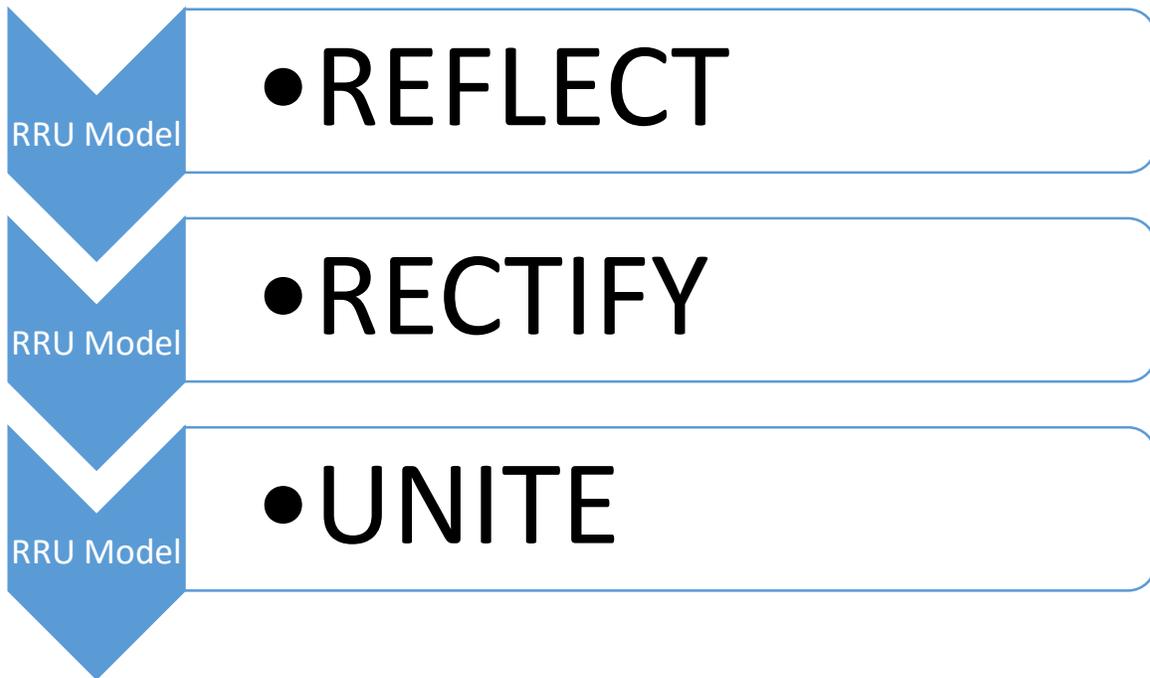


**Evolving Through Adversity**  
**REFLECTING JOURNAL**

**Seconde Nimenya, MBA**

Author/Speaker/Coach  
[www.SecondeNimenya.com](http://www.SecondeNimenya.com)



**A Leadership Roadmap To Embracing Change**

# **EVOLVING THROUGH ADVERSITY**

**HOW TO OVERCOME OBSTACLES,  
DISCOVER YOUR PASSION,  
AND HONOR YOUR TRUE SELF**

**REFLECTING JOURNAL**

**SECONDE NIMENYA, MBA**



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This is a work of nonfiction. All facts, conversations, people, historical events, and places mentioned in this document have been reconstructed to the best of the author’s recollection.

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## **JOURNAL CONTENTS:**

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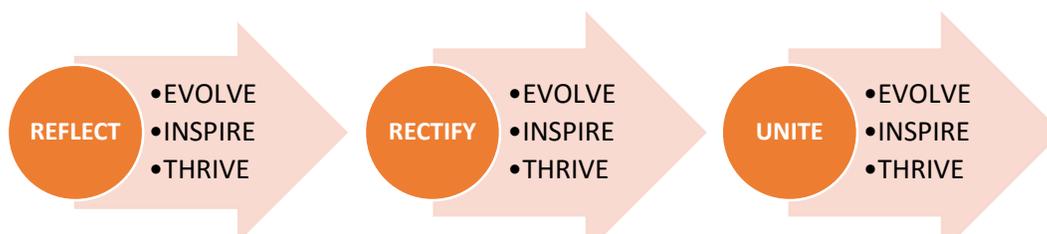
### **PART I: THE EARLY YEARS**

