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 SINCE 1995

SuccessDigest

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Merchant of the Digital Space:

*How Jonathan Melody builds
profitable eCommerce Brands*

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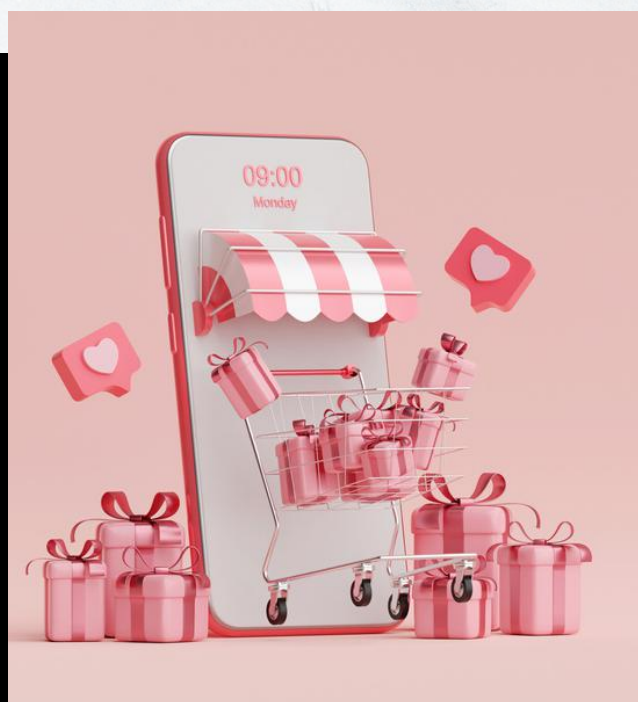
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SuccessDigest®

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Emmanuel Sunny-Ojeagbase's



Wealth Library



22 minutes of Pure Gold for anyone looking to Create Generational Success



**CLICK HERE TO
WATCH NOW**

One of the strongest desires of any human walking the face of the Earth is the desire to be successful.

This desire has led to many interesting theories and ideas about success which are not worth your time.

The simple truth about success is,

Success leaves clues and if you pay attention,

You will realize every successful Individual, Company and even country follows a 'Craved-in-stone' blueprint.

Strictly adhering to this blueprint will guarantee you success too.



What is this blueprint of success?

During my interview with the Achievement Channel,

I shared the Ojeagbase Blueprint for Success and wealth creation.

Here are some of the topics we covered:

How to build wealth with peace of mind.

Habits that fuel long term Success.

Practical advice for young entrepreneurs.

How to build a loyal audience that is happy to buy whatever you sell.

How to pass a Success mindset to the next generation.

In my humble opinion,

The information in this video has the potential to drastically change your life . . . If you apply it.

To watch the video of my 22 minutes of Gold interview with Achievement Channel,

[CLICK HERE TO WATCH THE VIDEO](#)

Would You Copy The Blueprint of **Success** from a Man Who:



- Pioneered the Sports Publishing Industry in Nigeria and published **Complete Sports**, Nigeria's best Selling Sports Daily Newspaper.
- Kick started the Entrepreneurial Revolution in Nigeria with **SuccessDigest**.
- His students have gone on to collectively generate **₦150 billion** from their various Business Ventures.
- He is widely regarded as the Father of Entrepreneurship and Internet Marketing in Nigeria.

If your answer is YES,

Click the button below to learn more about Pst. (Dr.) Emmanuel Sunny Ojeagbase and claim a copy of his Wealth Builder's Library.

[CLAIM COPY](#)



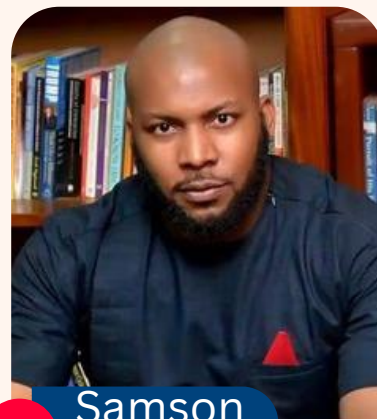
Unlocking the **PEOPLE CODE**

Tips To Building Mutually Beneficial Relationships

What!? Just Twenty Talents of Silver!?

You are about to learn about one of the most important pillars of Leadership from arguably the greatest leader of men in History.

Long before he became the legendary Roman general we know today,



Samson
OJEAGBASE



Julius Caesar was a 25 years old Roman nobleman on a ship sailing the Aegean Sea.

He was traveling to Rhodes for an Oratory course.

Unfortunately for a group of Pirates, they hijacked this particular ship and took everyone hostage.



Julius Caesar refused to behave like a captive and when the pirates informed him that his ransom was 20 talents of silver,

He got angry and shouted at them.

What!? Just twenty talents of Silver!? I am worth at least fifty talents!

Imagine the shock on the faces of the pirates?

After sending out a delegation to gather the fifty talents of silver,

Julius Caesar settled into life in the pirate camp and assumed the role of their leader.

He would order them around like his servants and tell them to stop making noise when he wants to sleep.

Since they prevented him from getting to his oratory course,

He made the pirates listen to his speeches and berated them if they were not impressed by a particular speech.

Julius Caesar organized and participated in games with the pirates and would occasionally tell them that he would come back and crucify all of them.



The pirates took it as a joke.

38 days later,

Julius Caesar's ransom was paid in full and he regained his freedom.

So what did he do next?

Unlike most people who would simply be grateful to regain their freedom,

Julius Caesar raised a Navy, went back to capture the pirates and crucified all of them.

He kept his promise.

Confidence is one of the key pillars of leadership.

People are more inclined to follow your leadership when you act from a position of confidence.



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Confidence is one of the key pillars of leadership.

People are more inclined to follow your leadership when you act from a position of confidence.



If you talk about a topic with confidence, people will believe you are an expert.

If you walk like you own the place, people will accord you a high level of respect.

If you dress like royalty, people will treat you like royalty.

This is a hack in the human psyche that can greatly improve your life.

The biggest obstacle to confidence is Self-doubt.

If you struggle with self-doubt, the next few lines in this article are crucial for you.

The interesting thing about confidence is that it can be built in a feedback loop.

The reason why you doubt yourself is because you do not have any verifiable reason to believe in yourself.

Correct?

So here is what you should do.

Take on small goals and accomplish them.

The beauty of this process is as you begin to achieve these goals, you slowly build up the belief that you can accomplish bigger goals.



And before you know it,

You are crushing big and intimidating goals.

This new found confidence will flow into other areas of your life.

Practice this process for the next month and watch the quality of your life improve.

Have a great month ahead.

Entrepreneur's Spotlight



Merchant of the Digital Space: How Jonathan Melody builds Profitable eCommerce Brands

***'As long as Humans walk
the face of the Earth, they
will always want something.***

***If you can find that
thing and give it to them,
you will be very Rich'***

***– Pst. (Dr.) Emmanuel Sunny
Ojeagbase***

Since the dawn of time,

Humans have been in the business of buying and selling.

People found out what others wanted and then sold it to them at a profit.

Commerce has been the lifeblood of every great civilization and the merchants who mastered the art of commerce became rich beyond their wildest imagination.

If there has ever been an ever-green business, this is it.

The good news for you is unlike merchants of old, with the smartphone in your hand and access to the Internet, you can setup a profitable business selling products on the Internet just like Jonathan Melody.





Over the past 10 years, he cracked the code for setting up profitable eCommerce brands that generates millions of Naira every month.

