

The
fab
Sisters
Academy
— RELOADED —

10 Ladies Share their TFS Experience



EZIAHA BOLAJI-OLOJO

THE FAB SISTERS ACADEMY

RELOADED

10 Ladies Share Their TFS Experience

Facilitated by:

EZIAHA BOLAJI-OLOJO

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Intro



Hi, Hiiii!

The Fab Sisters (TFS) Mentoring Academy is my 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.

Basically, it is everything I would have wanted from my teenage years but didn't quite get like this, yet still somehow found it by being intentional about following my MOSTLY distant mentors. 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, like I was. This is why I'm committed to helping my sisters lead and thrive with a more intentional and purposeful life as singles.

Between September 27 and December 19, 2021, I embarked on this batch of TFS 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

Ajagbe Tolulope



MY 12-WEEK TFS JOURNEY

I would start this with the bible scripture in Jeremiah 3:15 which says, *“Then I will give you shepherds after my own heart, who will lead you with knowledge and understanding.”*

Indeed, I can testify and say with boldness that the Lord gave me a shepherd after His own heart in the person of Coach E. To this I say, *“Thank you, ma, for yielding to God’s will.”*

The past 12 weeks has been nothing short of amazing; I would define those moments, days, hours and seconds as the best so far in the year, it has been my defining moments (my *Aha*

moments). I have seen growth in the past weeks... so unbelievable to me, I have been stretched that even my sleep can testify.

There were times I wanted to give up, I also had moments of discouragement. I had moments of joy and excitement at what I could now do, and I had moments when I felt overwhelmed. But in all, I would never trade the past 12 weeks for anything.

I joined TFS program because I really didn't know what I wanted or what I needed to do especially in my Spiritual Journey. It's not like I don't get kicked out of most groups due to non-commitment but here I am, final week and I can't even wait to join the next batch if Coach would allow. TFS is indeed a training ground and I doubt if any amount of money can be given that would measure up to what we learnt.

Highlight Of The 12 Weeks

Week One – Introduction: The class here was for introduction, Coach E encouraged us to be hungry and not just be excited. She mentioned that we should be like an archaeologist and always research to learn and know more. I now have desire to research more and look for more information. Google is now my friend, even to searching to find the meaning of a word before I use it.

Week Two – Identity: Reading the blogpost on journaling spurred me to start mine (I have never been up-to-date with my journals); also, how a person can be so detailed, disciplined and consistent put the desire in me to do so, too. Coach mentioned that success is never owned, it is rented, and we keep paying the bills therefore I must live an intentional life and also keep accurate record of my life. There is also the need to never lie to myself so I have to evaluate myself regularly and speak the truth. The importance of quiet time was also emphasized and we had a blogpost review on how to spend quiet time.

Week Three – Spirituality: Fight for your spiritual life because it is worth it. Nurturing one's spiritual life is not an option because life makes no sense without God. Always make room and make sacrifices. Have a structured prayer life, prayer journal, prayer tracker and prayer timetable. Coach also mentioned the need to look for gaps in our life and make confessions. I was spurred never to remain in mediocrity. Coach made me see reasons to be a Jesus girl over and over again and the desire to remain one overwhelmed me. The difficult prayer life and Bible study life are now becoming so easy and interesting day by day. PDDK's message on how to grow spiritually was also an eye opener.

Week Four – Time Management: My sleep was attacked and I have not been able to have my usual 7 hours sleep without remembering the blogpost while asleep. Coach also mentioned the need to embrace JOMO (Joy Of Missing Out). Life is an institution and there is a need to be extra guided about our life. She also mentioned the need to avoid distractions such as technology and social media but rather use it positively and make the minor or major adjustments in life that can make the difference.

Week Five – Sisters talk (Holy Ghost Sense): Because the bottle of a poison has been renamed does not make the content which is the poison to change, therefore a sin would always be a sin irrespective of the name given to it. We talked about the bad trends of people no longer submitting to accountability, replacing bad habits and behaviours with Zodiac signs, lack of decency and keypad warriors. Accountability stood out for me and I appreciate the way Coach embraces accountability with her mentors and how she honours them.