⇒ **Chapter 1 - 10: Evolving Reflection Questions**

### **PART II: THE GROWN UP YEARS**

⇒ **Chapter 11 - 19: Evolving Reflection Questions**

### **BONUS: 18 LESSONS I WISH MY MOTHER HAD TAUGHT ME**



## INTRODUCTION

I believe we all have a story, and only You can tell your own story. Our struggles, our joys, our imperfections can impact others in a way that can even save lives. No one has lived your life, and no one can tell your story better than You!

**My mission is to inspire you on how to improve your life using your experiences and your life stories, and help you discover your own voice. Because I know for sure, many people do not believe they have a right to their own voice. I was one of those. In many countries and cultures, many women and girls are shamed, raped, beaten, and told to shut their voices.**

**I want to help you honor your true self. You have taken a huge step by acknowledging that you need this kind of emotional support, and then reach out to get the help you need.**

**Thank you for making my book and this companion Journal a tool to help you discover and honor who you truly are. I welcome the new YOU!**

**Yours in Service,**

*Seconde Nimenya*

**Seconde Nimenya, MBA**



## FULL DISCLOSURE

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This Journal is a *Reflection on Your Life* Tool and a supplement to my book *Evolving Through Adversity*. To make it easy for you to work on your evolving, I have reproduced the same questions from the book to this CD. In addition, I have added the ***18 Lessons I wish My Mother Had Taught Me*** from my book to help you in your quest to evolving through your adversities.

Although I'm a coach and a mentor, I'm not a psychotherapist, a doctor, a health professional or practitioner, or a licensed teacher. I don't claim to know all the answers to life's challenges, and anyone who tells you they know all the answers, you should run for your life! Because no one does!

Let me say this with a fat emphasis: **YOU ARE THE MASTER OF YOUR DESTINY!** Our time together as your coach, your mentor, the author of books you read in any form, the host of workshops you come to, or even the teacher of leadership and positive change, I'm only here to help YOU dig up the root causes of your dissatisfaction with life. I offer you what helped me make peace with my past, put together my life in a sustainable way I know how, in the form of my story in my book, this Journal, my Coaching program, and Workshops online and on site. Basically, I'm here to offer you another perspective.



Finally, you have to understand that life has no guarantees. As it is required by the law, I cannot guarantee your results, because each individual is different in how they cope or even how they use information. *Evolving* is a choice we have to consciously make, and therefore, I disclaim all guarantees, expressed or implied, including but not limited to implied effectiveness of ideas or evolving strategies stated in this Journal or in my other products, programs and, or services.

Please refer to my terms and conditions of use to get a copy of the Disclaimer on my website: [www.SecondeNimenya.com](http://www.SecondeNimenya.com)  
Should you have any question regarding this disclaimer, do not hesitate to contact me.

Ready to do some Reflecting? Let's get started!



# REFLECTION QUESTIONS

## PART I: THE EARLY YEARS

### Chapter 1: Rising From the Ashes Evolving Questions for Reflection

1. What childhood memories do you have that shaped your growing up?

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2. What have you learned from those memories that helped/or can help you become a stronger you?

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3. Who are the people involved in those memories and how influential were they in your evolvment?

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## Chapter 2: Reflecting on My Origins

### Evolving Questions for Reflection

1. Take a moment to reflect on your roots; do you know your origins?

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2. Was there a time when you had mixed or conflicting feelings about your origins?

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3. If so, what did those feelings and emotions ignite in you?

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## Chapter 3: Understanding the Historical Context

### Evolving Questions for Reflection

1. Looking back on your own country's historical past, do you see any pattern you may have inherited as part of your personal history?

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2. For instance, did you attend a segregated school, which affected how you view the world, yourself, or others, or did you witness others being discriminated against while you were among the privileged category? Take a moment and reflect on that.

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3. If you had the opportunity to rebuild the history of your country, what would you change?