The ability to build successful brands has given Jonathan the freedom to live life on his own terms.

But by far the biggest benefit of building profitable eCommerce brands for Jonathan are the intangibles.

‘When you are on your deathbed, will you really remember jumping out of a plane and traveling around the world or the quiet moments with the people you loved, the lives you impacted and the growth you experienced?’

This is Jonathan's guiding light.

eCommerce has given him the capacity to take care of his loved ones and be present in their lives.

In this article,

Jonathan Melody will introduce you to the lucrative world of selling products on the Internet and share the blueprint for building profitable eCommerce businesses in 2025 and beyond:

SuccessDigest: How would you describe eCommerce to a stranger?

Jonathan Melody:

eCommerce is simply the art of selling something valuable to someone you may never meet using the power of the internet.

Imagine this: you find a product people need.



You show it to them on social media, they get interested, place an order, and pay... all from their phone.

No physical shop.

No big capital.

Just a valuable offer, the right message and the internet doing the connecting.

That's eCommerce my friend.



Value exchanged for money across screens.

SuccessDigest:
How did you get started in eCommerce?

Jonathan Melody:

The fundamental reason people get into any business is to make money but let me take you back.

Sometime in 2008 I downloaded a free PDF from Patrick Ogidi (a name some Nigerians in the online business space may recognize) and the PDF explained how you can make money from selling physical products online.

You don't have to be a big importer to do it.

You can start with as little as ₦10,000 but to get the full strategy, I had to pay.

At the time, I couldn't afford it.

Fast forward to 2012, I was in the university when I came across another marketer called Eze selling similar information.

This time, I was determined. I used half of my monthly allowance from my mum to buy his ₦5,000 PDF course.



It was a difficult month but that single decision changed my thinking. I learnt how to import from Aliexpress using DHL.

My first customer was my roommate who I convinced to buy a 20 inch android tablet. My profit from that sale was roughly ₦18,000.

I was making money buying gadgets for my hostel and course mates.

I even printed a banner and hung it at the entrance of my faculty.



I was in business or so I thought...

But then...I lost everything.

One wrong move and all my profit disappeared.

So I gave up on the business model (this is why I don't blame people who give up on ventures that could have changed their life).

I have been there myself.

Anyways, I still needed to find a way to make money for myself.

In 2013, I came across Abiola Oluwasanmi. He was teaching how to design book covers and make money with it on Fiverr.

I bought the training and gave it a shot.

Month 1: Nothing.

Month 2: Still nothing.

Month 3: I made \$80.

That \$80 felt like \$8 million to me at the time.

Over the next few months, I had some wins...\$200 here, \$800 there.

My highest earning in a month? Over \$2,000!

This was how I started my post-graduate life. But I was exhausted.

I was unhappy and burning out!

Imagine grinding for \$5 gigs day after day.

I barely slept because I had to fulfill orders and maintain my good rating... even when clients ordered extras; it still took a toll on me.

Looking back, if I knew what I know now, I could've turned that hustle into a real business.

Then, in 2016 a friend, Sunday Adesanya, visited me and I kept complaining about how tired I was freelancing, designing book covers on Fiverr.

So he suggested we go into a joint venture and start an eCommerce business selling physical products because he was also tired of freelancing.



We split the tasks

He was to find the product and my part was to write the marketing copy.

A week later, he came up with the Andrea and Hair wonder combo while I wrote the marketing materials.

The first month, I did over ₦300,000 profit without stress spending just ₦2,000 on Meta engagement campaigns daily.

This was when I knew there's something in eCommerce I must explore.

This was the turning point for me as it erased the bitter taste of my failed attempt in 2012.



I saw what was possible with the right offer, right message and a good system.

Since then, I haven't looked back!

SuccessDigest: How did you keep yourself motivated before you started getting results?

Jonathan Melody:

To be honest, I didn't have a backup plan.

There was no rich father or uncle. No job offer waiting. No savings account to fall back on. It was either this worked... or I'd be stuck.

There was no rich father or uncle. No job offer waiting. No savings account to fall back on. It was either this worked... or I'd be stuck.



That kind of pressure forces you to show up with or without motivation.

I've found that people who wait for motivation often don't want it bad enough.

Because when you truly want something, when the hunger is real, you don't wait to feel good before you act. You just move!

You do the work tired. You show up uncertain. You keep pushing even when it's dark, and quiet, and no one is clapping.

That's what kept me going.

Not some magical "why."

It was just the raw reality that failure was too expensive to afford.

SuccessDigest: What are the key traits needed to build a Successful eCommerce business?

Jonathan Melody:

I would say four things; tenacity, an open mind, leadership and a solid understanding of your numbers.

Tenacity because results do not come overnight.

You'll face setbacks, failed products, slow days...but the people who win are those who refuse to quit.

An open mind because things change fast in eCommerce.

What worked last month may flop this month.

You have to be willing to learn, test, adapt and even unlearn.

Leadership because as you grow, you'll need to build a team and to scale well, you must be able to guide, inspire and manage people, not just chase sales.

Understanding your numbers because money in does not mean profit.

If you don't know your cost per acquisition, breakeven ROAS (Return on Ad Spend) or cash flow...you're flying blind.



The sharper your math, the smarter your moves.

Together, these traits form the backbone of any serious eCommerce brand or business owner.

SuccessDigest: What is the biggest struggle a beginner would face starting up an eCommerce brand?

Jonathan Melody:

Finding the right product!

I have faced it myself and I've watched hundreds of others get stuck at the same point.

That's why you see people constantly jumping from one "hot product" to the next, hoping to strike gold.

But here's the truth:

Your product is the oxygen your business breathes.

If you get it right, everything else becomes 10X easier; your ads, your sales even your growth.

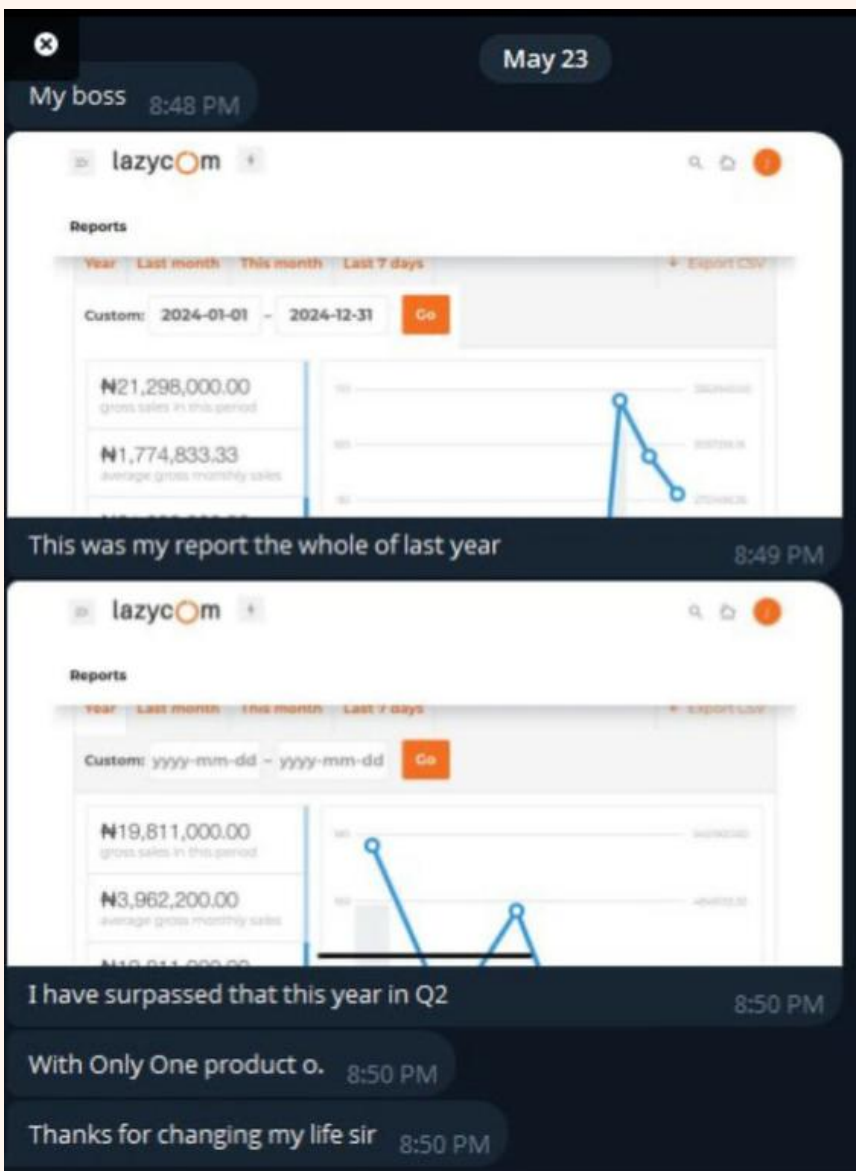
Now here's the part most beginners get wrong:

You don't need to invent something new.

You don't need to create a product no one has ever seen.

In fact, some of the most successful eCommerce sellers I know are simply selling existing products better than others.

One of my protégés did over 20 million Naira in just 5 months selling someone else's product.



So, instead of trying to reinvent the wheel, find what's already working and position yourself to ride the wave.

Connect with manufacturers, wholesalers, or even distributors.

The closer you are to the source, the bigger your profit margins and the easier it is to scale.

This is the easiest way to start.

SuccessDigest: If you had a chance to give a beginner an advice, what would it be?

Jonathan Melody:

Stop chasing every “hot product” you see online.

Find one product!

You need to focus on finding one that solves a real, painful problem and go all in.

Market it like your life depends on it.

Test different angles. Refine your offer. Tell stories. Build belief.

Because the truth is you don’t need 10 products to succeed.

You need one product that truly helps people and the courage to keep pushing it even when it’s hard.

That one product can change your bank account.

That one product can change your life.



Don't hold back when you find it.

However, and this is just as important...don't get emotionally attached to a product.

If it's not selling, it's not selling. Don't try to build a tent where it's muddy.

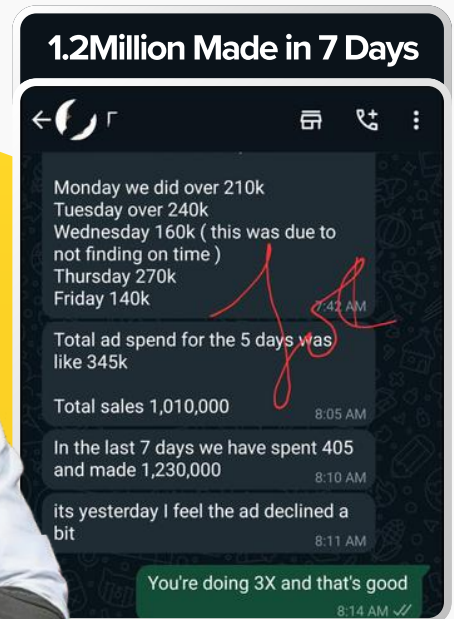
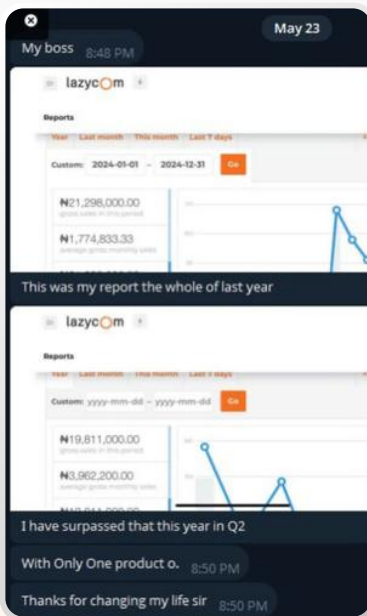
Learn to move on quickly. Adapt. Test the next thing with fresh energy.

Emotional discipline is just as powerful as persistence.

Jonathan Melody is the author of best-selling book, '10x eCommerce secrets' and also the co-founder of Lazycom and CopycopAI.

He has 10years experience in the eCommerce industry and works with clients to build and grow profitable eCommerce businesses.

Let Me Help You Setup a **₦500,000 to ₦2Million/Month** eCommerce Business in just 2 steps.



Jonathan
Melody

[CLICK HERE TO BECOME A PARTNER](#)

Inspiration

**How To
Overcome Fear,
Own Your Value
And Turn Your
Knowledge Into
Consistent
Income - Without
Faking It**



**Stanly
Esdee David**

is a coach, speaker, trainer, and business consultant. He created the GET IT DONE Masterclass, through which he trained 100+ business owners to silence fear, conquer procrastination, and achieve their biggest goal with ruthless focus

A friend once sent me a message, telling me how angry and frustrated he was.

He was scrolling through Instagram when he stumbled on a post by a coach who was promoting a new masterclass.

Apparently, this coach was someone that had reached out to him for advice a couple of months back.

He quickly clicked on the masterclass link and went to the sales page where he saw testimonials of people who were happy to have paid the coach for his help.

His frustration?

This coach was charging people for something he himself had given to him for free.

He wasn't jealous. Not exactly.

But time after time, he had noticed a troubling pattern:



People charging for the very thing he was doing for free.

Coaches...

Creators...

Consultants...

All selling online courses, running masterclasses, dropping “early bird” links for their programs.

And here he was still receiving ‘thanks a lot sir’ as a reward.



Second-guessing if anyone would actually pay for what he knew.

The worst part? He knew he was good.

He'd helped people. The results were there. The testimonials were in his phone and on a folder in his laptop.

But every time he thought about launching a paid offer (or raising his price for the few paid products he had) that voice showed up:

"Who do you think you are?"

"You're not ready yet."

"You don't have enough experience."

"You're not qualified enough."

"What if no one pays?"

