

# A *to* Z *of* **Goal** **setting**

37 days to setting goals  
and reaching them easily



Templates  
and  
strategy guides  
included.

**Francis Okaformbah**

# **A to Z of Goal Setting**

37 days to setting goals  
and reaching them easily.  
Templates and strategy guides  
included.

Copyright (c) 2020 Francis Okaformbah

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, distributed or transmitted in any form, by any means – electronic, mechanical, photocopying, recording, or any other – without the prior written permission of the author or publisher.

ISBN: 978 -X-XXX-XXX

Published in Nigeria by:

Siscomedia Limited,

Lagos, Nigeria.

Tel: 07031857044, 09083599301

[books@siscomedia.com.ng](mailto:books@siscomedia.com.ng)

[www.siscomedia.com.ng](http://www.siscomedia.com.ng)

Siscomedia Ltd Books are available in quantity discounts for bulk purchases, distributorship, educational purposes, charity organizations, and public presentations.

## **Dedication**

Dedicated to my wonderful mom, Roseline Okaformbah,  
Thanks for the prayers and all the support.

# Contents

- + Dedication
- + Contents
- + Appreciation
- + Introduction
- + Part 1: Getting started
  - Chapter 1: Goal Setting 101 – How Do I Set Goals?
  - Chapter 2: How Do I Reach My Goals?
  - Chapter 3: Developing My Strategy
  - Chapter 4: Let's play A Game
- + Part 2: 37 Daily thoughts, insights and action boosters
  - Day 1: A – Astuteness
  - Day 2: A – Attitude, It's Everything
  - Day 3: B – Begin
  - Day 4: C – Challenge Your Self-limiting Beliefs
  - Day 5: D – Discipline
  - Day 6: D – Determination
  - Day 7: E – Encouragement Provide
  - Day 8: F – Faith and Fear
  - Day 9: F – Failure
  - Day 10: G – Gather Like Minds
  - Day 11: H – Habits
  - Day 12: I – Ideas Rule the World
  - Day 13: J – Juggle More Balls
  - Day 14: K – Keep a Goals Book

Day 15: L – Learn More Today, Every day!  
Day 16: M – Meditate  
Day 17: M – Mini-Goals  
Day 18: N - Negative Thoughts  
Day 19: N - New Ways of Doing Things  
Day 20: O – Opportunity  
Day 21: P – Patience  
Day 22: P – Perseverance  
Day 23: P – Plan  
Day 24: P – Pray  
Day 25: Q – Quaeso Queso (Latin)  
Day 26: R – Risk it  
Day 27: S – Self Confidence  
Day 28: T – Take Stock Daily, Weekly or Monthly  
Day 29: T – Time Management  
Day 30: T – Think Strategically  
Day 31: U – Use Your Subconscious and  
Superconscious Minds  
Day 32: V – Visualization  
Day 33: V – Vision  
Day 34: W – Work  
Day 35: X - Xerox A New Playlist  
Day 36: Y – Yes! Fake It Till You Make It  
Day 37: Z – Zeal

- + Conclusion
- + Bibliography
- + Resources

# Appreciation

I would like to thank in a special way, the following distinguished people who served as beta readers and critics for this book; Godsplan Ugwuja, Eric Akuranya And Chigozie (Mrs). I also wish to thank other members of my author cooperative for their contributions towards the cover art and Zuka Chris and my younger brother, Godwin for the beautiful cover. I would also love to give a special mention to my wonderful editor, Godsplan Ugwuja.

I am equally grateful to my entire family and also to all those that attended our online (whatsapp) course before the launch of this book. You all helped me perfect the contents of this book and I am most grateful.

I am thankful to Edwin Akpan for your input and for his permission to use some of his materials. Finally, to the various authors and business leaders that have influenced me and to those I used their ideas, I am much grateful.

