up words or it's because I don't know how to put words together.

Another thing that writing reviews did for me was that it helped me to understand each class or resource we were given to review better. When I go over any resource and I review it, I get a better and deeper understanding. When I write my reviews, I send them to my friends to read and learn also.

TFS taught me the importance of Journaling. I used to be that lady who picks up any random book and write anything. Like my thoughts were scattered everywhere. I didn't have any particular book where I pen down my thoughts until I read Coach E's blogpost on Journaling.

I learned that I should have a journal for things that pertain to me. Even God said it in Habakkuk 2:2 that we should write the vision and make it plain on tablets which is like a journal for our modern day. So, I started writing. I got a thick book that I really like and I started with writing the things God told me during my devotion. Later, I found another journal for auditing my day and trying to keep myself in check. In fact, auditing my day gave me a total breakthrough on managing my time. I finally found out what exactly was making me unproductive.

I realized that I spend more time doing a lot of unproductive things. Auditing my day gave me an opportunity to schedule my time properly. Then I started a prayer journal. In fact, this prayer journal makes it look like I'm talking to God face to face. I write my mind, and then I started interceding for people too without stress and it made it so effective that once their name is written down, I can't forget them while praying.

I'm still trying to get a grip on starting a confession journal because I have so many things I want to write. I'm not there yet but I'm not the same person either ever since I started Journaling. Funny how I also introduced an older friend of mine into Journaling and he has been finding it really easy ever since.

Journaling is all about the intentionality for me. Sometimes I don't want to, I want to keep it in my mind or write it on my status (lol). But then I decided to start writing things down. It takes discipline to do so.

Talking about discipline. Hmmm, my God!

There was a meeting where Coach E told us that we don't have an excuse. We are young and we need to stretch and build capacity. I caught that one and held it tight. I started thinking about this and thought of ways to build capacity. First, I need to stop waking up late. So, I started waking up earlier and then I started praying in the Spirit. When I first started, it wasn't comfortable at all. I asked God to help me and ever since

I've been building it gradually. I want to stretch and build so much capacity. God is helping me with each day that passes by.

One thing I am most grateful to God for are the rich resources we were given access to during the course of TFS Mentoring session. Deep words that pierce through my soul every time I read or listen to any of the resources. I even share some of them with my friends and tell them don't ever say I've not done anything for you (lol).

God bless you, Coach E, for this golden opportunity.

## **RITA CHIKWEM**

### **Sum up of my TFS journey**

TFS began a lifetime journey in my life and it will last forever. Before TFS, I have been thinking of how to just even start life. I knew I needed help but I didn't know how; nothing was just working out, even prayer was war. I didn't know my left from my right, my life was so scattered. I knew zero about how to study my Bible talk more of fasting... although primarily because of ulcer but then even if I manage to fast, it will be hunger strike all along but now, I know better.



I now have a deeper understanding about God and

how to go about life and things. Everyone around me knows that a lot has changed; I don't have time for frivolities any more.

The benefits of TFS in my life cannot be overemphasized because I was at ground zero in my spiritual life and relationship with God, time management, purpose and other areas of my life. I could barely make a meaning to life, coupled with a lot of uncertainties and not knowing what to do with time. I was so undisciplined, but now CoachE... I think the best next word is, **GOD BLESS YOU MIGHTLY** and bless ChinyereDistinguished for sharing about this, too.

Right now, Coach, I'm on a Daniel fast; never heard of it... heard it for the first time from you. I'm so happy that I can eat and still fast because of my body. The last time I did the normal fast it was not easy because of ulcer but now I have learnt this one. Although I'm not enjoying the meals but I thank God for this. Moreover, all I keep hearing is your sharp voice in my mind, *"don't eat plenty... remember you are fasting..."* The next thing, I will just drop the next portion and tell myself not to get full.

I had said that I will gist you at the right time, now is the right time. For some time now, I felt God highlighting a fast stretch to me but I couldn't because of what my body was telling me. So, this particular day, I was praying and telling God to help me, then I heard Him say He has helped me. As my eyes were closed and I was hearing that in my mind, I saw you stepping down and it was like you were coming towards us. I just shouted and opened my eyes. I figured that you are the help He was referring to because the next time we had a meeting, you now talked about the Daniel's fast.

Coach, I can't stop longing for more; if I'm not reading, praying, fasting, learning on YouTube or something, I just don't feel okay at all... I sincerely need more.

**GOD BLESS YOU SO MUCH, MAY YOU NEVER RUN DRY, MAY YOU NEVER GET WEARY, MAY YOUR STRENGTH DAILY RENEW AND INCREASE. AMEN!**

# ALEXANDRA QU

## Review of my TFS journey



### **BEFORE TFS: Where I was**

I was floundering and I needed a life jacket to buoy me out of stormy waters.

I needed to be with a Coach I wasn't afraid of disappointing or looking to please because of an emotional attachment.

I was sinking into a depression; I was struggling with Personal

Productivity and Self-Governance the most. My days were generally chaotic and my mind was in constant turmoil.

I desired to turbocharge my spirituality and bear spiritual fruits.

### **DURING TFS: What have I learnt thus far?**

#### **WEEK 0 HIGHLIGHTS: Prayers, Embracing Your Stretch and Decision Making**

You need to pray to catalyse your transformation: Pray for true transformation, capacity to receive, retain, and reproduce, grace to submit completely to divine discipline, and staying the entire course of training till we become like our teacher. We all will transform when we submit to discipline without excuses; give valid reasons and ditch the excuses.

TFS Academy is a training ground: It's time to give our Capitalist – God, a bountiful ROI with our lives.

## **WEEK 1 HIGHLIGHTS: Confidence and Spirituality**

One of the first places our spirituality should reflect is in our identity and confidence: To be grounded in our identity and inherent value, we must find out what is written in the volume of Scriptures concerning us. To create new pictures in my mind with the Word, I searched for I AM Scriptures that speak to me which I found.

Waging my transformation war with God's help and methodologies: Staying in the secret place, praying over everything, getting the blessing of authority figures, warring with prophecy/scripture, declarations, I AM Affirmations, and reading the Word over myself.

## **WEEK 2 HIGHLIGHTS: Mentoring and Journaling**

Use every free resource and paid resource my teachers have shared: Stop the laziness.

I don't have to like someone to learn from them. I need mentors who know me to call me back to order. Give your mentors permission to give you objective feedback by receiving it, not arguing about it. You can strategically slide into someone's mentoring stream.

We are without excuse for our ignorance in any area: When the student is ready, the teacher appears. Stay hungry and go hard after your teachers whether distant or nearby. Do not be LAZY! Embrace diligence!

I must maximize my teachers slipstreams. I must be intentional and go hard after the mentors that I must meet. This is a key part of being a delightful disciple.

God's Word for this batch of TFS 2021 is that I will change so much from this Academy, it will be unbelievable!