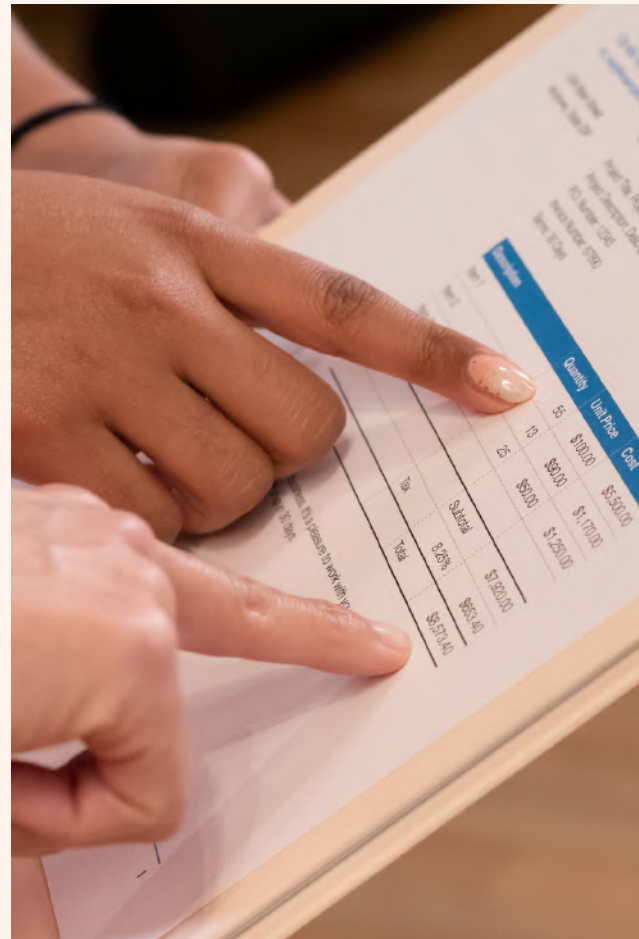
"What if they laugh at your price?"

Yet, here was someone who had come to him for advice, getting paid to teach the same thing he could teach.

That's how imposter syndrome keeps experts broke. That feeling that you are a fraud, and not worthy to be paid handsomely for your knowledge.

Let's be clear:

You don't need 10 years of experience, or a PhD, to help people.



If you know something that solves a problem for others...

YOU are an expert!

And experts can monetize their knowledge.

You've helped people.

You've seen results.



But when it's time to put a price on your knowledge, the doubt crawls into your head.

Ever notice that you don't feel like an imposter when you're giving it away for free?

You don't feel like an imposter when it's a casual conversation.

You only feel like one when money enters the chat.

When it's time to say: "This is my fee."

When it's time to raise your price.

That's the battle, and that's where most experts stay stuck.

You can talk about your topic for hours... but hesitate when someone asks your fee.

You post free tips online all day... but freeze when it's time to sell a program.

And it's costing you money every single day.

If you're being honest:

Imposter syndrome has already cost you a lot more.
Maybe:



- You undercharge and regret it later.
- You give discounts you never intended to.
- You offer lots of free sessions, hoping for validation instead of income.
- You burn out, overworking yourself to justify your low fees.
- You delay launching that course, program, or signature offer. You keep telling yourself you need more time or you need to read more books or get more followers.

Meanwhile, people with less skill and less followers than you are already packaging their knowledge and charging significant fees and building real income.

Not because they're better than you, but because they fought through the fear.

Meanwhile, people with less skill and less followers than you are already packaging their knowledge and charging significant fees and building real income.



Not because they're better than you, but because they fought through the fear.



Here's the truth:

That feeling of Imposter syndrome is normal.

You feel it because you care about delivering real results and not disappointing your customers.

It shows you are trying to get out of your comfort zone and grow.

Imposter syndrome shows up when you try to go from:

- Free to paid
- Low fees to premium fees
- Side hustle to full-time business
- "Who am I" to "this is who I am"

And guess what?

Many people you admire (the coaches, creators, consultants you follow) have faced this same battle.

How then can you fight back and win against this enemy?

You see, if others have overcome this, you too can.

Below, I share 6 practical tips that can help you beat imposter syndrome.

Keep an “Evidence File”



Remember all those conversations you've had in the past?

Those 'thank you so much, this helped?'

All of those little testimonies you have from people you have helped?

They are your evidence that your knowledge is valuable.

Start saving them.

Screenshots, client results, testimonials, 'thank you' messages, 'this helped me' DMs.

Keep them all.

When that voice tells you "you're not good enough," go back and review your own receipts.

Tell the voice that your work is not 'cho cho cho.'

There is evidence.

When David told Saul he could kill Goliath. Saul asked him what gave him such confidence. David replied to him telling him how he had killed a bear that tried to attack his sheep.

That was David's evidence.

You have evidence.

Start even if you don't feel 100% ready.

The person you're helping doesn't need 'perfect.' They need what you already know.



You're not teaching from a stage of perfection, you're teaching from a stage of experience and progress.

Start before you feel ready because you will never 'feel ready' anyway.

Remember: The Clients Who Need You Are Behind You, Not Ahead of You.

You're not trying to teach experts who know more than you.

You're helping people who are where you were 6 months, 1 year, or 3 years ago.

You're more ready than you think. Start!

Stop Charging for Time, Charge for Outcomes



You're not selling hours. You're selling results, clarity, transformation, and momentum.

One 20-minute conversation could change a client's life. Don't discount it just because 'it was a short conversation.'

One simple idea or strategy from you can save a client from serious loss.

Focus on the outcome you deliver rather than the time you spent delivering it.

Take Bold Action, no matter how small.

You can't 'think' your way out of imposter syndrome. You have to act your way out of it.

Create the program.
Quote the price.
Launch the offer.
Host the workshop.

Every time you take action, even scared, the voice gets smaller and your confidence grows.

Work With a Coach or Community

Imposter syndrome grows in isolation.



Being around other experts, creators, and people ahead of you will normalize the discomfort and help you push through faster.

If you have identified a coach who you believe can help you get unstuck, don't shy away from paying them. In fact, when you become comfortable with paying other experts, it becomes easier for you to ask for fees from other people who need your help.

Seek out communities where other experts like you gather. There are free ones you can join on Facebook or X (if those are your preferred platforms).

Create and Launch Offers Regularly

Don't let weeks or months pass without making a real offer.



The longer you stay in “learning mode” or “planning mode,” the stronger the imposter voice gets.

Make it a habit to launch courses, workshops, coaching, templates and grow from the experience.

If you don't do this, you'll get stuck in what I call the ‘Inertia Loop.’

This is a cycle where not creating offers pushes you farther away from even trying. The longer you stay here, the harder it feels to start again. So create offers often.



You can't serve your clients at your highest level if you resent your own prices. You can't build the life you want while secretly believing “I'm not worth it.”

The world needs what you know.

And the longer you sit on it, the more people stay stuck without your help.

You want to know what happened to my friend later?

I asked him to make an offer and post it on his IG stories.

He did and 5 people sent him a dm to ask about it.

I didn't follow up to find out if anyone paid, but I know that singular decision inspired him. Now I see him promoting himself and selling his knowledge and each time I come across his products, I smile.

He is making progress today, not because the voice in his head disappeared — but because he finally stopped obeying it and started taking action.

Imagine what can happen for you today if you stop listening to that voice and actually go out there to package and sell your knowledge?

Imagine the income, freedom and fulfillment you can begin to enjoy in 6 months?

You can start today.

If you found this valuable, you can connect with Stanley on social media.

X: @realnaijaguy

Instagram: @realnaijaguy

July 1 - July 31, 2025





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NIGERIA'S NO 1 SPORTS DAILY.

TOP RCIP Canada Questions Answered: So You Don't Waste Your Time



If you're exploring the Canada Rural Community Immigration Pilot (RCIP) as a pathway to live and work in Canada permanently, you probably have a lot of questions, and you're not alone.



**Seyi
OBASI**

Seyi Obasi is a Canada immigration content creator and digital educator, who is passionate about helping individuals and families navigate their journey to Canada with clarity and confidence. Known for breaking down complex processes into simple, relatable steps, Seyi uses real-life experience, humor, and heart to provide valuable Canada immigration information.

Thousands of people across Canada and around the world are all wondering the same things and also have lots of questions as well.