# Introduction

A – Z of goal setting, is a personal development, productivity and business book that is sure to change your life. The idea for this book started way back in 2005. I just wanted to play with the alphabets and come up with a book that had motivating words and sentences strung together for each alphabet. You know, like A – Attitude, B – Be Bold and so on, down to Z – Zeal and then self-publish it. Well, circumstances such as cash constraints and a few other limiting factors, played a fast one on me and prevented me from realizing my goals. After a few drafts, I had to abandon the project and focus on other things.

Over these years, not only have I been able to grow as a person (that is intellectually and financially), but also as an entrepreneur and an author. As such, I have been blessed with new insights which have provided me with the opportunity of creating templates and success systems that I have used to prosper in the various goals and targets I have set for myself and even for others. These systems have been tested, tried, re-invented and re-tested again and again and they always come up trumps. With these systems, each time I set a goal, just like Lionel Messi of Barcelona Football Club, 90% of the time I never miss scoring the goal (pun intended).

I have placed a lot of these tools and systems in this book to make it more than “just a motivational book”. All the things you need to work on and achieve your goals over a period of 37 days or more, are within this book, thus making it a true A to Z of all you need for goal setting.

This book will help you set and achieve goals in seven major areas of your life. These areas are;

**Business and career:** You will learn how to start, revive or grow a business or career.

**Health:** Helps you with plans for a healthy and fit lifestyle.

**Personal growth:** Become more emphatic, knowledgeable and spiritually mature.

**Relationships:** Find love, rebuild relationships and more.

Do you enjoy the thrill of being in debt like this guy?



*“I have been in debt right from my mother’s womb and I am enjoying the thrill”*

**Financial:** You will learn to take control of your finances, earn more, reduce debt.

**Social contribution:** Make the world a better place.

**Fun and Leisure:** How to have fun and live a full life. After all, you only live once.

Study it closely and perform all the exercises within and you will achieve all your lifelong personal, career and business goals.

I am convinced that these systems will bring you success, just as they brought me success and have also set hundreds of others who have used them on their way to achieving their goals.

Best regards,

Francis Okaformbah, Author  
January 2020



# Part 1

## Getting Started

I would like to begin this book with a short story about a boat race. Some Nigerians and Ghanaians decided to take part in a boat race. Both teams were made of seven participants each. All the racers practiced long and hard to reach their peak performance levels. On the big day, they all felt ready and raring to go. The race started and at the end, the Ghanaians won by over a mile - 1.6km. The Nigerian team was discouraged by the loss and as can be expected, morale sagged.

The Nigerian government decided that the reason for the landslide defeat had to be found. So, a consulting firm was hired to investigate the problem and recommend corrective actions. It was discovered that the Ghanaian team had six people rowing and one person steering the boat while the Nigerian team had two people rowing and five people steering. After a year of study and thousands of Naira spent analyzing the problem, the consultant firm concluded that too many people were steering and not enough were rowing on the Nigerian team.

So as race day neared again the following year, the Nigerian team's government decided to change the structure of the team and completely re-organized it. The new structure for the Nigerian team was: one quality assurance manager, two steering managers, one area steering manager and a new performance review manager for the two people rowing the boat to provide work incentive and motivation.

This time, the Ghanaians won by two miles. Humiliated, the Nigerian government laid off all the rowers for poor performance and gave the managers bonuses for discovering the problem. Isn't that just wonderful?

There are several lessons to learn from this short story but I want to focus primarily on the problem-solving skill (or lack thereof) of the Nigerian government. As incredible as the story may sound, it would surprise you to know that a lot of us are like the Nigerians in this story. We focus on superficial areas of our lives without dealing with the core problems. We fight the symptoms without attending to the cause. The core problem of the Nigerian team was that there were not enough rowers, they had too many people calling the shots and too few people actually taking these shots but was that problem discovered and resolved? No!