Week Six – Mentoring: Mentors are human and they are not perfect; ensure whoever you are following is also following Christ. It is a two-way thing and it is not bondage, there is always a season. Never ask someone to be your mentor but always make good use of their available slipstream. Coach also mentioned the need to never abuse access but rather pray, honour and give feedbacks to mentors.

Week Seven – Content Consumption: Reading should not be done at spare time; it is something we must be intentional about. It should be a normal part of our lives. What a person reads can deepen their conviction therefore one must carefully select the book to read and also apply it. Coach also mentioned the need to know the gaps and seasons in my life and find resources that would help during each season. She also mentioned the need to always budget for books and resources.

Week Eight – Question and answer session: The first week of question and answer. One of what was discussed was confession. Confession is a powerful tool and it must never be stopped until the result appears to all. We also talked about applause of men and how we must be careful because it could be a tool for destruction. Coach talked about living an authentic life because an inauthentic life cannot be shared but rather one only shares from an overflow.

Week Nine – Question and answer sessions: God can compress time when we put in the work. Coach also advised us to make the most of our single days because marriage will come with its own limitation. We must never also look for the easy way out but must embrace hard work.

We also had a lovely discussion on friendship; Coach mentioned that friendship should be for a purpose and for seasons. Friendship should not be about quantity but quality. We must also treat friendship with corporate respect: respect friend's time, build maturity and learn to embrace and have hard conversations when necessary.

Week Ten – Question and answer sessions: Serve a lot because flesh is killed in service. Learn to make sacrifices, serve God as a single lady. Coach also mentioned that we should invest in the season that we are in and must always stay connected to God.

Week Eleven – Question and answer sessions: Consistency and patience give results.

The lessons I have learnt so far in the 12 weeks include the following;

- I am created for a connection with God. My life makes no sense if I am not connected to Him. I really understood the Love of God and it has really helped to build my relationship with God. I must also constantly go back to God for direction.
- I learnt Identity and that has been what has been helping me since then and I am sure it would continue to help me. I know who I am in Christ, I know the truth and just as the Bible says, you shall know the truth and the truth will make you free, I can boldly say, “I AM FREE”.
- I must be intentional and disciplined about growth in all areas of my life.
- I learnt I am meant and permitted to be “extraaaaaa” with my life.
- I learnt the importance and benefit of journaling, daily planning and putting structures in place always. Never be sporadic.
- Time management – I learnt my time is not renewable therefore every time wasted equals to life wasted.
- I learnt the greater collective good of fasting, bible study, confession, prayer and the personal benefit it accrues to me. This is one thing I pray never to stop doing because I have seen the growth it brings and I know God wants this for me.
- I must submit to accountability always, take advantage of mentoring relationship and also good community. I am thankful for The WILD sisters.
- I learnt the importance of reading and making use of available rich slipstreams.
- I also learnt to embrace J.O.M.O always (Joy of missing out).
- I learnt to treat myself as an Institution because that is who I am and never shift in my convictions.
- I learnt to continue to show up no matter what. I learnt to also celebrate my small wins but never allow pride to set in.

Sure, they are more than these, but I decided to make it 12; I am sure going to live it all, be rooted and built up on them and live as a Light my Father has called me to be. There are some teachings I started and I stopped, some I am consistent at but as Coach would always

say, the goal is progress and not perfection so I would just keep at it till I can live the best life God has for me.

Applications to my life:

- The way I now ask myself if this is the best use of my time. It seems I hear Coach's voice always.
- The way I now know my authority and now give it back to the devil hot, I do not even let him land. It's the way Coach handles the devil for me... I will never underestimate my fight, henceforth.
- The love to read the bible and also study it with different versions.
- The desire to fast... I can't even believe what I am doing at the moment.
- The desire to shut down social media or prioritize what I need to do first and not just sit with Netflix. For the so many desires in me now and the doings, I am grateful, Coach. The Lord bless you, ma.

The best scriptures for me remain: Matthew 13:23 and James 1:22-25; and I pray that my mind will continue to be the good soil and I will continue to do all that I was taught, producing fruits in 30 folds, 60 folds and 100 folds and I would be blessed in all that I do and will do.

I also learnt about pillars of spiritual life and this is one I really would not want to let go of in my life:

- Prayers.
- Disciplined and consistent fasting.
- Daily confession.
- Spiritual accountability and systems.
- Submitting to mentoring.