To save you hours of searching, I've created a **detailed video FAQ** that answers the most common and important questions — using official sources, real job listings, and direct updates from RCIP communities.



Wait, what is RCIP again?

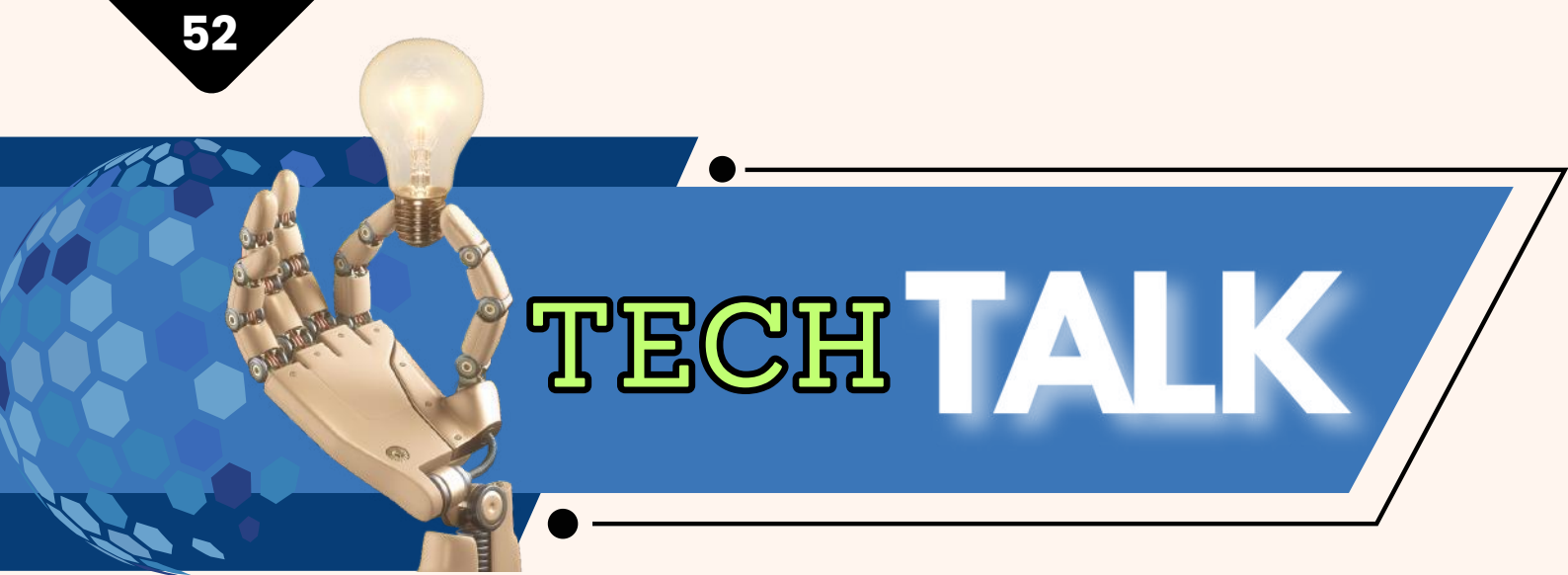
The **RCIP** is a unique Canadian immigration pathway that allows you to gain permanent residency by working in a smaller community. Places like **Thunder Bay, Pictou County, Moose Jaw**, and more.

If a **designated local employer** offers you a **full-time, permanent job**, and the community recommends you, you can apply for PR through IRCC.

- ▶ Who is eligible?
- ▶ Can I apply from outside Canada?
- ▶ What is a “Designated Employer” and how do I find one?
- ▶ Which jobs are in high demand?
- ▶ Can international students or visitors apply?
- ▶ Is there an age limit?
- ▶ Can I bring my spouse and kids?
- ▶ Can I leave the community after getting PR?
- ▶ What if I’ve been refused a visa before?
- ▶ How long does the RCIP process take?

If you have a question about the RCIP, this video is the most detailed resource that would have answers for you

[CLICK HERE TO WATCH THE VIDEO](#)



My Unique Use Of AI Makes Me \$598.78 Daily On Facebook

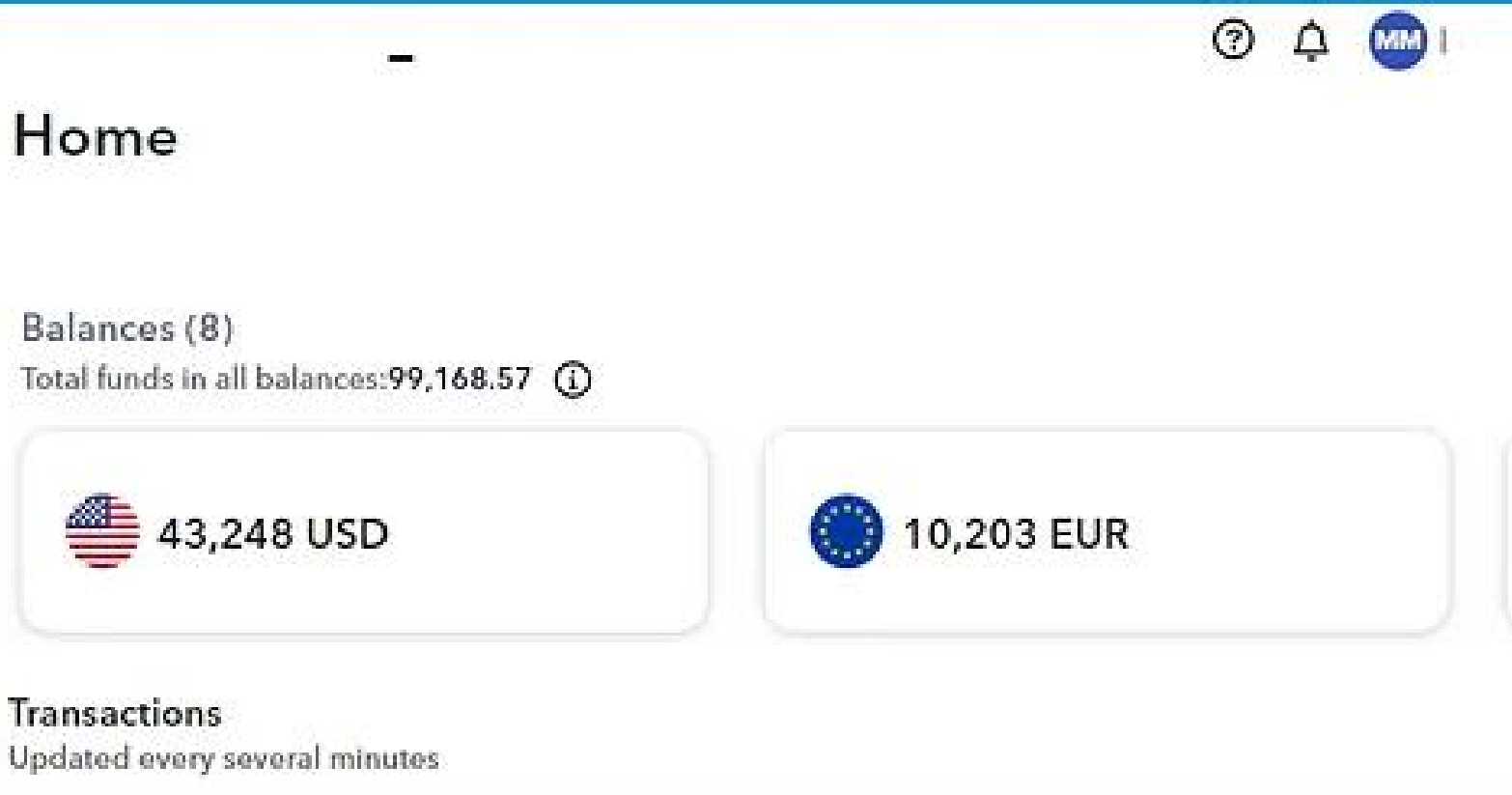


No fancy degree, no tech background — just a clever method I discovered that uses AI to turn Facebook into a daily cash machine.