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## Chapter 4: Having an Innocent Mind

### Evolving Questions for Reflection

1. Were you or your parents ever affected by any war any time in your life?

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2. If so, which one, and how did you/your parents cope?

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3. What did you learn about yourself and humanity in general from those events?

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## Chapter 5: Shifting into New Roles

### Evolving Questions for Reflection

1. Losing my grandmother was the first time I experienced the death of someone I loved so much. What is a situation that has affected you in a painful way?

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2. What did you learn from that situation?

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3. How might you use what you learned then to help yourself and those around you today?

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## Chapter 6: Getting Shipped Back Home

### Evolving Questions for Reflection

1. Describe your relationship with your parents.

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2. What was your relationship with your siblings or other family members when you were growing up?

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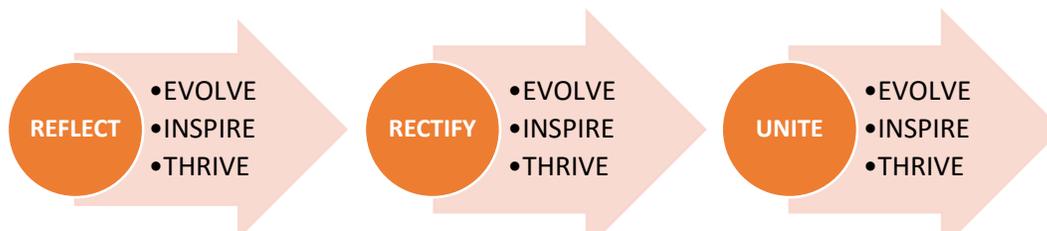
3. What did they teach you that helped you become who you are today?

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## Chapter 7: Taking the High Road to High School

### Evolving Questions for Reflection

1. Whenever I tell my childhood tales to my children, they are amazed of the ordeal of my going to school, which is very different from their experiences. What was high school like for you?

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2. What lessons did you learn from your high school years that you could pass on to others?

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3. Who can you share those lessons with?

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## Chapter 8: Attending a New School

### Evolving Questions for Reflection

1. Were there any obstacles for you when you were attending high school?

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2. If so, what were they?

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3. Who was involved in helping you overcome them?

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## Chapter 9: Reminiscing about My University Years

### Evolving Questions for Reflection

1. Was attending a college or university part of your education?

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2. If so, how was your experience, and what did it teach you about life?

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3. Who in your life are you most grateful to for helping you achieve your education?

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## Chapter 10: Becoming a First Time Mother

### Evolving Questions for Reflection

1. Parenthood is the most challenging job we'll ever do! But some parents are better at it than others. Take a moment and reflect on your own experiences as a parent.

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2. What do you wish you knew then that you know now? And if you're not a parent yet, what do you wish to learn about parenthood?

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3. What's the most important lesson you would pass on to your children or grandchildren in regards to being a parent?