Thank you, Mama, (I hope it's safe to call you that), Thank you for pouring yourself into us, thank you for being our teacher, shepherd and mentor. Thank you for always praying

for and with us. Thank you, Coach, for not letting us slack but telling us the truth and never sugar-coating it. Thank you for all of us (Tolu, Temi, Favour, Vivian, Ayomide, Uhoman, Susan, Damilola, Janet, Millicent). Thank you for showing us how it should be done and never holding back the truth. You indeed have ignited fire in us and by the grace of God available to us, we would keep passing on the fire.

Chidinma Vivian



MY TFS EXPERIENCE

I am really so thankful for TFS academy and all the wonderful things that what I have learnt has brought my way and what it will yet bring my way. In no particular order, these are some of the wins that I got from being in the academy.

I learnt about authenticity. And now this is the kind of life I want to live. A life where I am authentic, true to myself and to God no matter what I do or where I am. I don't need to try to impress anybody. The most important Person I should consider at all times has to be God.

I also learnt the essence and the importance of accountability. It can be very tempting, for me personally, to just go solo but one thing I have learnt to incorporate into my life is accountability, especially as regards brethren and leaders in my church.

Also, investment in myself and in my growth. Let me dwell on career here. I am so pumped up to make something for myself in my career so I am pursuing what I need to so I can thrive there.

I learnt so many things in the academy spanning from spirituality and building a relationship with God, to getting rid of distractions, to friendships and seasons in friendships, to relationships, to stewarding my time well and so much more.

I learnt that I must take myself seriously. I also learnt to ask the right questions and now I recognize that if something is not working well for me, I need to take ownership and start to take in knowledge, put in prayers and do what will cause my life to change.

The assignments and projects we did in the academy were stretching but I did not give up. This makes me realize that I can go even further. I only need to set my mind to it.

I have learnt to choose progress over perfection. I must be heading in the right direction with every action and every step I take, without necessarily feeling bad that things are not perfect for me yet.

I also learnt about my energy zones. I was never previously aware of this concept. I have learnt the right time for me to carry out tasks in such a way that at the end of the day, I don't start doing the right thing at the wrong time.

I learnt about mentorship and how to steward those kinds of relationships right. I learnt the essence of being hungry for more for my life.

I am so grateful for all that the academy brought to me. I am getting better by the day and I know that my life will not remain the same. Thank you so much, CoachE'. God bless you, ma. Thank you to all my sisters in TFS Batch B. I am so glad that we met as well as learnt together.

Favour Okoro



MY TFS JOURNEY

TFS has been one of my major high points in 2021. I absolutely love how CoachE went all out to make sure every single meeting was full of sound teachings. Thank you so much, Coach!

TFS stretched me in a really good way and I enjoyed every bit of it (even though there were times I felt discouraged). CoachE always reminded us that perfection isn't the goal; progress is.

Here are the 7 things I have learnt and started to apply:

1. HUNGER: I learnt to not be relaxed but to keep my fire burning. I have always been a person who loves knowledge but TFS helped me see how to channel my hunger right and be more intentional about the kind of content I consume.

2. JOURNALING: I had never been consistent with journaling until TFS. I now understand that journaling my seasons, my walk with God and my wins, is very important to my overall growth as a person. With journaling, I can now clearly see key things about my journey and it's been amazing.

I've gone from having no journal to having four (Prayer Journal, Study Journal, Finance Journal and Sermon Journal).

3. TIME MANAGEMENT: I never knew I was cheating myself by not properly managing my time. I learned that Time Stewardship is service to God and my life is a business that should be well managed. I have learned to respect other people's time while also knowing when to say "No" to protect and optimize mine.

4. MENTORSHIP: I had never really thought about the difference my mentors made in my life. During TFS, I got to realise that submitting myself to accountability is a huge blessing and I became aware of the people that I initially hadn't regarded as mentors but were functioning as that in my life. I learned some mentoring mistakes I should never make such as having mentors that aren't followers of Christ, treating my mentors casually, dishonouring them and not understanding that they are humans bound to make mistakes.

5. SPIRITUALITY: With the understanding that my life will only make sense if I stay connected to God, I now know I have to take my walk with Jesus seriously and never be

only spontaneous about prayer, fasting and reading my bible. I now have a Prayer Schedule, Prayer Tracker, Prayer Journal, Bible Study Journal and a select day I fast every week.