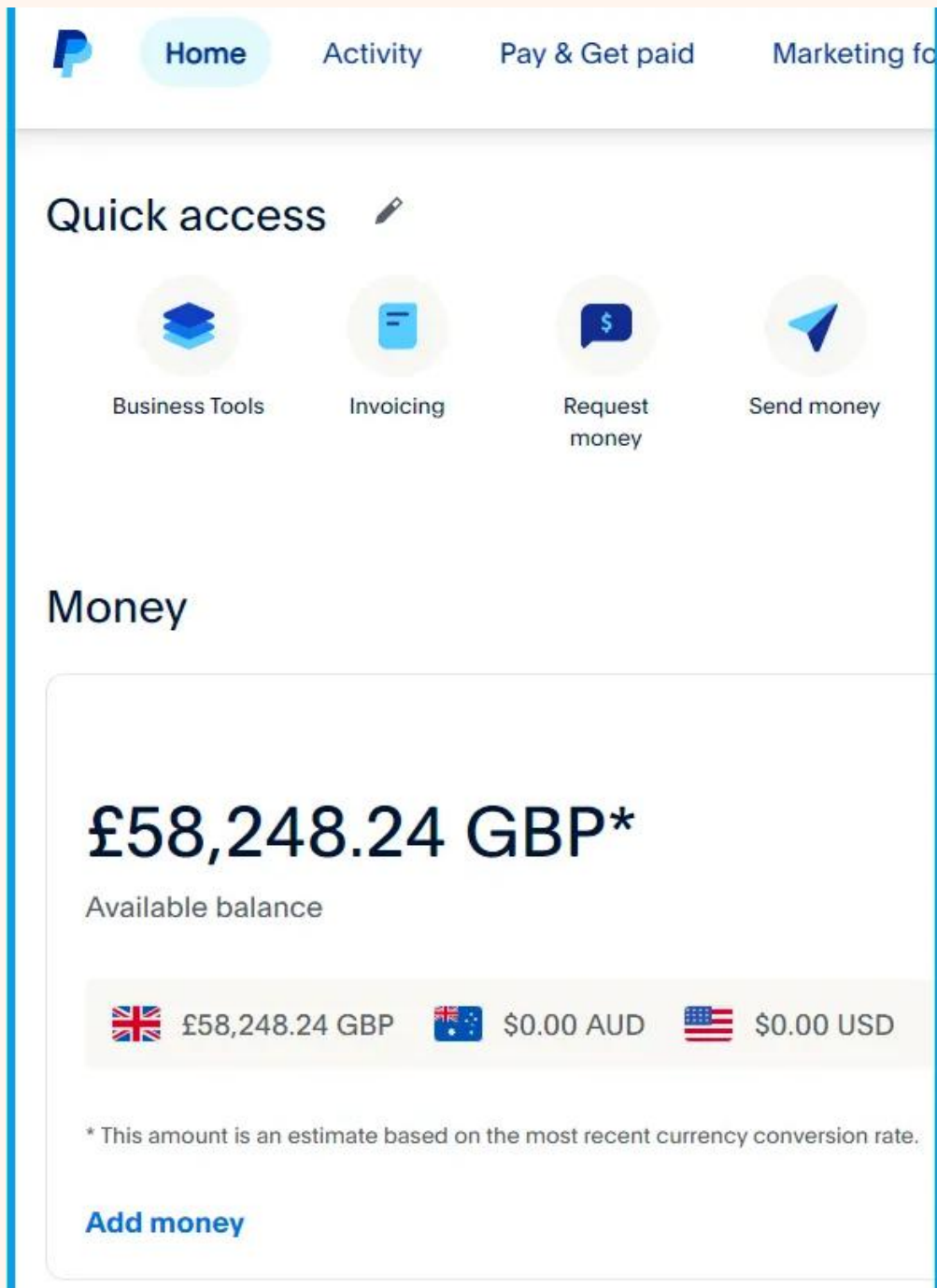
never thought I'd be the person who makes close to \$600 a day from Facebook. But here I am, sipping coffee, checking my stats, and yep — \$598.78 today. All thanks to AI.

I made money using the ideas mentioned above. Also, as a proof, you can see two screenshots down below:

Screenshot #1:



Screenshot #2:



*The only thing I regret that why I didn't find these ideas before. At first, when I found these ideas, I thought these jobs and ideas are too easy to be true. I was wrong. I wasted 2 years thinking these are not legit ideas. **I WAS DEAD WRONG!!***

These opportunities don't come in life all the time. Now, let me tell you something;

I make \$200 every hour. I can make more than \$200–\$400 every day but, I just work 1 or 2 hours every day on these jobs and resources. That's because this money is enough for me for now.

Secondly, I have got financial freedom now because of these ideas.

Anyways, don't make the mistake I made, i.e., thinking these are not good ideas and that you can't make money with it. YOU CAN!! Don't blame anyone else later on if you don't get these easy peasy jobs and resources today.

If you have made up your mind, you can go to [this link](#) and after going to [this link](#), you will see the page as shown down below. Choose all of the jobs and resources or one of them or however you want and whatever suits you.

Don't wait up!!

You can get these easy resources and jobs here.

.
Now, you can continue reading.

— — —
Let me tell you, this didn't happen overnight. I didn't wake up one morning, downloaded some magical app, and boom — money everywhere.

Nah, it was more like testing stuff, messing up, feeling dumb, trying again... and finally figuring out a system that actually works for me.

And AI? It's my secret weapon.



How It All Started

A few months ago, I kept seeing people online talking about how they were using ChatGPT and other AI tools to make money. Some of them sounded legit, some seemed like pure hype. But I was curious.

I already used Facebook for scrolling memes and commenting on funny cat videos, so I figured — why not try to turn it into something useful?

I started using AI to help me write posts. Not just any posts — I'm talking about content that hooks people, gets them talking, sharing, clicking. You know the type.

So it's all a matter of creativity and what you're comfortable with; but the potential here is tremendous.

Here are some of the best tools you can leverage if you want to delve into this space.



What I Actually Do (Without the BS)

Alright, here's the breakdown:

1. **Pick a niche that actually sells** — I chose health and personal development. Two things people are always talking about.
2. **Promote products with affiliate links** — I joined affiliate programs (some through ClickBank, some direct).
3. **Use AI to write Facebook posts** — But not the fake robot-sounding ones. I make them feel like conversations. You know, like: “I’ve been struggling with sleep for weeks... tried everything. But this simple supplement? Game-changer. No joke. DM me if you want the link.” And guess what? People actually DM me.
4. **Comment reply automation with AI** — I started using tools that auto-reply to comments on my posts with helpful responses. Like: “Hey! Just sent you a message with the details 😊”
5. **Run basic Facebook ads** — Nothing crazy. \$5–\$10/day stuff. And again, I use AI to write ad copy that sounds real — not salesy.