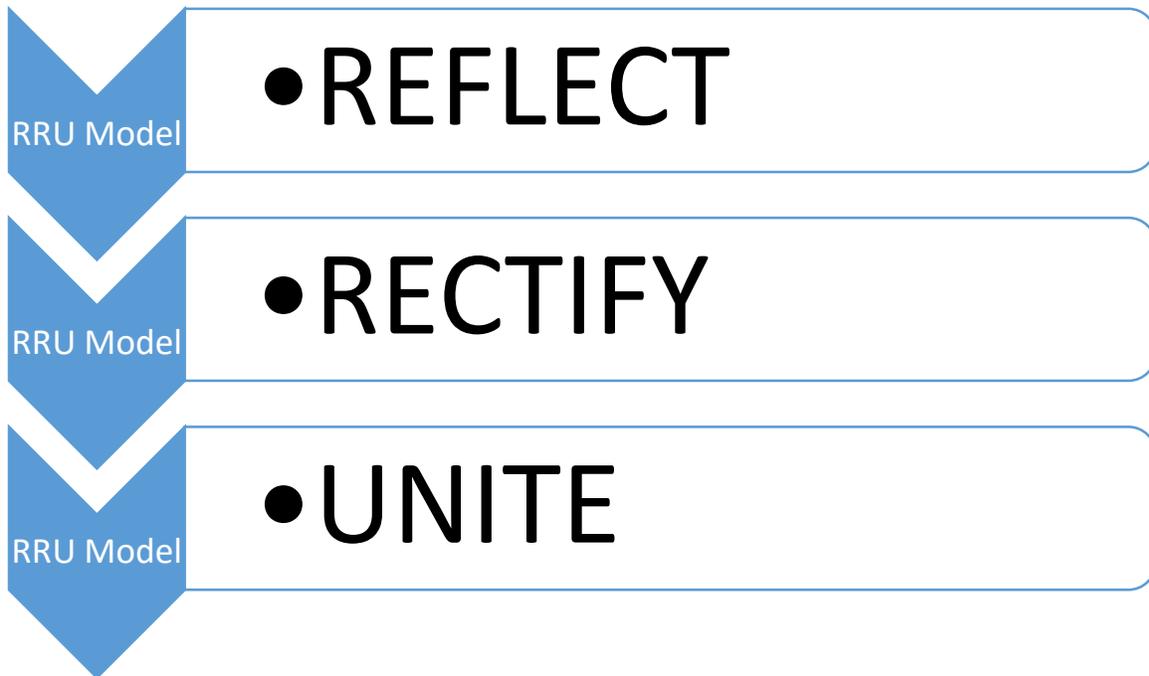
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## PART II: NORTH AMERICA — THE GROWN UP YEARS

### Chapter 11: Starting from Scratch Evolving Questions for Reflection

1. As an immigrant to a different country and culture, I had to go through some adjustments, and even some deception while trying to fit into my new community. Have you had any similar experiences when adjusting to something new, or do you know someone who has?

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2. If so, where did it happen, and how did you or the person(s) you know adjust?

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3. Take a moment and reflect on how you can make a difference in a new-comer's life. What advice would you give to someone who immigrates to a different country where everything is different from what he/she is used to?

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## Chapter 12: Commemorating International Women's Day

### Evolving Questions for Reflection

1. Take a moment and list the many ways you can make the world a better place.

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2. What gifts and talents do you have that you can share with others?

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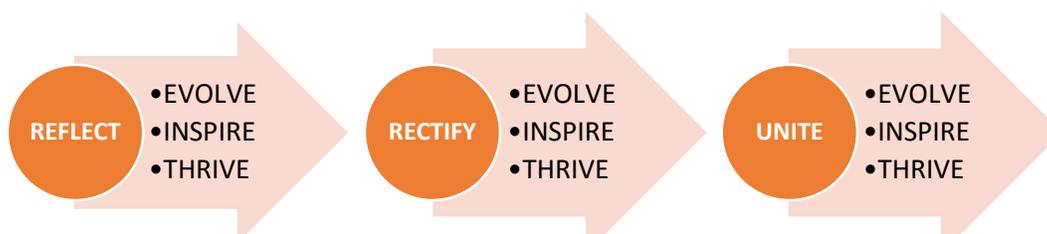
3. What's your passion in life? Spend some time exploring where your passion meets the needs of this world.

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## Chapter 13: Chasing the American Dream

### Evolving Questions for Reflection

1. Take a moment and reflect on your dreams.

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2. Which dreams do you hold dear and what are you doing to make them come true?

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3. If you have had a dream come true, what lesson(s) have you learned from achieving it?

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## Chapter 14: Breaking the Cycle

### Evolving Questions for Reflection

1. Have you ever gone through a divorce? If so, how was your experience and what did it teach you about yourself?

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2. If you have had or still have a healthy marriage, or you experienced what a good marriage is through your parents or other people, what do you think is the secret to a good marriage?