*“There are 3 things any person serious about life should be doing: Journaling, Scheduling and Confessing.” DDK*

### **WEEK 3 HIGHLIGHTS: Confidence, Spirituality and Warfare**

Quick Analogy on Spirituality:

**Squad Time:** The time we spend with other believers or time spent consuming knowledge from other believers.

**Private Time:** The time we spend privately with God.

**Game Time:** The time spent in the field of Life when Satan starts playing against us.

**The outcome of the game** is dependent on the combination of what we do in both Squad and Private Time.

**Components of Effective Spirituality:** Strategic Ceaseless Prayer, Intentional Fasting, Robust Bible Study, Sacrificial Generosity, Sleeping Less, Excellent Stewardship of all resources, Reverence for God, and Respect for all Humans.

**Tools for Effective Spirituality:** A detailed prayer schedule with prayer question, a Study Bible, Google for all your in-depth Bible study, Bible commentary, Christian websites, multiple bible translations, multiple journals, strong communities of believers specifically close knit to provide accountability, and prayer partners that pray with you to provide praying and fireproof friendships.

### **WEEK 4 HIGHLIGHTS: Effective Spirituality – Confessions and Warfare**

Confessions are the most effective way to stay battle ready and battle strong. Your confessions rewire your neural pathways, set you up for God-incidences, and catalyse your creation process. Take your confessions every day whether you feel like it or not.

### **WEEK 5 HIGHLIGHTS: Time Stewardship, Retreats and Productivity**

Time is the SI Unit of life and destiny and we must be deliberate about planning everything, having daily musts, and living with schedule, clocks, and calendars.



## **WEEK 6 HIGHLIGHTS: Time and Energy, Stewardship and Productivity 2**

Schedule your life and activities around your values. Learn to say “no” so you can say “yes” to what really matters. Take your life seriously and learn how to create more energy for yourself.

## **WEEK 7 HIGHLIGHTS: Content Consumption**

The quality of content we consume will reflect in the outcome of our lives. We must grow our capacity to consume meatier content and receive truth as this will save us in the days to come. An important principle of content consumption is to choose depth over breadth.

## **WEEK 8 HIGHLIGHTS: Content Consumption 2**

Use focused content consumption to bridge your character and competence gaps. Find the areas you are struggling with and find content from believers who have aced that area and create a plan to glean until you have the wisdom to pivot.

To avoid content constipation, find outlets – apply and teach others.

## **WEEK 9 HIGHLIGHTS: Habits and Personal Productivity**

We read James Clear’s Atomic Habits and learnt about the surprising power of habits to set us up for a life of extraordinary success.

## **WEEK 10 HIGHLIGHTS: Discipleship and Being a Trained Believer**

The greatest need of the body of Christ today is Discipleship. A truly mentored person is generally a joy to work with: cultured, understands permissions, is disciplined, and orderly.

Be a believer who can receive corrections because without accountability, we can't fulfil our highest potential in God.

### **WEEK 11 HIGHLIGHTS: Wisdom for Love and Relationships**

Make up your mind not to choose anyone or anything other than the perfect will of God for you. It is important to listen to sound Bible-based relationship teachers like Pastor Kingsley and Pastor Mildred Kingsley-Okonkwo to get truth and wisdom for relationships.

### **WEEK 12 HIGHLIGHTS: The Power of Convictions and Going Forward**

Spirituality and a back bone of steel will stand us out in this world and should be our X-Factor. We must become people of deep and unshakeable convictions.

Take a personal assessment and ask yourself: what are the things you know for sure and will defend with your dying breath?

### **ONGOING APPLICATION STATUS: What I am still applying**

**A heightened awareness of the battle we are in, the real enemy, the intentionality of the enemy, the subtlety of the enemy, and the appropriate response to the enemy:** I don't know why I wasn't conscious of this before but I now live with a super heightened sense of the FIGHT that we are in, especially as a believing woman, and I am more proactive in my strategy, game plan, and response to this fight. I have a more GAME-ON approach to life and my acknowledgement of how much the supernatural influences our affairs on earth than I did before TFS Academy. I find myself saying so much these days to the enemy: *"You stole from me, you have been stealing from me and subverting me all my life, you will pay back in 10 folds everything you stole from me."*

**A heightened consciousness of time:** I now plan my day by the hour. I think of events and demands in time requirements more than if it will make me feel good. I am

more appreciative of every time a person spends with me (via call, SMS, doing a favour, scheduling a meeting, etc.) because I now see their time as an investment. I no longer say spend time; I say invest time. With this understanding, I am keeping to my commitments better, declining commitments with grace, renegotiating deadlines, and being more open in my communication with friends, clients, and superiors. I now prioritise being early not as a nice to do but as a core value of my life. I also now plan my tomorrow today (the night before).

**Body stewardship:** I am currently in a financial season where I have to stretch every dollar to do so much so I neglected my body and health because I felt I could not do anything significant in healthy nutrition with my current financial status. That has changed with just a little adjustment. I decided to eat only fruits for breakfast but that would mean me buying so much so I opted for a fruit smoothie using the three fruits in season which means I can get them at a decent price. I blend ginger, pineapple, water melon, and cucumber and have it every morning. I invest N2,000 which I could have used to buy bread four times and I get fruits enough for a decent breakfast smoothie for seven days. It might not seem like much but it has significantly improved my gut function, I am hardly bloated, I have a faecal evacuation at least once a day now, I no longer feel foggy, slow, and miserable in the morning, I have more energy for my mornings to survive the 11am slump, and I feel good about myself because I am taking control of my body and being a good steward one small habit at a time.

I am not in a hurry to do anything else but to just make a habit of this and master this level of eating the right stuff in the morning and make continuous improvements as I master this level. I also learned to skip and started to workout but I got sick at some point and stopped and haven't resumed yet.

**Financial stewardship:** It's not like I wasn't content but I felt bad most of the time about the fact that I had to stretch every dollar to make it count. I used to feel like I was suffering and I would sometimes groan inwardly about my financial situation. I am not being complacent and I am working towards greater financial prosperity but being in TFS took away the guilt, shame, and unhappiness I felt about stretching the dollar. I no longer feel sad.

Now I have a sense of healthy stewardship at the level that I am. Reading the blogs on financial management helped me normalize that it's okay and I can be joyful where I am on the way to where I am going.

**Prioritizing consistency over intensity:** I used to be very intense for short bursts and then drop the balls but now I started with a few things I must do and I have been sticking to them. As I gain mastery, I can then stack other habits on.

**Task stacking:** I now listen to my Bible, message, or podcast when I am eating, doing the dishes, doing laundry, or grooming in the morning. I used to do it at some point but I don't know where I read something on mindfulness and fully immersing yourself into each moment that I dropped this practice and picked up immersing myself in mundane moments. Now I realise that's immensely time wasting and a demonstration of poor stewardship of time. It has changed the game because I am getting more Word in and my spirit is getting nourished without feeling like I don't have time to invest in my spirituality.