For a lot of us, majority of problems stem from the fact that we don't have goals of our own and are either living life AWOL or are always in the habit chasing goals set for us by other people. You have to take charge of your life and your situation. One way to do that is to set a goal for your life, business or family. The process of setting goals will help you identify your problems and gain clarity concerning the key aspects of your life. Goal-setting will help you fine-tune and re-adjust your mentality, among many other things.

A study carried out at Yale University in America turned up the following results:

- First, the researchers ask members of a class of 1953 if they had specific, written, long-term goals.
- Only 3% did.
- 20 years later, the researchers contacted the same graduates to see what happened to them.
- The 3% with goals had lives that were measurably better than the other 97% of their classmates who had no goals.

- The 3% who had set specific goals had accumulated more personal wealth than the other 97% put together.

One of the things that make goal-getting or goal-setting difficult is the amount of hard work involved in it. If it was as easy as a cruise drive, every individual will have a goal and would be working at achieving that goal and becoming a success. The fact that you are reading this book shows that you are willing to put the hard work into outlining and pursuing your goals until they are achieved and that is a habit of people who eventually achieve success.

Before going further, you need to ask yourself this question.  
*What do I want?*

*What do I really really want out of this life?*

Without answering these questions, nothing you do in life will make sense. Not even reading this book ten times over will. Once you are able to answer these questions you should be able to chart your progress in life and be fulfilled in whatever you do.

You need to take note of the following;

*Without goals, you will have no focus.*

*Without focus, you will have no vision.*

*Without vision, you will have no mission.*

*Without a mission, you will take no action.*

*Without taking action, you will have no result.*

*And without results, you are a failure.*

You need to see your goal not as a destination, but as a journey. That statement is so important that I want you to read it again before you proceed....

Please, enjoy the journey towards achieving your goal.

It's time for you to go where nobody has ever gone before, to do what nobody has ever done before and to be what

nobody has ever been before. To be the best you can be, to search the skies and reach your goals.

I will give you tools and templates to help you set your goals and also 37 excellent daily thoughts, insights and action boosters, for setting your goals and reaching them. Follow these guidelines and you will surprise yourself in a few days. You have the power within you to set goals and reach them. Let me help you unleash your potential.

Let's get kicking.

# Chapter 1

## Goal Setting 101 – How Do I Set Goals?

First of all, what is a goal and why should I set one?

A goal is a dream, challenge, ambition or purpose with a specific deadline as to when and how it is to be achieved. A problem waiting to be surmounted could also be regarded as a goal. I once saw it written somewhere that every dream should have a deadline. Does your dream have one? Then it's also a goal.

Like I have already alluded to, effort is needed to achieve each goal you set. You can't just wish your goals into reality. Goals give our life a sense of direction. They act as guide posts and sometimes gives the fulfilment of having something noble to chase after.

Success they say, is moving from where you are to where you want to be. Life isn't ready to give you anything on a platter of gold, so you need to strive to reach it. Goals help one reach there. They help you to achieve remarkable results. Anybody that achieved something worthy of emulation had it as a goal.

Why is it so important to set goals? Goals;

- Help you achieve more in your lifetime.
- Improve your overall performance in life.
- Increase your motivation to achieve the most out of life.
- Increase your pride and self-satisfaction.
- Improves self-confidence.

- Helps to eliminate the attitudes and tendencies that hold you back and causes unhappiness.
- Inspires you to do the work to achieve success.
- Excites and even scares you.

Remember the story I told you at the beginning of the Part 1? In setting goals, the following should be taken into consideration;

- i. Time frame.
- ii. The goal must be yours.
- iii. It must be challenging.
- iv. It must align with your core values.
- v. Your goal needs to have a support system.

**Timeframe:** Do not set goals with an unrealistic time frame. Take for instance someone in Senior Secondary School Class 3 (SS3), setting a goal of being a lawyer within 3 years of leaving secondary school. That is impossible. All university law courses take 5 years and there is still the bar exam and other internship tenures and more. It will definitely take more than three years to become a lawyer. The goal is realistic but the time frame is not.