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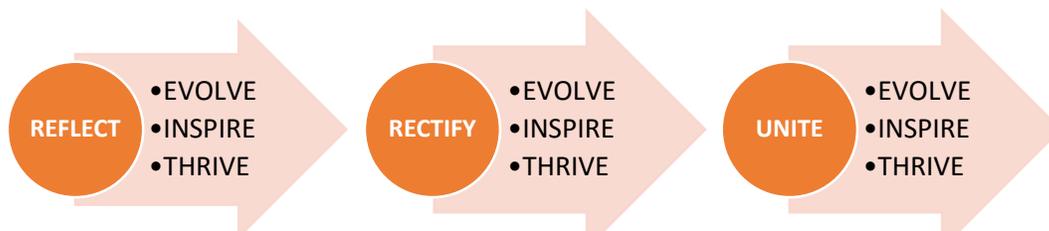
3. What is your advice to young people in regards to healthy marriages and strong families?

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## Chapter 15: Surviving Tough Times

### Evolving Questions for Reflection

1. Can you reflect on a time when you faced a life test?

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2. What was the situation, and how did you manage it?

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3. What lessons did you learn from this situation, and how did those lessons help you in the future?

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## Chapter 16: Honoring True Self

### Evolving Questions for Reflection

1. Describe a time when you were very unhappy in your life.

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2. What actions did you take to change your mindset?

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3. As a result of going through this adversity, what have you learned about who you are and what you stand for?

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## Chapter 17: Searching for Greener Pastures Evolving Questions for Reflection

1. Do you consider yourself an adventurer?

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2. If so, in what area?

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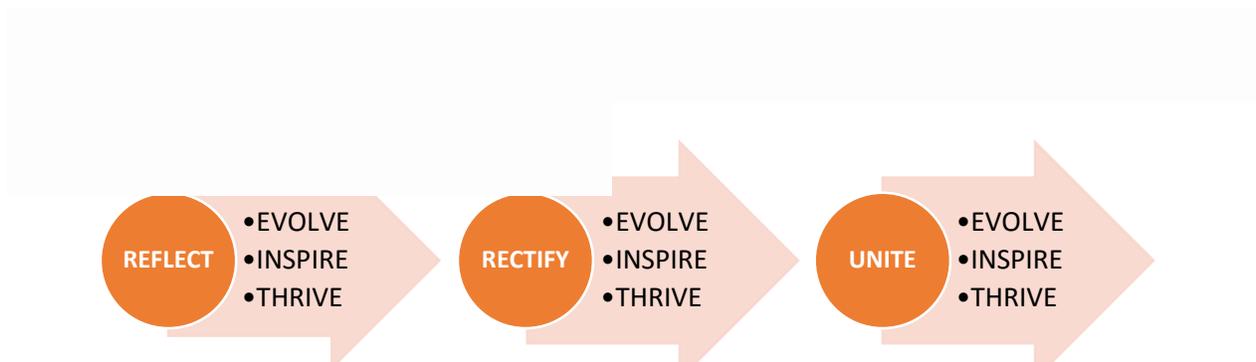
3. What have you learned about your adventurous self?

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## Chapter 18: Celebrating Moments of Bliss

### Evolving Questions for Reflection

1. Was there a time in your life when you felt unworthy of anything? What caused the feelings, and what were your emotions at that time?

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2. How did you deal with the feelings and/or emotions? Did you change anything in your circumstances? How, and what were the results?

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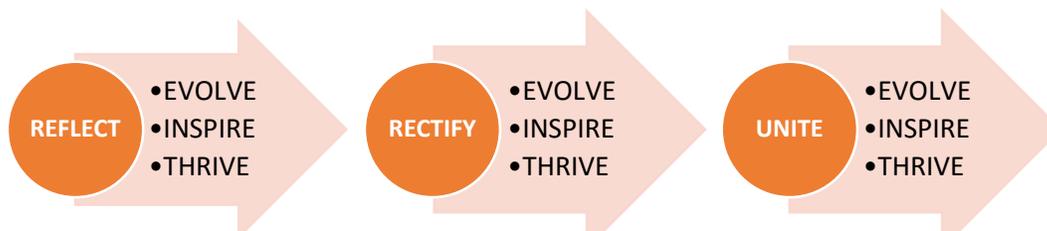
3. As a result of the changes you made, what did you learn that could help others in a similar situation?