**Netflix fast:** I love documentaries and animations but I have gone on a fast from anything that's not directly facilitating my stretch. It's been 3 months and I don't even have the desire to be back on it.

**Energy stewardship:** I am more intentional with creating more energy by planning my life around my energy cycles and consciously avoiding people, places, and events that drain me.

**Slipstreaming:** I have returned to my mentors and teachers for this season and now make a daily practice of listening to them.

**Waging war with prophecies:** I take my affirmations using the Echo App. In fact, I now confess during seven out of the eight watches of the day. So Good! If I am struggling with an area, I sit with scriptures and boom, confessions jump at me, I craft them, and put the word on my lips.

**Using Prayer Questions in my devotions:** I ask prayer questions now and I get led on a quest for answers in the Word and in my every day activities.

**Saying “no” with intention and loving it:** I have taken a deliberate break from a couple of things so I can have sustainable victory in certain areas of my Life.

**My paradigms concerning service and attitude towards my spiritual leaders have changed:** I have more respect for the sacredness of their calling, the privilege to serve, and the way to manage relationships, how to serve well, and how to be a delightful disciple.

**I pick myself up after I fall or mess up faster:** Sincerely grateful to God for this one! The goal is to have more good days than off days so while I still love to have streaks, I am not fixated on the loss that I spiral down so bad that I lose all the progress I had made. This one is a clear God work!

**Furthermore:** I prioritize sleep knowing that I need energy for the day and can't drag through the day. I am also taking more personal development education and career development training than I normally would have.

#### **AREAS FOR IMPROVEMENT: What I can do better going forward**

- ✓ Harmonize my sleeping and wake up times.
- ✓ Detailed, intentional, and stricter planning of my day, time investment, and energy renewal.
- ✓ Being brutal with execution.
- ✓ Plan my work instead of just jumping into it.
- ✓ Get back into skipping for 30 minutes a day as well as stretching.
- ✓ Brush my teeth at night.
- ✓ Stick to my Prayer Schedule.
- ✓ Eliminate distractions better.
- ✓ Crank up the heat on my Journaling and Scheduling.
- ✓ Continue my energy audit.
- ✓ Wait on God in silence and solitude.
- ✓ Get a study Bible.
- ✓ Have a watertight learning and personal development schedule.
- ✓ Keep my altar burning.

- ✓ Not resting after a big win – use that energy to move on quickly.
- ✓ Stay in the stretch till I am too stretched to return.
- ✓ Not try to do so much at a time, rather, focus on the two major areas of my life and ace it before moving on to the next one.

### **PLEASURE: What I enjoyed about TFS Academy**

- ✓ I enjoyed the intensity of the coaching provided by Coach E on a granular level. I appreciate how she was open about her life and how she did the things she did even down to showing us templates of how it should be done. This is important to mention because for an area like personal productivity, it is assumed that you are an adult and should have figured it out but I was struggling with it so having Coach E teach the basic details with patience actually meant a lot.
- ✓ I enjoyed having a TFS Accountability Partner – Ogochukwu Nzelu. I am so grateful for the gift of her and Rebecca Adeleke.
- ✓ The five-day project where we evaluated two critical areas of our lives that need immediate attention and created a content consumption plan for gaining wisdom in that area. I still follow my plan and it has led me to take significant steps in closing the competence gap in my career. I stopped applying for jobs and focused on acquiring new skills which has increased my self-confidence. I am also out of the doldrums emotionally and taking steps to full healing.
- ✓ Having a strong sense of order and control over my day, time, and activities started to give me internal peace and balance which helped me with getting emotionally stable again.
- ✓ I actually looked forward to the meetings every Tuesday and Thursday because they gave me something to look forward to. Coach E daily pouring into, praying for us, sharing vulnerably, sacrificing her time, and sharing sound truth with us really warmed my heart and activated me.
- ✓ The efficient, kind, and committed admins – Solamipe Bikers and Chidinma Arinze.
- ✓ The strict discipline as well as the fact that excuses were not permitted; it was not just aspirational, it called me higher.
- ✓ The WILD PRAYERS & FASTINGS – gosh, I loved it! Kinda miss it though.

- ✓ The seed sowing privilege at the end of the academy – it was such a fantastic opportunity.

### **GRIND: What stretched me in TFS Academy**

- ✓ The sheer volume of weekly assignments, tasks, and personal evaluations. MY GOD! I struggled to keep up but it never crossed my mind to quit.
- ✓ The immense amount and rate of content consumption in 12 weeks.
- ✓ Having to join the WILD vigils and weekly meetings at a point which even though I enjoyed, really stretched me because I was already having meeting fatigue especially because I took online classes.
- ✓ The strict level of accountability – it was intense but worth it.
- ✓ The extensive review system – I am a bullet point person who would rather focus on how I can apply what I learnt than write a story about it but this reviewing practice surprisingly turbocharged my retention capacity. I started to remember what I listened to weeks after I listened to it even to the fine details.
- ✓ The fact that I had to be online, reachable, and available was also a personal stretch for me because I got used to being offline and unreachable that I didn't realise I didn't know how to be present in a certain way anymore.

# DORIS NTEKIM

## My TFS Journey

My name is Doris Joe Ntekim and I'm beyond blessed to have been mentored by CoachE'.

Before TFS, I was what they called *jagajaga*, meaning scattered everywhere. It seemed like I knew things but yet things weren't in place. I didn't know what to do with what I knew. I had serious issues with reading. Reading isn't a hobby for me but I knew I had to make it a habit.

Planning my day and making good use of my time wasn't playing out well. I didn't really have a hold of my emotions and then, I always gave the devil access to seem powerful when

he's not. I had friends but I didn't define some; I was somewhat of a people pleaser. I had serious issues with discipline and consistency.

Fast forward to when I applied for TFS, it was the beginning of a stretching process.

My birthday was in May and after a week or two, God had spoken to me about certain things and one of the things He said was: "Doris, it is stretching time".

When He told me this, I didn't quite get it until TFS began. Oh boy, stretching is an understatement when describing my TFS journey. What God used TFS to do in my life was to clear the ground; He cleared it big time. He wants to build a tower (He has started) but He needed to make sure that the foundation at which He would build on would be solid and on truth. He started with my mindset and He's still stretching me in this area.





There were times I questioned if I could continue or if I could push through but I did. CoachE' really taught me how to take myself seriously. This is not about me trying to please people or show off but this is me honouring and representing my Father well in the church and also more especially in the world. It is important for me to be responsible; it is important for me to stand out and it is very okay for me to be EXTRA.

I learnt the importance of confession. This one I had no idea about. I didn't really get it but after CoachE' taught on it, I got a hold of it to an extent. In fact, recently I was reading a particular chapter from the book I'm currently reading and the man mentioned Romans 6:11 from which he explained some things and upon reading it, boom! I got a confession out of it.