6. FRIENDSHIP: Two major things I learned about friendships is to not treat my friends casually and to identify the purpose of every friendship. It's very okay to have those difficult discussions maturely and equally okay to officially close friendships.

7. CONTENT CONSUMPTION: Because the content I consume influences my life, I've learned to ensure I consume the right kind.

I learned that reading is one of the best ways to improve myself and selecting the right books that fill the present gaps in my life would really help me grow.

I really enjoyed every part of TFS Mentoring Academy and the insight I was able to receive.

Thank you so much, CoachE, Miss NK, and Miss Sharon for such a wonderful experience!

With Loads of Love,
Favour Okoro

Ugo Patience



MY TFS ACADEMY REVIEW

I remember seeing the opening advert on a friend's status and being so excited to apply with so much confidence that I'll get in.

I got in without prior readjusting to the demands of this new weekly schedule. I thought it'll be like every other one and I'll silently read up whenever I wanted to, until I got kicked out.

My eyes widened and I knew I had to sit up. This academy has exposed me to parts of me that I never took seriously and with it has come solutions. Oh! Coach E has challenged me to be real, to be disciplined, to take my life seriously, to be a woman who prays and stays close to God.

To be a wife and purposeful.

To be accountable without shove and push from external force.

To be hungry and intentional about consuming knowledge, and enjoy to JOMO.

To respect time and plan my life accordingly.

Now, even though it seems new to me, I can't be the same person anymore. Gladly, she enforced the discipline of taking notes, so I have a whole lot of knowledge to go back to.

Thank you so much, Coach E, for the new perspective this academy has brought to me and access to a new network of friends cum sisters that are also hungry for growth and advancement.

Thank you!

Janet Mayowa



REVIEW OF MY 12-WEEK JOURNEY WITH COACHE

Week 1: Introduction

We were welcomed to the academy and were encouraged to be intentional about our growth and to be hungry. The class structure and rules were also given. What stood out for me that

week is that I need to have the mindset of an archaeologist. I shouldn't stop on what I am being taught but research further to know more.

Week 2: Identity

We are all children of God but we all have our unique identity. Identity is who I am. The questions thrown at me were:

1. What defines me?
2. Where do I get definitions about myself from?
3. What do I know about myself?
4. What do I believe about God who is my creator?

We express our identity differently at different seasons of our lives.

What I learnt from the class is that I am who God says I am, what the world says about me doesn't define me. I must build confidence around my belief about myself and I must have daily confessions that I must affirm.

Week 3: Spirituality

Paying attention to the spiritual aspect of our lives is never an option but a necessity. Life makes zero sense without God. God has created us to stay connected with Him and our lives will never make sense outside God. I must intentionally make room for my spiritual growth.

What to do during prayer time.

1. Read the Bible.
2. Pray with scriptures.
3. Worship.

4. Listen to sermons.

Week 4: Time Management 1 and 2

I'm either investing or wasting time for everyday God gives me the opportunity to live. Investing my time entails doing the right thing that will profit me in terms of business, career and spiritual life.

Lesson Learnt

I learnt how to divide my activities into focus, flurry and fringe which has been very helpful. I was also able to understand myself with the tips given. I know the moment of my peak energy that I can do more and so I match activities accordingly.

Week 5: Purpose Driven Sleep

Sleep is a tool that helps us to recharge and refresh but as important as sleep is, you should be careful not to sleep away your destiny.

Sleep becomes a reward when you have done all you need to do as you'll be able to sleep well and for more hours knowing you have finished your work and deserve the rest.

Week 6: Mentoring

You can have a close or a distant Mentor. Distant Mentors are mentors you don't have a close relationship with and for such mentors, you get information from their slipstream.

Lesson learnt

1. Follow Mentors with wisdom as they're not perfect.
2. Never replace God with Mentors.
3. Never dishonour your Mentors.

4. Be obsessed about applying what you've been taught than getting responses to your messages.
5. Give them your feedbacks.

Week 7: Content Consumption With Focus On Books

Information builds or corrupts the mind, hence the need to guard our heart. To make a difference in life, you need to consume the right content

Lesson learnt

1. Read books with the right content.
2. Don't treat books as leisure.
3. Have a book where you put your highlights.
4. Read the book again.
5. Invest in books.
6. Select the books that will fill the gaps in your life at the moment.