Why It Works

People on Facebook don't want to be sold to.

They want to feel something. They want stories. They want real people.

And AI helps me create that. I'm not sitting here with a dictionary and thesaurus. I'm just having real convos online, but with a little help from AI to polish things, save me time, and guide me when I'm stuck.

The cool part? I've turned this into a daily system.

- **Mornings:** Check messages, reply, send affiliate links
 - **Midday:** Create one solid Facebook post (with help from AI)
 - **Evening:** Engage with comments, tweak ad if needed
- That's it. No need to film videos. No need to dance on TikTok. No need to build a fancy website (though I do use a simple landing page sometimes).

If you're thinking AI is gonna steal your job or take over the world or whatever — nah, you're looking at it wrong.

AI is a tool. That's it. And if you use it right, it can make your life a lot easier. And yeah... more profitable too.



I'm not some genius marketer. I'm just a regular person who figured out how to use AI in a way that feels natural. And now I make \$598.78 a day (on average) from Facebook.

So if you're not using AI yet... maybe it's time to start. Because the game is changing — and fast.

Eliana Josephine writes about her journey online and how she has made thousands of dollars online from YouTube to Twitter(X), LinkedIn, etc.

She also finds easy side hustles, ideas and resources which she shares with her audience.



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Living Healthy

Health information that promotes longevity and ensures you enjoy the money you earn

Indeed, good health is the most important aspect of life. Without it, it is difficult to achieve and enjoy success in other areas including career, business, relationships and family. Even if you make all the money in the world, without good health to enjoy it, it becomes valueless. This is why this page, Living Healthy is created to share with you medical research reports and information to help you take control of your health. Keep reading!



Ruby E.

Ruby E. is a medical student with a strong interest in mental health and emotional well-being. She writes thoughtfully on topics related to self-awareness, psychological resilience, and the human experience. Outside her academic pursuits, she manages a weekend food business that reflects her dedication to care, community, and excellence.

Breaking the Silence: **When Parental Pressure Turns into Depression**

Mental health remains a hushed topic in Nigeria. In a society that celebrates strength and endurance, people are often told to “chest it”—to push through, suppress their feelings, and keep going no matter what.

But what happens when the weight becomes too much to bear? What happens when silence itself begins to drown someone?

Uyai's story is a powerful example of how well-meaning parental love and pressure can blur into something damaging.

A Life Chosen Without Her

**When you're depressed
you don't control your
thoughts, your thought
control you**

Uyai was like many Nigerian children—bright, curious, and full of dreams. Between the ages of five and twelve, she gave the answer many kids her age did when asked what she wanted to be: “A doctor.”



It was more societal script than true ambition, but her parents latched onto it like it was her destiny.

As she grew older, Uyai's real interests emerged, and her passion for medicine faded. But by then, her parents were too invested in the idea of her becoming a doctor.

Their expectations became firm, and Uyai found herself steered relentlessly toward medical school—regardless of her own desires.

The Quiet Slide into Depression

Uyai's entry into medical school felt like stepping into a life she hadn't chosen. Anyone familiar with the rigor of medical training knows it demands everything—time, energy, and commitment.

But instead of feeling a sense of fulfillment, Uyai felt drained, disillusioned, and detached.




Adding to her frustration, Uyai had once prepared to study abroad. After passing her exams and getting ready to leave Nigeria, her father canceled the plans at the last minute.

She scrambled to sit for Nigerian entrance exams instead, but the damage had been done. Years of preparation felt wasted. Resentment and sadness quietly set in.

Her parents, convinced they were doing what was best for her, never saw the cracks beginning to form beneath the surface.

The Unspoken Role of Parents in Mental Health

In Nigerian culture, parental love and sacrifice are often unquestionable. But love—when combined with high, rigid expectations and control—can cross into emotional harm. For Uyai, her parents' desire to secure her future became a burden she couldn't carry.



**Behind my smile is a
breaking heart, behind my
laugh I'm falling apart,
behind my eyes are tears
at night, behind my body
is a soul trying to fight.**

This dynamic is familiar to many Nigerian youths:
Career paths chosen by parents, not children.
Decisions made without room for dialogue.
Emotional blackmail disguised as concern.

While her parents thought they were guiding her toward success, they were unknowingly driving her deeper into depression.

The Hidden Signs No One Saw

As Uyai battled the overwhelming pressure of school and unmet dreams, life threw more at her. She faced sexual abuse, emotional manipulation in a later relationship, and the death of loved ones.



The weight of being the firstborn—expected to succeed, lead, and keep the family proud—only made everything heavier.

She began isolating herself, withdrawing from friends who didn't understand her silence. She cried alone, fell behind in her studies, and even became suicidal at her lowest point.

Her friends drifted away, unaware of the battles she was fighting. Her family, preoccupied with tangible successes like grades and achievements, missed the warning signs.

A National Blind Spot: Ignoring Mental Health

Uyai's story is not unique. Across Nigeria, depression, anxiety, and mental health struggles are often brushed aside as weakness or overthinking.

Keeping a lot to myself, because it is hard to find someone who understand



"It's just a phase," people say. "You'll be fine." But mental health is not something that can be chested or prayed away alone. It requires awareness, care, and action.

Parents, especially, play a pivotal role. They can either be the greatest support system or the unintentional source of silent suffering.

The Silent Epidemic of Parental Pressure

Parental pressure is often disguised as love, but here are ways it can turn toxic and fuel depression:



- **Living through their children:** Forcing career choices based on their unfulfilled dreams.
- **Emotional blackmail:** Making children feel guilty for wanting something different.
- **Overcontrol:** Not allowing children to make their own decisions or learn from their own mistakes.
- **Invalidating feelings:** Dismissing signs of distress as weakness or overreaction.
- **Fear-based teachings:** Using shame and fear (especially around sex and relationships) to “protect” rather than empower.



Many parents are doing their best with what they know, but ignorance can be just as harmful as neglect.

Recognizing the Warning Signs

In Uyai’s case—and in many others—warning signs were there, but overlooked:

- Persistent sadness or emptiness
- Withdrawal from loved ones
- Changes in sleep or eating patterns
- Loss of interest in activities
- Feelings of worthlessness or hopelessness
- Self-harm or suicidal thoughts

What Parents (and All of Us) Can Do

Parents may not set out to harm, but the results of unbending expectations and emotional pressure can be devastating. Here's how they can help:



- **Listen with an open mind.** Create safe spaces where children can express their true feelings.
- **Separate their dreams from yours.** Your child is not a vessel for your unfulfilled ambitions.
- **Educate yourself about mental health.** Awareness is the first step toward meaningful support.
- **Avoid shame and guilt tactics.** These can destroy self-esteem and worsen mental health.
- **Encourage professional help.** Therapy and psychiatric care are lifesaving, not shameful.

G. Check in regularly. Pay attention to behavioral changes and don't dismiss emotional struggles.

A Journey Toward Healing

Despite everything, Uyai's story didn't end in despair. Over time, she began to adjust to medical school. Slowly, she found pockets of joy and purpose.

Through her pain, she discovered a new dream: becoming a psychiatrist—not to “treat mad people,” as the stigma goes, but to walk alongside those battling mental health struggles and help them find hope.

Her own suffering gave her a deep empathy for others. She realized the urgent need for safe spaces, honest conversations, and professional care—things she wished she had during her darkest moments.