Reading was a nightmare for me for a long while but during the process of TFS, I began to open up to it. It requires discipline and consistency, even if it's a chapter or 2 or I read for 30 minutes to an hour. Reading delivers you; it opens you up to certain levels you've never thought of, it stretches your mind, it gives you answers to certain questions. I've also learnt to not just read everything I see. It has to be in line with what I need at that moment.

If there are two things I'm grateful for in all I've learnt throughout this journey, it would be Bible study and exposure to the lies of the devil. CoachE' really explained the importance of us studying the Bible and it was amazing. Also, I learnt that I don't need to wait for the devil to come, instead I should prepare myself before he begins to play his funny games. By listening to CoachE' and reading some of her blog posts, I became more sensitive to when the devil starts dropping little drops of water before it becomes an ocean. I understood clearly that the devil is wicked, he is not playing with me, I shouldn't underestimate him but at the same time, I shouldn't magnify the things he does.

CoachE' explained the importance of having mentors and teachers, and also knowing how to learn from them. Knowing what to learn from them per time and also knowing your teachers at every season you find yourself, and focus. She also explained the importance of planning your day and sending out every hour, second, minute on an assignment or an errand. I also understood the importance of praying with scriptures and it has really helped me.

I'm at a place where I'm still applying what I've learnt and also, the Holy Spirit is opening me up to more and I'm beyond grateful. In this season, I see myself as a soldier who is undergoing certain training to help shape her Life. Because of this journey, the Holy Spirit has opened me up to specific people who He is using to teach me.

To CoachE', I just want to say thank you, ma, and God bless you. Your teachings have opened a portal in my life that can never be closed.

# OGOCHUKWU NZELU

## My TFS experience



The TFS mentorship academy for me represents God's divine intervention in my life. Before TFS, I had no purpose or direction. I just wake up, go to work, eat and watch videos on YouTube. It sounds unbelievable but I had a lot of spare time that I kept wondering what to do with my life.

I knew I was not living my best life, in fact nothing close to it. I knew I should be doing more so I asked God for help. Moments later, I saw Coach E's post on doing a mentorship programme for singles and I immediately knew this was exactly what I needed. Getting into TFS was

the best thing that happened to me this year. It was a life changing opportunity for me.

### Lessons learnt:

- ✓ The first lesson I learnt was on consistency. In fact, I think coach E prayed that into my life. I learnt that to be consistent in something, you have to have a deeper conviction about that thing.
- ✓ I learnt to identify those things that are affecting my confidence and brutally eliminate them while building more confidence by getting relevant knowledge.
- ✓ I learnt to focus on the season I am in and try to understand what God wants me to do in that season and work hard to achieve that. To ignore whatever other people are doing and what is happening in their season and focus on mine.

- ✓ Now is the time to bear the yoke of discipline. Lamentations 3:27 – *“It's good that a man bears the yoke of discipline in his youth.”* I learnt to bear the hard training in order to become disciplined.
- ✓ My relationship with God is supposed to be the most important thing in my life. I learnt to spend time with God, talking to God, listening to Him, not just reading but studying the word of God. Thank you, Coach, for the practical guide on studying the word of God.
- ✓ I learnt that prayer is God's weapon of warfare. We need to pray for and concerning everything about us. We can never pray too much. Fasting too.
- ✓ I learnt the importance of discipleship and mentorship. The need to find our teachers and stay in their slipstream.
- ✓ I learnt never to be lazy about sourcing for information and about learning.
- ✓ I learnt the importance of keeping a journal. It's super important to record whatever is happening in our season and whatever we have learnt. This serves for future reference and helps us to keep track, to plan and to organize.
- ✓ The secret of success lies in what we do daily. I learnt to plan out my day. Not in my head but to actually write it out and stick to it.
- ✓ I learnt how to effectively manage my time, the kind of content I should be consuming, how to be a Christian in a larger church, how to navigate my relationships, how to be a leader, to lead myself, the importance of personal retreat and a lot more.

### **Where I am now**

Certainly, I know I am in a better place. My life has greatly changed. A lot of things are beginning to make sense. I have a better sense of purpose and I'm definitely a lot more organized. I can't believe I am now racing against time. I used to be idle a lot. Now there are tons of things to do, I want to make sure I achieve a significant percentage of what I plan to do daily.

I can comfortably wake up early now, study the word of God and pray. I work out and get ready for work while listening to my podcasts. I try to create time during work hours for personal development. I take online classes and read a book before I sleep. I am committed to maintaining a better relationship with God.

I am investing in knowledge, constantly seeking to improve myself. I may not have achieved all I really want to achieve but I am definitely headed in that direction. I hope to keep being consistent and deepening my convictions about what I have to do.

Thank you so much, Coach E, for being a good mentor. You motivate me more than you can ever imagine. Your total obedience and submission to the will of God remains the best model I want to emulate from you. Thank you for allowing yourself to be an instrument God is using to draw us closer to Him. In me you raised a person who totally wants to surrender all to God. Just like you, I am aiming at living my best life and fulfilling God's purpose for my life.

Thank you so much, Coach. We really appreciate you. You taught us well. You gave us your best: your time; and I won't take it for granted. Thank you so much for the work you do for the kingdom of God. God bless you and your family abundantly.

# ONI-ORISAN AYOMIDE

## A review of my journey in TFS Academy

I am Oni-Orisan Ayomide, an ever-evolving, unfiltered masterpiece. An evolving nation called forth to showcase the marvellous light of the One who called me out of darkness.

First, I'm grateful for the opportunity of TFS. Looking back, I've not had a cause to regret.

Being a part of TFS Academy has been a blessing to me. I remember I had this hunger and desire for a mentor I could freely communicate with and a female mentor to be precise. The desire kept burning in me and this led me to frequently update my mentor by proxy about the happenings in my life. I wasn't getting the response I needed of course, as she's a busy person but that didn't stop me.



And just at the right time, I saw the advert for TFS Academy. I was excited about it as this was an answer to my prayer. But I was in a season where I felt I couldn't meet up with the requirements. This held me back. It wasn't until the last day for application that I sent mine and after sending it, I wasn't sure I could meet up. So, when I didn't get a response at the slated time, I felt it was a good thing.

But the devil never wins; by God's grace, I was shortlisted.

I'd review my TFS journey under the following subheadings:

- Where I was before.
- What I've learnt so far.
- What I'm applying already.
- What I can do better going forward.

## **WHERE I WAS BEFORE**

I was at a point where a lot was happening and I just couldn't keep up. My prayer life was going well, but an assignment I had embarked on which is blogging was subconsciously stopped. It felt like I needed clarity on a lot of things especially time management.

I wasn't busy, and I wasn't productive as well. At that point, I was waiting for relocation as regards my NYSC and in view of that, I didn't have a job because I couldn't take up a permanent job due to the uncertainty surrounding the situation.