Week 8: Friendship, Purpose And Seasons

Friendship is for a purpose, hence must be defined. Some friendships are for a particular season. Identify the purpose of friends in your life and don't alter it. Don't force people to be your prayer friends when they're not the praying type.

Have a healthy respect for people's time in friendship. Evaluate your stand with people. You may see them as close friends, meanwhile they're not seeing you that way. Treat friendship as business but with emotion.

Week 9-11: CoachE took out time to answer the questions asked by some of us.

Lesson learnt

1. I learnt the strategy of sustainability which are prayers, fasting, confessions and accountability.
2. I came to understand that single years is a gift and should be embraced for building and growing before getting married.
3. I learnt the power of confessions. Confessions are great tools through which with prayers we can bring the will of God to reality.
4. I also came to understand that friendship is for a purpose and sometimes for a particular season.

Susan Gabriel



REVIEW OF MY TFS MENTORING PROGRAM

I sincerely want to appreciate CoachE for this mentorship program, it has been stretching but very impactful.

Coach made everything one needs to do for a best life very practical, from her blogs to the books we had to read and of course the videos. One thing coach always talked about is PROGRESS; as long as we keep on going because the goal isn't perfection.

Topics we discussed were, Identity, Spirituality, Time Management, Mentoring, Content Consumption with focus on books, etc.

Coach made me understand that I don't need to ask people to be my mentor, I could actually consume their videos, books, podcasts and be a distant mentee so that when I eventually meet them and I strike a conversation, it is easier for them to take me in.

She also talked about how we have so much time that we eventually waste it if we don't take journaling serious so as to know what we have done so far that will lead us to being a better version.

There is so much that I learnt in this program and yeah, I may not be practicing all now but definitely there has been an upgrade of my mindset.

Thank you, Coach E, and thank you, Sis Rita and Sis Sharon, for the time you all dedicated to this course. God bless you!

Uhoman Akims



T.F.S! An Amazing Journey

I'll like to start by giving glory to GOD for how much He pays attention to me and my needs, including the ones I have no idea of in the first place. He surrounds me with people and resources I need to grow in the expression of God's purpose for my life.

Next, I'll like to express my immense gratitude to Coach E; thank you for choosing me and being a blessing to me.

My Life Prior To T.F.S

I can't seem to find the right words to describe my life prior to T.F.S. I was just struggling to rise above average. Yes, to some it seemed like Uhuman was already doing well on the right track but deep down, I knew I could do much more. I'll like to point out that I didn't know what to expect from T.F.S, but I clicked on the application link because I knew Coach to be a serious person and I respect her so I went ahead to apply. In retrospect, I see it was GOD; remember I mentioned how GOD surrounds me with people and resources needed for the seasons of my life? Yeah, so back to life prior to T.F.S, **I wanted my life to account for more.**

The Past 12 Weeks

From the first meeting, I knew my life was going to change, I knew it wasn't going to be business as usual and right there, I knew it was going to require a lot of sacrifice and I was determined to follow through. Most of the time, it was a lot, some weeks I was overwhelmed, others I couldn't even explain how I felt. There were times I felt slightly frustrated but, in those moments, GOD showed me how the devil was trying to steal from me so I kept asking for grace and HE gave me that in abundance. Coach always taught us to deal with overwhelm by pacing ourselves, doing the best we can, praying to God for help, to never unfairly compare ourselves with others and to remember the goal is not perfection but progress. Some of my favourite topics and what I learnt from them are as follows:

- **Identity** – I learnt never to forget my identity in Christ, to know the main purpose of my existence, to improve on my expressions of God's purpose, to not waver in my convictions and be generally confident in who I am.
- **Mentorship** – This topic taught me how to get the best out of my mentors. E.g. how to benefit from their slipstream and the power of feedbacks.

- **Time Management** – I enjoyed the *focus, flurry and fringe* blog. It has taught me the wisdom in allotting the right activities to certain times for maximum productivity.
- **Content Consumption** – It was interesting to know that I don't have to consume every content, I learnt it's okay to be selective as not all content will speak to the season that I'm in.
- **Relationships/Friendships** – This lesson was very deep, it taught me to categorize my relationships based on purpose in order to manage expectations and avoid disappointments. I also learnt I can pray a relationship into my life.