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## Chapter 19: Forgiving

### Evolving Questions for Reflection

1. Do you have someone or something from your past that you have never been able to forgive?

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2. If so, what do you need to do to change the situation in order to forgive and let go?

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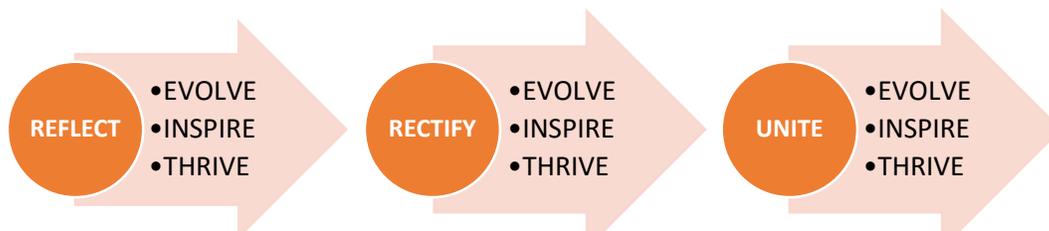
3. If you have already forgiven, what was the outcome for you after you decided to forgive?

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## **BONUS: 18 Lessons I Wish My Mother Had Taught Me**

1. **Owning your own happiness:** Do not fall into the trap of thinking that someone else is responsible for making you happy; others can contribute to making you happier, but you have to own your happiness first.
2. **Loving from within:** You cannot give what you don't have. It is by loving yourself that you can begin to love others.
3. **Getting a good education:** Nothing can substitute for a good education; it opens doors for you to use your God-given talents.
4. **Carving out financial stability:** Buy assets if you can afford to, or save money until you are clear what kind of assets you want to acquire. Invest in your retirement fund before and after you get married. If you get married and have to stay home to take care of your children and family, ask your spouse to set up a savings account in your name, and save every month. Please understand that this account is not to pay you for taking care of your family. No one can ever pay you enough for parenthood. This account is to allow you to buy underwear without having to ask for permission.
5. **Attracting the one:** Stay away from relationships that are abusive in any manner: verbal, physical, or emotional. When dating, spend some time getting to know each other before merging your lives. It is godly to choose a partner who is nice to you. Role-play your marriage before you are married to see how you and your future spouse will respond to real life circumstances. Analyze how as a couple you complement each other's personality



traits. Be yourself and don't play a character, falling into the trap of unleashing the real you after your "I do's". Give each other a chance to know who you are as a person from the start.

6. **Knowing yourself:** Know what you value in a relationship. If the relationship is built on things that you value such as honesty, trust, and respect, it won't take too much "remodeling," only simple adjustments.
7. **Envisioning your future:** Envision your future with the kind of person you want to spend your life with. Experts advise that you jot down a list of qualities you want in a mate, just to be clear so you won't cheat yourself in what you value.
8. **Discussing your offspring:** How many babies do you want? Plan before you bring them into the world. Spend at least the first year having fun with your spouse (It's okay you know!) Discuss the idea of babies and how many. When he was seven years old, my son Darrel told me that he wanted to have twenty children when he gets to be a dad. At nine years old, he downsized the number to twelve because he realized that children are hard work! Joking aside, I love my children, and I would still have three children if I were to start over, but I wish somebody had told me it was okay to wait or plan before having kids.