I wasn't productive and each day passed like every other day. I had attached the meaning of my life to work and salary.

## **WHAT I'VE LEARNT SO FAR**

Wow! I've learnt so much that it amazes me. The lessons I've learnt so far includes, but are not limited to:

- ✓ Sit up and be ready to leave my comfort zone.
- ✓ Be open to learning.
- ✓ Find my purpose and learn to own my season.
- ✓ Strive to be like my teacher, even better.
- ✓ Be disciplined, no excuses.
- ✓ As long as I'm willing, I can be disciplined financially.
- ✓ It's important and helpful to break my financial goals into bits and also have a budget which could be divided into segments like period (days, weeks, etc) or items (food, transport, etc).
- ✓ The importance of mentoring. Have a mentor and be intentional about following their steps. Be committed with staying in the slipstream of my mentors.
- ✓ Learn to share my story. Be bold about my victories, as well as my failures. And to share my stories with the right motives. My story doesn't necessarily have to be about me. It can be about the way I handle certain things, friendships, patients, etc.

## **How to have an effective prayer time with God:**

- ✓ Get a hard copy Bible. Read and study my Bible.
- ✓ Get journals where I can write out scriptures and my conversations with God as raw as they go.
- ✓ Be creative and Spirit led.
- ✓ Pray as the Spirit leads even though I have a prayer timetable.

## **WHAT I AM APPLYING ALREADY**

Currently, I'd say I've not been able to apply all that I'd be willing to, but the few I've been able to work on (though still a work in progress) are:

- ✓ Being strict with my finances by having a budget (still a work in progress).
- ✓ Telling my story by resuming my blogging activities.
- ✓ Sticking to my prayer schedule.
- ✓ Having a monthly schedule (which I did in form of a calendar but with my activities attached to it)
- ✓ Identifying the triggers that affect my confidence in a negative way.
- ✓ Guarding my heart from the triggers and eliminating the triggers.
- ✓ The use and benefits of the "I am affirmations" in attacking (rebellious) thoughts.
- ✓ Being intentional about sourcing for content online.
- ✓ Consciously leaving rich resources in my slipstream.
- ✓ Giving feedback to my mentors.
- ✓ Sharing lessons I've learnt from my mentors with other people it might benefit.
- ✓ Being more intentional about my current journals.
- ✓ Journaling, Scheduling and Confessing ~ PDDK
- ✓ Crafting out confessions for myself, future family, hair, safety (still working on crafting confessions for my family, my health, etc.)
- ✓ Being active in doing business with the Word of God.



## **WHAT I CAN DO BETTER GOING FORWARD**

To be honest, there are a lot of things I believe I can do better as I progress with my growth of which the most important is working hard at being disciplined.

I believe being disciplined should be a continuous thing for me and not just a one-time thing. Because the moment I stop, then all I've learnt become difficult to apply. But no matter how many times I fail/fall, I'll never quit.

Also, I hope to have more journals for various aspects of my life just like Coach E, and also dedicate more time to praying.

I'm not where I hope to be, but I'm definitely not where I used to be.

Thank you so much, Coach E, for your massive investment in my life. Thank you for enlightening me and increasing my quest for wisdom, knowledge and thirst for more of God. I do not take this for granted and I pray I'll continually keep the flag flying.

# ABISOLA ADELEKE

## My TFS Experience

### Introduction

Taking stock of all the things I have done over the past months of the year and recalling the various decisions I've made; I must undoubtedly admit that TFS is one of the best things that has happened to me or I've encountered this year.

To think the link was sent to me the day before the deadline, I can't really articulate what was pushing me. I got the link, went through the requirements and in no time, I had completed the application letter. I didn't think to really have a meeting with myself to know if I wanted this, guess it wasn't a matter of if I wanted it; my spirit, soul and body knew it was a matter of dire need, no contemplation and I'm glad I dived in. Below I will be discussing in detail how my TFS journey has been so far.



### Where I was

Naturally, I'm someone who is very ambitious but I had major problems with procrastination and inconsistency. I knew I had things to be done but I shifted them forward over and over and I was able to identify that it's because I wasn't so confident in what I was doing and there was no proper structure in my life. I would do things and easily give up; no resilience. I would tell myself it's not working. I gained so much knowledge but did not really know how to apply them.

One of my gifts is discipline but I hadn't been really putting it to work, I was utilizing like just 40-50% of that ability. On the outside, people saw me as one who works hard and always pushes hard for what she wants but I was struggling silently. I knew what to do but when it came to application and execution, it was a tug of war.

In addition to lack of structure, I would tire out quickly and would be constantly confused. I lacked balance and it was making me very unhappy. I had pictures and imageries of what I desired or the life I would love to have but getting there seemed like a herculean task. I needed to be more committed to my growth and enjoy my best life while pursuing my goals.

Prioritising was another loophole, I'm always trying to please everyone with my time, giving them all equal share, being here and there leaving me with little or no time to attend to my own business (affairs), thereby having so much undone.

In addition, I've always run away from hard or difficult things. I'm hardworking and put in my best in whatever is committed into my hands but anything that would take me out of my comfort zone would face some kind of resistance.

TFS came with a much-needed stretch. I learned, unlearned and relearned. So much stretching and mind engaging content, one couldn't afford to sleep on any work. CoachE came with so much ginger; the way she is so disciplined and committed to her assignment was enough energizer before she even opens her mouth to say anything. Sometimes I would tell myself if CoachE can, then I can also.

### **What I've learnt so far**

To start off with, I've learnt that true transformation isn't just about acquiring knowledge but occurs when I put to use what I've learnt and it brings results in my life – bearing fruits is one of the evidences of true knowledge. Everything I receive or learn is to reproduce its kind – bear fruits, fruits that are lasting. Daily, God makes an investment in my life and they mustn't go to waste and TFS is one of the investments.

The reason many know so much is that, they're always jumping from one program to another yet there aren't any evidences because they aren't applying all they're learning

which makes it useless. We should stop the habit of looking for the next best thing and sit with what we've learnt, stay the course and do the work that is required so that our profiting can be evident to all.

My youthful stage is the time for building and I need to stop wasting it as I still have vast opportunities and ample strength at my disposal. Training is very vital as it will stretch me and increase my capacity, yet it's one of the things we run away from; we run away from the hard stuff, we don't want to be held accountable/responsible. Excuses are major gateways to failure and if not dealt with, are like the little foxes that spoil the vine.

### **Information is everywhere**

It's highly impossible to stay near a well and still complain of thirst. Information is spread out everywhere but I need to do the work and search it out. I can't be in need of information and remain malnourished while there are people who've gone through what I'm battling with or in need of. I must learn the art of searching out the wisdom, sit with it and apply it. I have to chew on it until it becomes my reality.