So do you want to be proficient with the computer this year? Ask yourself; “Is the timeframe I am setting for this realistic enough?” Want to earn more? Get a new job? Always ensure the timeframe is realistic. You can split your goals into short, medium and long term goals.

**The goal must be yours:** While this is really open and quite obvious, a lot of people let others set their goals for them. It may be their boss, their parents or even peer pressure. Your goals must be truly yours or you will fail to achieve it. Even if the goal was set by someone else, say your boss gives you a sales target to meet daily as a

performance goal, absorb yourself in it. Own it. Make it yours.

**It must be challenging:** This makes the goal-getting exciting. When you set a goal that is challenging, you are always inspired to pursue it and would wake up in the morning with vigour and passion to do whatever will lead to the accomplishment of that goal.

You also tend to acquire an edge that prevents you from settling into a life of mediocrity and passivity. A challenging goal pushes you out of your comfort zone. You will always learn more about life and even get your breakthroughs when you are out of your comfort zone or have your back against the wall.

**It must align with your core values:** Core values are those virtues or philosophies that you build your life, business or career around.

What makes you feel important? What raises your self-esteem? What increases your sense of self respect and personal pride? There-in lies your values.

Some examples of core values are integrity, excellence, friendliness, promptness of service, cooperation, family, self-control, etc. Goals that are achieved through illegal, dishonest and immoral shortcuts can't be considered as true success. This, according to Emma Etuk is a bad kind of success. He says, "This kind of success is not based upon a true service for mankind. It does not promote the wellbeing of the family, community nor the state."

You must achieve success without destroying your values. If for instance, you have a goal of becoming the most efficient computer operator in your office or to start and finish your housing project or to double your monthly income or even if just to learn how to cook a local dish, you have to do it without destroying your values. If you have to steal, cheat or kill someone, for example just to achieve any of the above

then you are not setting a good goal. List your core values and stay true to them.

**Your goal needs to have a support system:** You can create your goals and keep them to yourself as you quietly work towards achieving them but I advocate that you have a small group of people to support you with these goals. Goals that are set with a select group of people in support of it always tend to reach their destination faster. Get other goal-getters to support you in your goals and provide you with encouragement especially during your down moments. These people will be your accountability partners who will ensure you don't stray from your goals.

The following should not be taken into consideration when setting goals;

- i. Lack of Ability
- ii. Fear
- iii. Self-esteem
- iv. Resources

Don't dwell on abilities you don't yet have as this is something you can learn and develop and then use to reach your goal. Same thing with fear, self-esteem and resources. If you wait to have the latter two, you won't get anywhere with your goal. Philosophers will tell you to start with what you have; the universe will provide the other resources you need.

**The seven major areas of your life you need to set goals on;**

I have split the areas where you can set goals on into seven major areas. These seven covers all areas of life. There are two more, but for the purpose of this book, I will consider them minor. Essentially these seven major areas break your

goals down into easy categories and encourage you to enjoy balance in your life.

These areas are;

**Financial** - This area is where all your income, debts, savings and investments come in. Most, if not all of your goals need funds to push through. So this comes first. A financial goal might be something like to make your first million in a year's time or to cut your five million naira debt by half in six months.

**Business/career** – This has to do with your business, whether you are starting up or already in business and want to grow to another status. It will also cover career choices, decisions and targets. A business goal can be to take your company public on the Nigerian Stock Exchange in ten years. A career goal can be to write your first book and become a published author by 2024. Business goals can also cover regulatory compliance in your industry, increasing staff strength or entering new markets.

**Health** – Your body is the machine you need to achieve your goals. If it breaks down you can't borrow mine or that of your significant other to use to achieve your goals. You don't have a spare body anywhere either so you need to take care of the one you've got. Your health goals should cover your mind, body and soul's growth and maintenance. An example could be to exercise 3 times weekly or join a gym club by Saturday to lose weight. I dare say you should set goals to help you add 10 more years to your average lifespan.