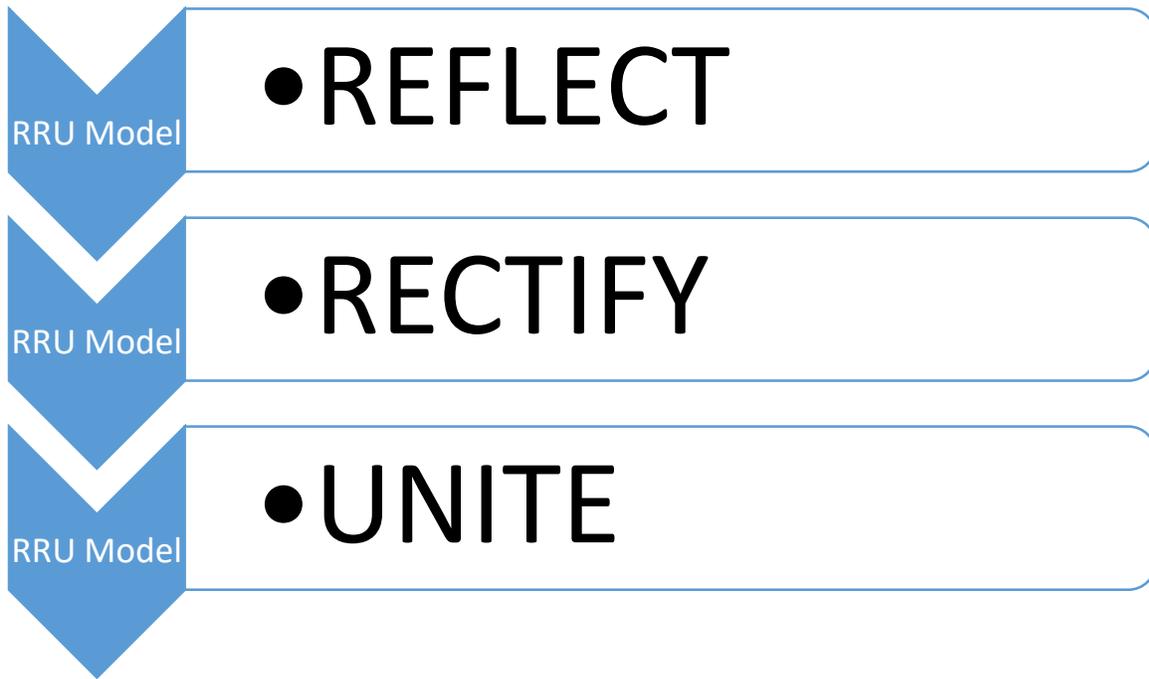


- 9. Running your own race:** Don't stand in your own way by comparing yourself to others, or being jealous of others, or unnecessarily competitive (competition has its place, but don't obsess). Otherwise, you'll run into exhaustion before you reach your own goals. Know that there will always be somebody better than you and somebody worse than you. Honor who you are by being the best *you* that you can be, right where you are.
- 10. Balancing your act:** Thrive to live a physically, emotionally, and spiritually balanced life.
- 11. Connecting beyond the four walls:** Humanity is intertwined; there are no "others" without the "self," and there is no "self" without the "others." We all matter, and we have a purpose to fulfill. But, we can't do it alone.
- 12. Forgiving is for yourself:** When you forgive, it's not to condone evil deeds, but for your sake, forgive to let go of resentment and negativity, to have inner peace and joy. Let God fight your battles.
- 13. Seeking inner peace:** Strive to be happy rather than right.
- 14. Teaching people how to treat you:** Essentially by treating others with respect, love, kindness, and compassion, you allow your spirit to open up to deeper connections, and attract likes into your life. Apply Eleanor Roosevelt's quote: "No one can make you feel inferior without your consent."
- 15. Living in the moment:** Don't concern yourself with too much of tomorrow's matters. Enjoy today because it is all you know for sure. Whenever I'm having a hard time with something, I think about this phrase that helps me lighten up: "This too shall pass."



- 16. Choosing your battles:** Not everything in life needs to take your energy, whether physical or emotional. Don't sweat the small stuff.
- 17. Traveling for fun:** Go somewhere you've never been. I love traveling and discovering new places. For me, traveling is part of how I want to live a balanced and fulfilling life. It allows me to see how other people live, and what I can learn from them. Go see God's beautiful wonders and creations.
- 18. Honoring thyself:** Apply the above lessons, and add your own lessons learned from your own life or the lives of others.







## **BOOK SECONDE NIMENYA TO SPEAK AT YOUR NEXT EVENT**

Seconde Nimenya has a passion for helping others overcome adversities, and honor themselves. Whether your audience is a couple of people or thousands, Seconde Nimenya can deliver a customized message of inspiration.

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Check out Seconde's new book, an inspirational novel, [\*A Hand To Hold\*](#)