My Life At The Moment

Thanks to T.F.S, I take my life more seriously now. I remember one time I was so worried about ending T.F.S without truly implementing lessons learnt. I was really scared; I didn't want to waste my time and I didn't want Coach's effort to be wasted also. So, I became more determined to do better. Now I am beginning to see the following changes, these are a few out of many:

- I read a whole lot more than I used to (interestingly, God linked me up with two reading buddies from T.F.S)
- I take journaling very seriously now. I don't clump up things together, I have a more organized and fun way of journaling.
- I am constantly auditing my time to see if I have achieved maximum productivity and areas I can do better (though I am yet to master time management).
- I pause to carve out confessions and take them as often as I remember.
- I have started to give more feedbacks to my mentors.
- I sleep in the slipstreams of my teachers these days and thanks to Coach, she has also introduced us to incredible teachers.
- I am generally hungrier for growth now

It has been a great experience. I hope to keep learning from Coach, stay in touch with some amazing people here and I look forward to the amazing things God will do through our lives.

I am a tool in God's hands, my life amounts to great things, I have the spirit of discipline and excellence in me, I am relentless, my fire for Christ keeps burning, I can do all things through Christ, I make progress daily.

Ayomide



MY JOURNEY THROUGH THE FAB SISTERS (TFS) ACADEMY

My journey through The Fab Sisters (TFS) Academy would pass for the title EVOLVING. I'm privilege to go through this academy for a second time and to be honest, there's so much to be learnt that could take a lifetime, even more.

Evolving because learning never ends and so does my growth. As a result of the amazing lessons I learnt and productive changes made in my life from the previous mentoring academy earlier this year, I was encouraged to go for it again. I like that Coach E was open. She shared her experiences on her progress with her growth (spiritual, emotional, physical, mental). She shared with us times it felt like she didn't feel like carrying out her routine or times she felt she wasn't doing well and how God helped her through it. This to me means that there'd be times I wouldn't feel like being disciplined and it's in such times I'm to stick to discipline.

It's one thing to have a mentor who gives counsel and it's another thing to have one who holds you by the hand, shares personal experiences on what one could be going through and practical ways they could be dealt with; ways that have been tested and proven to be legit.

TFS was nothing like being spoon-fed. There were assignments, videos to be watched, blogs to review, books to read, confessions to craft and lots more. All of these broadened my knowledge on how to do life better and the God-way. I live for the audience of ONE and from the parable of the Sower, I choose to be the good soil that produced fruit after the seed had been sown.

This time, I learnt so much and had the opportunity of putting them to practise.

WHAT I HOPE TO KEEP DOING

- Understand friendships and respect boundaries.
- Have meetings with myself and monitor growth.
- Celebrate small wins.
- Never give up on the process of growth.
- Keep declaring my confessions even when I don't feel like it, and also put in the work.
- Keep being hungry for more knowledge.

- Be authentic in all I do.
- Live a life of purpose.
- Be intentional and not casual about prayer.
- Keep stretching myself.
- Always embrace the joy of missing out (JOMO).
- Invest hours in prayer.
- Allow friendships to evolve.
- Live with the consciousness that I'm an Apostle in the marketplace.
- Make reading an intentional habit not something I do in my leisure.
- Understand that people can applaud me away from the will of God, hence, not be distracted by the applause of men.
- Package myself as though I'm standing before Kings and dining with them, and watch it become my reality.
- Understand that the voice of the people is not always the voice of God.

I'm aiming to be a seed that germinates and produces good fruit in due season. Coach encouraged that I identify my season and ask God for directions and immediately act on it. I also learnt that books expand my mind as I read them and moving forward, I'm putting in more efforts to invest richly in my spiritual growth.

Learning never ends. And day by day, I'm learning to get up and be a better version of myself.

Thank you, Coach, for your passion to help ladies grow and do life the best way. Thank you for creating a hunger for more knowledge, a desire for obedience to God and teaching me to speak God's will for me into my reality.

To be honest, words fail me to put down all of my 12-week experience in the Academy, because all these, isn't half of it. It's better experienced.

Cheers to EVOLVING!