**Fun Time** – This area covers goals for your time off from work. Guilt-free enjoyment, vacations and joy rides are found here. An example of a fun time goal is to attend a music concert every quarter. For me, I find that my fun goals are always exciting if I attach them to the attainment of another goal in the other six areas. Eg I will attend BasketMouth uncensored comedy show in three months'

time, only if I can achieve my business goal of getting five new customers every month between now and then. You don't have to set your goals this way, you deserve to enjoy life even if you don't reach your goals, as long as you work hard. But if you wish to do so go ahead.

**Relationships** – Except you stay on mars, you don't live in a vacuum. You will need to build relationships, acquaintances and friendships with people. You must make business contacts and even family ties. You need goals and targets to help make these work, even with difficult people.

**Personal** – This is a wide-open choice that involves something that gives you personal satisfaction. It might include buying something, developing a new skill or planning a special event. For me, when I became thirty-two, I decided to set a goal to finally learn how to drive.

**Contribution to society** – This area covers what you are going to give back to the community. It could be financial, spiritual, intellectual or time contribution. In one of his popular feature appearances in the song *Glorious*, the R & B Artist, Skylar Grey sang, “People die twice, once when you are put in the grave and the last time someone ever mentions your name.” You want people to keep mentioning your name even after death, you would want to live on even in death, so you need goals that will help you contribute to society and the world at large.

**Additionally, you can set goals for the following areas too;**

**Academics** – If you are a student of any kind; secondary, undergraduate, postgraduate, etc or maybe you are just learning an online course. You can add an additional section for academics in your goalsetting journey and fill it up with educational related goals, like reading two textbooks daily to become proficient in a particular course.

**Spiritual** – Dr. Wayne Dyer will always say in his books that *man is a spiritual being*. You can set spiritual goals too. These goals can be mediating more on life, reading more of the bible, attending more Jumaat services or even connecting better on a spiritual level with all humans despite race, tribe or religion.

### **How to brainstorm and develop a goal**

I am sure you must already have a goal in mind now. If you don't, then I will give you a few minutes to pause reading now and set your goals on the template shown in the next page. I want you to have achieved or to at least be close to achieving your goals by the time you are done reading this book.

Get a blank sheet of paper or you can use your goals journal\*.

1. Write out your perfect day/week/month. (Close your eyes and see it as if you already experiencing it).
2. What does your life look like?
3. What are you spending your time doing?
4. Who are you doing it with?
5. When is this happening?
6. Is it in alignment with your core values or did you attain that success while compromising your values?

These questions are necessary irrespective of whether you are writing a financial, fun time or personal goal. Do it for all seven areas of your life. Follow the examples given in previous pages under each area.

Now you are done writing, fix each into the areas below as goals. Start your goals statement with, "I am ....." The first one has been done for you as an example.

FINANCE	<i>I am going to earn my 1<sup>st</sup> million dollars by the time I am 31</i>
BUSINESS/CAREER	
HEALTH	
FUNTIME	
RELATIONSHIP	
PERSONAL	
SOCIAL CONTRIBUTION	
<i>ACADEMICS</i>	
<i>SPIRITUAL</i>	

You can have as many goals in one area as possible. Make sure your goals are S.M.A.R.T. S.M.A.R.T stands for S = Specific, M = Measurable, A = Achievable, R = Relevant and T = Timeframe.

**Specific** means they are clear and precise. For example, a financial goal could be; *I want to make one million Naira by December 20<sup>th</sup> 2030*, rather than a vague goal like; *I want to make money soon*.

**Measurable** in the sense that it can be quantified in some way *so that* you can access the progress you are making or not making as the case may be.

**Achievable** means your goals must be realistic. We have talked about this before so there is no need to waste time on this again.

**Relevant** means you look at the goal in the context of your wider plans. Is it a useful part of the larger vision for what you want to be? Will you be able to put adequate resources into it?