The major problem is laziness, many want to be spoon-fed. Transformation is work and I must be ready for it. I need to take ownership of my life; nobody owes me anything. If I need help on any matter, I must make the effort of reaching out. I must be responsible for my own life.

### **Confidence and Spirituality**

Here, I learnt it's my life and I need to stop competing with others (keeping up with the Joneses) and stop trying to please people. Anything I would need to tell lies to keep, will go on and on in an unending cycle. Walking with the consciousness that my identity is first in Christ and not in anything I have or don't have is very important. Doing the will of God and being authentically me should be the focus and not trying to prove myself to anyone. Every life has its own tensions, my own life has its own tension and therefore I need to stop trying to fight battles that I don't need.

Discovery of what may be eating on my confidence is one of the first steps as it will help clear the rubble before building can take place. I also learnt that there are triggers and I need to find them and eliminate them brutally and continue working on myself. It's a continuous effort and not a one-off feel-good drug. In addition, I learnt that confidence is sexy and attractive; people can easily identify those who are confident.

### **Building in the dark**

I learnt that I shouldn't be too quick to show what is going on in my life; my results will give evidence to what I've been learning. The best publicity I can ever have for any program is in my secret place; that is where I battle things and call them forth in faith. I need to be comfortable with being in the background of my life and shouldn't always strive to be seen. Private moments where I sit with all I've learnt, to internalize and carve out a game plan, is important because application is very key but most times, we're too quick to engage. I need to make a PhD out of everything I'm learning. Just scratching the surface won't take me anywhere, the real deal is at the bottom of the pot. I have to study to show myself approved. This will help build me so that I can stand firm and strong, not just in my spiritual life but in every aspect.

It may not show now but it will later, I just need to keep watering and investing. Faithfulness in the little will go a long way. Again, I need to sit with God and get the blueprint for my life; that will prevent me from succumbing to unnecessary pressure whether from family or from society.

### **Tackling negative thoughts and winning the battle in my mind first**

One of the major ways the enemy gains grounds into our lives is through our thoughts and I learnt that when negative thoughts come up, I need to tackle them with the word. I need to be so full with the word that negativity doesn't stand a chance; this therefore spells that I need to imbibe the habit of sitting with God's word in deep study till it becomes flesh. I'm not doing it for anybody but for me as every day is a battle.

## **Followership/Mentorship and rich slipstreams**

I learnt that I can follow through submitting to materials. This offered some kind of relief especially in an area where one can't find mentors at close proximity and I discovered that till I meet mentors live, which may probably not happen soonest, I can feast on the rich and vast resources they've made available. Staying in a mentor/teacher's slipstream is maximizing everything they've made available and it's my duty to learn to follow diligently because a lot of the questions and the things that trouble me are found in their slipstreams. This also points out that I shouldn't follow blindly. It's not just about liking their posts or viewing what they're doing next, but I need to be sensitive to connect the dots, learn and apply; that's when I'll get a radical shift.

There's no excuse for ignorance as information is widely available. Identifying my season and mentors for each season will give me direction. Quick fixes should be avoided; I need to go hard in search of knowledge, I need to dig, find depth and listen for the behind story. A lot of times, we run away from mentorship because we don't want to work, we want to jump processes but it's very important that I allow the heat of process work on me. My focus should never be on the end product but in the process because it's the process that will make me and help me to be rooted.

Allowing myself to be trained can help me go far and stand tall. I need to stalk my mentors and go hard on them, glean as much as possible and while searching, I should allow the Holy Spirit lead me. It's not a matter of copy and paste but it's about living out God's template for my life.

## **My real enemy and waging a good warfare**

I learnt that my real enemy is the devil and he isn't playing with me! I need a close-knit community that is beyond church. I need to always be alert as the devil is all out and he knows my areas of weaknesses and he has strategies to constantly attack those areas. Life is warfare and I don't need to wait to be enlisted, as long as I'm alive, my name is already on the battle list. I need to fight for my Christian faith, fiercely contend for it and I should never think my own is too much. I need to stretch myself and be

vigorous, life needs my total attention. God deserves the best of my time and day; hence, I will stop giving Him my leftovers. I also need to learn to hear directly from Him.

There are too many untrained Christians and I don't want to be part of them. There's need to pass some certain tests and it's the preparation that I do in the secret place that will help me; not just attending group meetings but having personal time where I can sit and romance what I've learnt.

I learnt the importance of creating a prayer schedule and coining prayer points around areas of my life where I desire to see change. This has helped me add structure to my prayer life and pray effectively. The only language the devil understands is violence and therefore I can't afford to be slack in my prayer life. For every attack of the enemy, I need to counter it with a strategy that is 10 times more than his own tactics in order to beat him hands down. I learnt I must always clap back at the enemy, no time to be at ease even if things are going all rosy at the moment.

### **Power of confessions**

Confessions are work but they work! I learnt that they're a daily must and I must say since I started practising it, I have been enjoying it. I discovered that confessions are taking God's word and putting it in a format that is readable/understandable. If there's a particular area of my life I'm dealing with, I need to carve out a confession and write it out as my reality. Reading devotions, sourcing out rich materials and studying the bible can help me craft amazing confessions. Confessions are speaking what I desire to see, enforcing things that are and calling others forth in faith.

### **Time stewardship**

Time is very important and I can't afford to be wasting it; I need to be intentional about it. I learnt to practice the zero-hour sum where I need to send every hour on assignment; no hour should be left unaccounted for even if it's a time stipulated for thinking. I need to start my day before the day starts and that has to do with

scheduling. Even with the scheduling, I need to prioritize and focus on the important things so they don't become urgent and this should be done in the night. Waking up early is a game-changer as it helps one get all their work done on time. Planning is of great importance as it will help me to be more consistent and productive.

## **Retreats**

I learnt I need to cultivate the habit of inculcating retreats into my life as it will help me to re-strategize, renew myself, rejuvenate and so much more. Planning my retreat will prevent me from just going to waste my time; I need to have a focus. Even Jesus retreated every now and then. It doesn't have to be so expensive; it could be at the beach, a church or any quiet place where I can have quiet time with God and also 'me time'. The beauty of retreats is that you are not in a hurry.

## **Journaling and Prayer Scheduling**

Oh my, I had been journaling before I started TFS but I guess I didn't know the power inherent in it. TFS taught me to journal with intentionality. Through journaling, I've learnt personal lessons; its taught me to see things beyond the surface. I began to discover that everyday life has lessons to teach if only we pay more attention.

Our journals become like historical documentations: our history with God, how our lives have progressed, the changes and so many more. Also, journaling serves as reminders of God's promises; when we get to go through our journal, we can go back and petition heaven for unfulfilled promises and on the other hand, it can push us to gratitude when we see all God has done.

Prayer scheduling also did something in me; it helped to bring order in my prayer life and the ability to search out scriptures for the specific areas I'm praying for. This has helped me in praying focused prayers and even going on to pray at length because there is direction; no rushed prayers or fear of leaving out anything. Through this I've also learnt how one can persistently dwell on an area till light comes.