Damilola Fola-Owolabi



MY 12-WEEK TFS REVIEW

This 12-week period for me was very intense but I am grateful I rocked it out. Looking over my notes to create this review felt like I was in another zoom meeting with Coach E.

I'm very grateful that I went on this journey and even more grateful that I have my notes

to return to from time to time when I need resetting.

Spirituality And My Christian Walk

I have been created for a connection with God. The only way my life can make sense is if I stay connected to Jesus. Else, I'll never feel complete, just like a fish outside of water. I can't mock God and cheat the process. Time reveals all things; my service to Jesus must be genuine. I have to study the Bible, worship, pray the word. Everything I do to feed my spiritual self will always be worth it. I must intentionally make room in my life for my spiritual life to blossom. I must look for gaps in my life and make personalized confessions to my life.

I learnt that as a believer, fasting is part of my consecration and meal plan as a soldier in God's army. It is not a man-made construct; we are instructed by God to fast and therefore, it must be observed. And for my fasting to be done appropriately, it must be Bible-based and God-focused.

Identity

Discovering oneself is a very important part of our journey as Christians and I need to take time to understand what I believe about myself and God. Some tips to discover myself include:

- **Journaling** – This way I can see how I am growing and where God is taking me.
- **Daily meetings with myself** – Spend time with myself alone every day. The goal is progress not perfection. Don't stop the right things that you used to do. Go back and look for what you changed and start to do it again. Don't despise small things (compound effect/slight edge).
- Read the Bible daily.

- Pray (for knowledge, for light, to recognize my teachers, for grace to obey, for help).
- Fight overwhelm and pressure.

If you believe you aren't an 'xyz' type of person, it's a lie. Don't let the enemy steal from you, you can be anything you need to be to make your life better.

Discipline

Discipline is a very important and non-negotiable aspect of growth. Without discipline, there can be no growth. Stay consistent and show up every day, and before you know it, you'll realize that you have become a different woman. Spontaneity is not for believers. I am spirit-controlled. A disciplined Christian will go above her temperament. Do what you need to do and you know is right to do.

The daily practice of spending time in the word helps you curb your excesses. Take yourself seriously. You must see yourself as important in every place you find yourself. Invest in yourself to grow. There's a lot of intentionality and discipline required to keep your fire burning. There is no special grace involved. It's a thing of discipline. There is a discipline to life we all have to attain.

Journey Of Obedience

You never arrive at a place of perfect obedience; you keep doing what the Bible says. When God shows you what to do, do it promptly. The grace is available immediately. Don't wait to see the full picture before doing it. Bear the burden of discipline in your youth. Once you know, start to apply. Don't think of perfection, think of daily growth. I must work out my salvation with fear and trembling to change what conditioning I might have. Any faith that puts 100% responsibility on God is irresponsible.

Planning

Deliberately plan your day the night before. Plan your day, take your plans to God and ask Him to bless it. The shrewd manager wasn't about management but about being strategic. Be strategic about your life. Don't let the people of the world be smarter than you; but don't be shrewd, be strategic.

Respect time. Yours and that of others. Train people to respect your time. Proper time stewardship is a service to God. Redeem your days. Don't be casual about it. If you don't steward your time properly, you cannot do the things God wants you to do.

Mentoring

Mentoring is learning from someone in a systematic way. My school and church are mentoring systems. Some mentors you know personally, and others you don't. We are life-long learners. Mentoring is in seasons. Don't feel like you need to be loyal to someone forever. There will be some relationships that will last for a long time or even the rest of your life. You have many teachers but you have one father. There is someone you will submit to, that knows you well e.g., a spiritual father. Always honour your mentors. You don't have enough capacity to stretch yourself for everyone and everything. Mentoring is a mutual relationship. It's not a one-way street.

Friendships

Value quality over quantity. The best friendships of my life should come from my home. I need to define the purpose of my friendships. Not everyone will be your prayer friend. Know what purposes they all serve in your life. And act accordingly. Some friends are seasonal, and that's not bad. Step back and ask: "what is this person doing in my life?" It's not about quantity. You can't be constantly talking to someone all the time. That means you guys are not stewarding your life well. You must make room for what God is doing in your life. You must know when to separate and when to come together.