**Timeframe** means a period or duration of time which your goals will require to mature. Your goals must be within a time frame. Avoid setting goals with no definite deadline in place. A goal without a deadline is only a wish.

If the goals you have just set are not in accordance with any of the above, please go back and brainstorm. Dare to dream. Dream big audacious goals or you go home. Brace up to face the doubts and conquer your fears. We are about to go on a journey that will see your dreams come through.

---

\* There is a My Goals Journal that accompanies this book. You can purchase it and use to brainstorm and work on your goals. Visit [www.FrancisOkaformbah.com/books](http://www.FrancisOkaformbah.com/books)



## Chapter 2

### How Do I Reach My Goals?

You alone are responsible for you. No one else is. No uncle, no aunt or godfather is. Thus, you have to expect the best from yourself and believe you will get it and before you know it, you will see it come to past.

Have you read *The Power of Positive Thinking* by Norman Vincent Peale? If you haven't, then you need to. For those that have read the book, you will recognize this story from chapter seven of the book where Dr Norman writes about the story of a dynamic man he met at a luncheon.

He walked up to the man and said, *"You amaze me. A few years ago you were failing at everything. Now you have worked up an original idea into a fine business. You're a leader in your community. Please explain this remarkable change in you."*

*"Really it was quite simple," the man replied. "I merely learned the magic of believing. I discovered that if you expect the worst you will get the worst and if you expect the best you will get the best. It all happened through actually practicing a verse from the Bible."*

*"And what is that verse?" Dr Norman asked.*

*Then the man replied, "If thou canst believe, all things are possible to him that believeth." (Mark 9:23)."*

This man was able to turn his life around within a few years, not by luck or by a miracle but he learned to use one of the most powerful laws in the world, a law recognized by psychology and religion alike.

As you start this chapter, I want you to take this verse to heart. **All things are possible to him that believeth.**

Believe and expect to achieve your goal. All achievement starts with this mindset.

Have you written down your goals in the table on page 22 or on your *goal journal* notes? You have? Great! Now that you have done that, let's get going. Fasten your seat belt and get ready for a bumpy fun ride.

To reach your goal, you need to;

1. Desire it passionately
2. Arrange all your goals in order of priority or importance.
3. Aim High, determine your starting point, then start low.
4. Identify all the likely obstacles in your way
5. Determine the resources, personal requirements, institutional or individual support that you need
6. Create a periodical clear-cut plan and strategy on how to achieve them.
7. Direct, control and monitor your plan towards the set goals.
8. Apply knowledge, creativity, skills, hard work, discipline and proper time management to reach your goals.
9. Take motivational and insightful *pills* daily

1. **Desire it passionately** – You have to desire your goals passionately if you want to make it. You must have an intense burning desire for it. Napoeleon Hill in his famous book *Think and Grow Rich*, calls it, an all-consuming obsession. This desire must be personal, something that you want for yourself. Ask yourself, how badly do you really want to reach that goal? The intensity of your personal

desire will determine the amount of energy and determination you put into your goals. Desire fucks everything else.

**2. Arrange all your goals in order of priority or importance.** - Set all your goals in order. The exercises in Chapter 3 page 36 onward, will aid you set your goals according to your priorities. Some goals need to be achieved before others. It makes sense for you to face these ones first.

Once you are done setting your goals according to priority. Concentrate on your topmost goal. The goal that will allow you to achieve others. Make it your definite major purpose. For instance, it is only logical for you to set a goal of getting a job first before setting a goal of buying a car. This goal becomes your breakthrough goal. Once you achieve it, all else fall in place and you can move on easily to other goals.

**3. Aim high, determine your starting point, then start low** – Set big bold goals. I want to believe that the goals you have already set for yourself are exciting and inspiring. This will really help you not only to achieve them but also to exceed your full potential. Achieving big bold goals can be daunting which is why it's best to identify a starting point, the easiest or lowest task or action necessary and then begin at that point.