## **How the whole experience has been**

TFS came with a bang for me and I'm glad I moved in with the flow. There were times I thought I couldn't keep up as there were clashes with other aspects of my life and things I had to do. But I learnt that any life that wants to move forward must accommodate the stretches that come with the next level that they desire. Also, as women, God has blessed us with the gift of multi-tasking therefore I needed to start harnessing it.

TFS has been radically shifting for me, even in my sleep; I sleep with consciousness that there is work to be done so I can't just snooze away time, lol. Taking my life serious is another shift. If I want that dream life so bad then I need to put in all it takes as no one will do the work for me.

Making a habit of doing something that will make me better or push me closer to achieving my goals or being the person I desire to be is something I've come to adopt as well and I daily make intentional efforts. TFS has helped me to kill excuses; I'm not fully there yet but I'm improving daily. "No excuses", are one of CoachE's lines and yes, they ring bells. Excuses are like ropes tied around your waist that keep pulling you back from moving forward and the more you give them, the more you will have a reason to give them.

Getting close up to CoachE was another great motivation, gosh, she is a powerhouse and great lawwwwd she can play her cards well! So much wisdom and discipline! For me, those are positive vibes I'd always want to have around.

The assignments and accountability check kept me on my toes and I learnt vastly. Truly, knowledge can transform and much more when you're bold enough to take steps in the direction of application. I've always been someone who is akin to gaining knowledge but I've discovered, it's pointless gaining if you wouldn't apply, you'd be constipated. I also used to worry about applying all these changes at a go and felt degrees of overwhelm but another deliverance came when I learned that the little things we do consistently have cumulative effects rather than waiting to apply the chunks and it just needs me to start somewhere.

TFS gave me so much clarity in some areas; I used to sulk over the fact that I don't have mentors close by but learned that for the time I'm yet to have or meet them, I can glean from their materials which could help me have interesting and intelligent conversations with them whenever we get the opportunity to connect. Another area was that I would often feel bad if I'm unable to catch up with one teacher or content but liberation came for me in that I shouldn't fear missing out. It's not all content I'll have access to and I can't be everywhere, I should just know my teachers and stay with them.

Furthermore, I learnt the importance of balance. God is interested in all aspects of our lives and they all need to bear fruits. If any area isn't doing well then, I'm not being a good steward. I must gain strategy so that every area of my life will speak of my faith and the principles I proclaim. I must do well in every area of my life; it is not an option but a must. And for any area that is lacking, I need to seek hard for knowledge.

Finally, but not finally... hahaha, I've learnt not to live by just how I feel or allow the situations happening in my life affect the effort I put into doing things. It's actually one of the tools of the enemy to distract us. Yes, truly, there will be times where I would feel down but I should always remind myself that it's not my position. I need to dust myself and keep moving. The devil isn't concerned about us, when we're down, he is aiming for a total knockout so I need to keep fighting. Life has its varied seasons and I need to keep moving.

I've learnt so much that pages and pages cannot fully dissect them. Thank you so much, CoachE, for this opportunity. This baby girl is growing though taking baby steps but she is committed to see herself get better.

Thank you so much, Coach, words aren't enough to express my gratitude. May God bless you immensely. You're indeed a great blessing and role model to young women like me.

# ABIMBOLA ODUMBAKU

## My TFS Review



Phew!

It has been such a great journey; I can't even find the *Bimbo* I was before the beginning of this Academy.

Okay, so I don't jump past myself, let me quickly give a little back story.

Around May-June, 2020, in the midst of the pandemic, I got added to an accountability WhatsApp group. While in the group, the group admin shared

some resources with us, and on one of those days, she shared a blogpost from one woman who has a blog on fitness.

I read the blog, it resonated so well with me. I searched for her name on Google and found out that she has a Faith-based blog, too. Being a church girl who has a space online too, that pulled me closer to her, and since then, there is almost no week I don't check her blogs for weekly updates; there are even some nights that I sleep late because I am scrolling through her old posts, and was I blessed? So blessed!

So, this year, on one of the times when I usually came to her blog to search for new updates, I saw that the mentoring Academy was opened. I applied praying that I would be among the selected few who will be chosen to come and learn from this woman of God who I have diligently stalked and learnt from for over one year of my life.

I still remember the day I got the mail informing me that I have been chosen to be in the Academy, happy doesn't even do justice to what I felt, and coming to the end of this beautiful journey definitely comes with mixed feeling.

## **HIGHLIGHTS OF THE THINGS I HAVE LEARNT IN TFS ACADEMY**

### **God Over All**

If there is one thing that I heard continually in the academy, it is that my relationship with God has to be solid because once I get that aspect of my life right, every other aspect just literally aligns.

CoachE said again and again the importance of deliberately creating time for God. My relationship with the Lord is not one that can be pursued casually or in my spare time. It is one I must actively pursue, placing it first above all other things.

There are spiritual disciplines that I must continually give myself to, disciplines like: studying of the word, praying, fasting, journaling and giving. These disciplines are not just reserved for some ministers alone but it is supposed to be for every believer, myself inclusive.

I also learnt that it is okay to have routines and structures around my spiritual life. Routines are not meant to bore me but they are what I set in place to make sure that my spiritual life doesn't suffer when push comes to shove.

### **Importance of Time Management**

Gosh, CoachE is such a planner! She taught us how to be planners, too. I really thank God that I was part of this session because I am at a point in my life where I need all the wisdom I can get in planning and putting more structures in my life.

TFS academy started with me having to move up a step higher as it relates to my career and it came with a whole lot of responsibilities. There were days I literally had tears in my eyes as a result of the many assignments/tasks I had to carry out, but I thank God I am finally getting to a place of structure.

Effectively managing my time as I have been taught was really a life saver; I don't know if I would have been able to carry well as much as I did and I am still doing if I wasn't in the Academy.

From learning to start my today from yesterday, to keeping my distraction level low, to having block hours where I am staying off everything and just focusing on what needs to be done, to the time-tracking exercise in the Academy which was an assignment geared towards helping us see where our day was going. So good!

There is also a lot of casualness going on in my generation, I should continually seek to be the exemption. I am to continually make sure I am stretching and operating at my optimum best.

I learnt, unlearned, and re-learnt so much about effective time management.

### **The Power of Confessions**

I learnt how important it is for me to confess the word of God, that even if the things I am seeing are not yet in sync with what I am confessing, I am to keep up doing it. I love the various resources and the various applications that I can use.

I have also crafted out my confessions for different aspects of my life and I am already declaring them and will keep declaring them.

### **The place of the crowd in my life**

I name this point this because it totally captures what I have in mind as touching the role of people in my life.

In life, people will always have their opinion about things: what I should and what I should not do. While the goal is to be at peace with everyone, I must ensure that my being at peace with everyone should not be in annoyance with myself.