Parting notes that stuck out to me:

Guys, how BAD do we want this? Can you FIGHT for what you want? The proof of anything is your desire and how much you are willing to fight for and pursue it. A good mentor will pick up on that. The price of greatness is your death. Your new life is grown through the ashes. There is nothing too much to let go for you to live an authentic life. There is a price to pay for that life you want to live. So, you can't be casual about life. Put in your work. Don't just read, or listen. Practice it. Life is hard, don't buckle under the pressure. FIGHT FOR YOUR LIFE!!!

Don't always look for the easy way out. Some things will cost you something. Learn to embrace hard work. Learn to put in the work to grow your life. Don't let the effort of your teachers be in vain. Maximize your single days. Don't be casual about it. Every season comes with its own limitations. Put this season to work for you. Don't be weak. The only way to not be weak is through your spiritual discipline. You have permission to be extra, the enemy isn't taking it easy on you. Don't joke about your life. Ask the Lord to show you where you are going to and what is at stake. But if God is showing you things over and over again and you aren't doing anything with the information, then He will stop showing you. You have the permission to do whatever it takes to be extra about your life. You must be living your best life both single and married.

Temiloluwa Durojaiye



MY TFS REVIEW

Wow TFS! TFS! TFS! TFS! Such a training ground! If there is something that TFS reinforced for me, it is that my life is serious business and I better treat myself like a corporation. I have followed Coach E's blog for more than five years now and I have

learned so many things that have helped me live intentionally on my faith walk. I have to say here that Coach E has been consistent over the years. Her posts have truly blessed me because of how she breaks down the practicality of living the WORD. When the opportunity for close mentoring came and I saw it, I honestly felt like it was time to grab it again. I had initially applied some years back to TFS but did not get in. Now I know it was all about God's timing. I initially was very worried about how I would cope with the meetings and reviews and on the first day I showed up almost anxious. Coach E prayed about it that day and that gave me such courage to forge ahead.

TFS is amazing, it is DEEP, it is TRANSFORMATIONAL. I have notes and notes and notes that I would go back to read just because of the wealth of wisdom in there. One of the things coach E mentions a lot is that wisdom is knowledge customized to your situation and it is important to gather the right information that one needs. This means you would have to assess your life and identify knowledge gaps then pursue the right materials to close that gap. You must pursue these things; they will not be handed to you just like that. One of the things she said that liberated me (a lot of things she said to be honest) was about not reading books just because it is on someone's read list or someone posted it. It is wrong! I was finding that I was reading but it didn't seem to be what I need. Now I know better to tailor my reading to what I need and not be haphazard. This also ties in with the JOY OF MISSING OUT (J.O.M.O). I am embracing this, and I am liking it so far. **Pressure significantly dropped.**

Oh, another liberating moment was on FRIENDSHIPS. Knowing the purpose of friendships, classifying what friend to go to for certain things and not trying to choke one person with all the qualities I want (not even necessarily need) in a friend. Also staying in my lane.

Coach E emphasized that the devil is not playing so we must be strategic. When I am starting to be lax sometimes, this sentence reminds me that the enemy is not joking, so I better up my game. Coach E's lifestyle of discipline is very admirable, and I really like that she encouraged us about not giving up and always forging ahead.

In all the teachings, Christ remained the centre. We were reminded again that life outside of Christ cannot make sense and it is a relationship to invest in. Oh, we cannot afford to be casual about our relationship with God. We must pray, study the word, craft out confessions and stay there till something shifts; and not leave just because nothing happened in two days. We need to grow roots. Also, being accountable as a believer is important for growth on our faith journey. Fathers and mentors and teachers should be honoured.

Time management and productivity, another course on its own. We learnt how to manage our energy and place activities into three categories: Fringe, Focus or Flurry in order to up our productivity.

The blogposts, the YouTube videos, book chapters to review, were well thought-out and very insightful. Honestly, Coach E pours her heart into this, and I am so glad I got to be a part of this TFS group – meeting women who also want to live purposefully with God at the centre. One thing Coach E says that will definitely stick with me is: Accept this as your new normal, tell yourself you will not go back. I won't go back to being casual!

Thank you, Coach E, for your time, energy, prayers, words of counsel, and much more. God bless you abundantly beyond your wildest imagination. May these seeds you have sown yield a bountiful harvest and continue to spread throughout the earth in Jesus' name.

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