In January 2019, I had to close down my once successful web design and digital marketing firm. With the Nigerian economy going into recession a couple of years prior, my business began to fail. We couldn't afford our office space anymore and I was struggling to pay the salaries of my staffs. I even had to sell several of our assets, including our solar power systems, some laptops and all the furniture in

the office. I had to start afresh. I set the goal to revive my business, diversify our income channels more and even expand to Ghana and the rest of West Africa within the next five years. Big goals for someone whose first business had just failed, wouldn't you say?

I had to identify a low and easy starting point, which was first, maintaining and providing services to the current clients I still had left, then second working from home for a while, until I got a new shared co-working space. Then I followed the plan I had by launching a book and then began purposefully seeking out new clients. Right now, my tech/digital marketing business is in a good place. We will exceed the income target we set for this quarter and hit the new five-year plan we have. And I now have a second business running too.

I aimed high but started low. Do the same with your goals. Reach for the sky, but start from the ground.

#### 4. **Identify all the likely obstacles in your way –**

The fourth step to reaching your goal is to determine the obstacles that are standing in your way. If your goal is to stay healthy by exercising 3xs a week, ask yourself what is between you and this goal.

You can apply the pareto law here. The pareto law or 80/20 principle simply states that 80% of everything is determined by a 20% few. Meaning 80% of the obstacles you might be facing for reaching that goal might be from your own end (internal) rather than external, the other 20%.

Ask, *what is holding me back?*

#### 5. **Determine the resources, personal requirements, institutional or individual support that you need –**

Most times, you'll need the cooperation of others to reach your goals. Start with family, your boss and

## **Now That You Have Read A Part Of My Book. I Am Sure You Cannot Wait To Order The Full Version.**

Dear Goal-getter,

The reason why I allowed you to read a part of this book is to help you make up your mind to see if its worth spending your time and money on. And I hope you have made up your mind now. There's still more to learn in the book, like;

+ How to make plans; clear cut periodic plans for your goals and how to achieve them (Chapter 3)

+ Personal action plan templates, daily affirmations and goals review tips. (Chapter 3)

+ Two exciting fun games you can do regularly to overcome failure (Chapter 4)

+ Daily thoughts, affirmations and wisdom insights that will keep you on track and motivated to achieve any goal in 37 days, more or less (Part 2 of the book)

+ And so much more.

**Here's How To GET The Full Book**

**OPTION A**  
**ONLINE PAYMENT**

Click on this link <https://bit.ly/a2cz888> or visit [www.FrancisOkaformbah.com/azorder](http://www.FrancisOkaformbah.com/azorder) to pay for the book with your card.

Click on any of the payment merchants you see, which you would like to use to pay (we use Paystack and Flutterwave to process payments), fill your details and delivery address while paying. Don't worry the process is secure, and we'll get your payment instantly. This way we'll be able to ship the book to you faster (within 48hrs).

## **OPTION B**

### **BANK DEPOSIT/TRANSFER**

Pay N3970 into our Bank Account  
Siscomedia Ltd  
GTBank  
0160410658

After payment send an email to [me@FrancisOkaformbah.com](mailto:me@FrancisOkaformbah.com) with your full name and payment details like date of payment, amount paid, teller number and branch paid into or any other information we can use to track your payment.

Also send your delivery address and phone number to the email address. We'll deliver to your location within 72hrs.

## **OPTION C**

### **E-COMMERCE WEBSITES**

You can order at e-commerce and book websites like Konga, Jumia, Amazon, Barnes and Noble, Bookpeddler, RovingHeights, etc and pay with your card.

Simply do a search and the book will be waiting for you there to order. You can also send them an email or give them a call too to order.

## **OPTION D**

### **DESIGNATED RESELLERS AND BOOKSHOPS**

Coming soon!

Order today and you could win a mystery bonus (available for a limited time only). Contact me on [me@Francisokaformbah.com](mailto:me@Francisokaformbah.com) if you have any questions.