I can go ahead and wear what I have, use the kind of phone I can easily afford in this season, without feeling any pressure from outside to do anything EXTRA. I should

never be caught living a fake life or trying to modify my life in any way to look better than it actually is. I am to enjoy each season as they come, conveniently say “no” when I have to, and say “yes” when I have to. There is already enough pressure on the outside, I should not add to it by tensioning myself to keep up with the Joneses.

Men are supposed to be gifts of the Lord to me and not tension materials. It is okay to block some people if I feel they are tensioning me in a particular season, until I am mentally and emotionally fit to start seeing them and their life won't be sending me into comparison.

### **The place of money in my life**

I am a blessed woman and I will become more blessed as the years go by. However, I must ensure that my sense of worth does not come from the amount in my bank account or the diverse investment portfolios that I have.

Money can come and go, but I am to become a woman whose confidence doesn't come from what I own, but from who I am in Christ. Every other thing can change, but nothing can ever change the love that Christ has towards me or who I am in Him, so I should have a deep-seated sense of worth based on my identity in Christ and not just how much I have.

### **The place of relationship in my life**

I am to make the choice of a life partner alongside with God; it is such a delicate matter that I cannot do it on my own.

It was such a great time in TFS Academy, I must confess. I am super grateful I partook of it in this season of my life.

God bless you, CoachE, for giving to the Lord. I am a life changed, and this change is forever by God's grace.

# OLUWABUSOLA AKERELE

## My Review of TFS



TFS has been an awesome experience for me. I came with a lot of baggage. I didn't know what to do or where to start from. I was bruised from inside out.

I remember my sister telling me about the mentorship program she saw on CoachE's WhatsApp status and she felt that the program will be good for me, so I decided to do my own research on what the programme was about and who was behind it.

I was sceptical initially because there are a lot of false doctrines, preaching, so called spirituality, but they are not consistent with the word of God. Most times they only pick aspects of the bible

that would favour them. What caught my attention was that CoachE was not willing to just take up anybody to make a name for herself, there was a caveat: First, go and pray about it and second, you must be disciplined.

Most young people of my generations are not disciplined, that is why they are in a hurry; their foundation is very weak. I realized that my own foundation needed help. The battle in life is real and I need the necessary arsenal to fight to overcome and come out victorious. I also realized that I have been seeing life through the wrong perspective and I knew something had to be done quickly.

- ✓ I lacked self-esteem; was always seeking people's approval.
- ✓ I only loved because I wanted to get something from the person or gain something.
- ✓ I was easily offended and prone to anger.

- ✓ My prayer life was just 5 minutes and that would be all for the day till the next day.
- ✓ My study of the bible was not so great.
- ✓ My relationship with the opposite sex was not it at all.
- ✓ My relationship with my family was crumbling.
- ✓ My career was also affected. I lost focus.
- ✓ My duty post in church, I just lost interest and I thought God had abandoned me.
- ✓ The people I surrounded myself with were toxic.

Ignorance is not good ooo.

I went to God in prayer and I asked Him, “Lord, if it is your will for me to join this mentorship program, provide all the necessary tools.” And so far, God has been gracious and kind.

When I sent my email to CoachE and I didn’t get a feedback, I told my sister and she said “*well, maybe you will try again*”, my spirit told me to send a reminder email. I did and still nothing. I was like, “did I do it wrong?” I went to read my email for typo and all. Then the WhatsApp chat finally came and asked if I was still interested and I am like something I have been waiting for, a big “yes!”.

TFS Academy required sacrifice but it is worth every bit of my time. Over the course of our meetings, I learnt a lot:

- ✓ How to use the word of God to pray effectively. This has helped my prayer life tremendously. Not praying anyhow but praying according to God’s word and getting the desired result.
- ✓ Also, using the word of God to craft my confessions. When we were taught this, I went back and carefully crafted my confession about everything that concerns me through the word of God. I have been saying it since then and it is working for me. Glory to God!
- ✓ How to use my youth years to be productive. No over sleeping. I have to be disciplined and stretch myself to achieve my goals and objectives. I caught that and I decided to get my professional examination done. It’s in November but I



intend to cover the syllabus at least twice before the exam and the Lord has been helping me.

- ✓ When I lack wisdom in any area, I learnt that I should voraciously ensure to get the required information and how can I do this is by investing in materials e.g., books, blogs, etc., that will help me get the knowledge I seek to fill in the lack. I then realized I have to invest in books, ministry materials on prayer, get other versions of the bible. Now I have five versions of the bible on my phone and two hardcopy versions which I use to study. I will get more as the days go by.
- ✓ I was never a writer but when the topic of journaling was taught and I saw CoachE had journals as far back as seven years ago which helps her to keep track of the goodness of God, what she is meant to do, what she has done and what she will be doing, I keyed into it. I got my books and each day I journal everything I need to do. I take a review of the book every three hours to ensure I am on track. This has helped me plan my day and also displace unnecessary things and unsolicited talks and meeting.
- ✓ We reviewed Craig Groeschel's podcast on **STOP WASTING TIME BY PLANNING YOUR ENERGY** and I saw how he practically and brutally saved a lot of hours to enable him function at his best. That was how I knew I was a morning person. I took advantage of that; I wake up as early as 3am and I start my day.
- ✓ I also learned to plan my tomorrow today. I didn't use to do that. I was just planning the day as it goes but I realized when I plan my tomorrow today, it's like I am on a track field getting ready for a race: on your marks, get set, and when tomorrow comes I GO.
- ✓ On leadership, I learnt that though I can do all the tasks, it won't be easy. I have learnt to pray to God about who best I can assign the task to get the desired result required. This in turn helps the individual get trained to also be able to lead. For instance, I head the children department, particularly the teenagers, and they can be a handful. I learnt to assign responsibilities to them and if anyone is having issues, I step in to assist and give the task back to the teenager to ensure he/she does it well. This has made teaching them a lot easier and I am more like a friend to them.
- ✓ I am still learning how to read blogs. I am more of a hardcopy book person.

- ✓ How to deal with the enemy (SATAN). First who is the enemy (SATAN), how does he operate? He operates through lies, accusations and several antics. How do I battle with him? By knowing what the word of God says about it and putting on the whole amour of God.
- ✓ Joining The WILD Sisters has made my life more prayer conscious; not only praying for myself but praying for other sisters and hearing there testimonies is mind blowing. Now, I not only pray in my understanding, I also pray in other tongues.
- ✓ I picked up the skill of writing.

I can write more and I have more to write. TFS has being life changing for me!

## ***Join The FAB Sisters Mailing List***

Hello, FAB Sister!

You too can be part of the next batch of the **TFS Academy**. For more information about TFS Academy and updates about the next session, please subscribe to: <https://eziaha.com/>

Love,  
Eziaha Bolaji-Olojo