A Call to Action

Uyai's story is a wake-up call. It's time to move beyond silence and denial. Mental health is not a Western problem; it's a human one. And in Nigeria, where awareness is still growing, we must act with urgency.

To parents: Love fiercely, but listen carefully. Guide your children, but don't control them. Your words and actions have the power to heal—or to harm.

To anyone struggling in silence: You matter. You are not alone. And help is available. Together, we can break the silence—and begin the journey toward true healing.

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EXCLUSIVE BOOKBONUS



The Power of Habit

*Why We Do What We Do in
Life and Business*

In *The Power of Habit*, Charles Duhigg, award-winning business reporter for *The New York Times*, takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed.

Along the way, we learn why some people and companies struggle to change, despite years of trying, while others seem to remake themselves overnight. We visit laboratories where neuroscientists explore how habits work and where they reside in our brains.

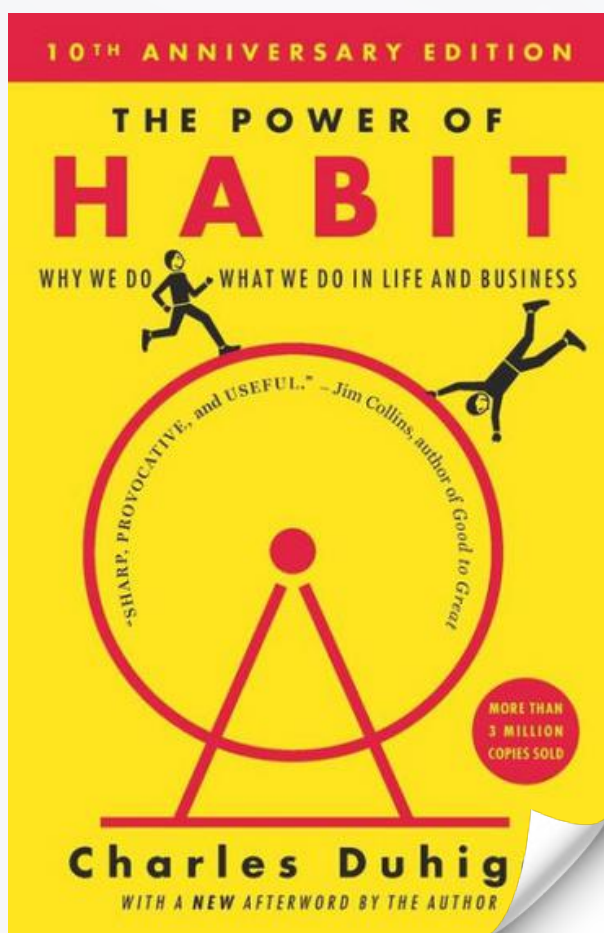


“

**If You Think
You Can
Change If You
Make It A
Habit The
Change
Becomes Real**

”

At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work. By harnessing this new science, we can transform our businesses, our communities and our lives.



IN THIS SUMMARY, YOU WILL LEARN:

- ✔ **Why the brain tries to make routines into habits.**

- ✔ **How cravings create and power new habits.**

- ✔ **How to apply the golden rule of habit change.**

- ✔ **What “keystone habits” are and the importance of them in creating a new routine**

INTRODUCTION

The Power of Habit

When you woke up this morning, what did you do first? Did you hop in the shower, check your email or grab a doughnut from the kitchen counter? Did you brush your teeth before or after you towed off? Which route did you drive to work?

When you got home, did you put on your sneakers and go for a run, or pour yourself a drink and eat dinner in front of the TV?

"All our life, so far as it has definite form, is but a mass of habits," William James wrote in 1892. Most of the choices we make each day may feel like the products of well-considered decision making, but they're not.

They're habits. And though each habit means relatively little on its own, over time, the meals we order, whether we save or spend, how often we exercise, and the way we organize our thoughts and work routines have enormous impacts on our health, productivity, financial security and happiness.

One paper published by a Duke University researcher in 2006 found that more than 40 percent of the actions people performed each day weren't actual decisions, but habits.

James -- like countless others, from Aristotle to Oprah -- spent much of his life trying to understand why habits exist. But only in the past two decades have scientists and marketers really begun understanding how habits work -- and, more important, how they change.



Change might not be the fast, and it isn't always easy. But with time and effort, almost any habit can reshaped



At one point, we all consciously decided how much to eat and what to focus on when we got to the office, how often to have a drink or when to go for a jog. Then we stopped making a choice, and the behavior became automatic.

It's a natural consequence of our neurology. And by understanding how it happens, you can rebuild those patterns in whichever way you choose.



**The Golden Rule Of
Habit Change: You
can't extinguish a bad
habit, you can only
change it**



PART I: THE HABITS OF INDIVIDUALS

The Habit Loop:
How Habits Work

Within the building
that houses the
Brain and
Cognitive

Sciences department of the Massachusetts Institute of Technology (MIT) are laboratories that contain what, to the casual observer, look like dollhouse versions of surgical theaters.

There are tiny scalpels, small drills, and miniature saws less than a quarter inch wide attached to robotic arms.

Even the operating tables are tiny, as if prepared for child-sized surgeons. Inside these laboratories, neurologists cut into the skulls of anesthetized rats, implanting tiny sensors that can record the smallest changes inside their brains.

These laboratories have become the epicenter for a quiet revolution in the science of habit formation, and the experiments unfolding explain how we develop the behaviors necessary to make it through each day.

If we all could be successful, what would be the measure of success? We might not have a uniform for success but out there, when the chips are down, success is an identity that emerges while you do your best to be true to your dreams.



TheRightMessages.com

The rats in these labs have illuminated the complexity that occurs inside our heads whenever we do something as mundane as brush our teeth or back the car out of the driveway.

Toward the center of the skull is a golf ball-sized lump of tissue that is similar to what you might find inside the head of a fish, reptile or mammal.

This is the basal ganglia, an oval of cells that, for years, scientists didn't understand very well, except for suspicions that it played a role in diseases, such as Parkinson's.

In the early 1990s, the MIT researchers began wondering if the basal ganglia might be integral to habits as well. They noticed that animals with injured basal ganglia suddenly developed problems with tasks, such as learning how to run through mazes or remembering how to open food containers.

“

Every habit, no matter its complexity, is malleable. The most addicted alcoholics can become sober

”

They decided to experiment by employing new micro-technologies that allowed them to observe, in minute detail, what was occurring within the heads of rats as they performed dozens of routines. Ultimately, each animal was placed into a T-shaped maze with chocolate at one end.

The maze was structured so that a rat was positioned behind a partition that opened when a loud click sounded.

Initially, when the rat heard the click and saw the partition disappear, it would usually wander up and down the center aisle, sniffing in corners and scratching at walls. It appeared to smell the chocolate, but couldn't figure out how to find it.

When it reached the top of the T, it often turned to the right, away from the chocolate, and then wandered left, sometimes pausing for no obvious reason. Eventually, most animals discovered the reward.

But there was no discernable pattern in their meanderings. It seemed as if each rat was taking a leisurely, unthinking stroll.

The probes in the rats' heads, however, told a different story. While each animal wandered through the maze, its brain -- and in particular, its basal ganglia -- worked furiously.

Each time a rat sniffed the air or scratched a wall, its brain exploded with activity, as if analyzing each new scent, sight and sound. The rat was processing information the entire time it meandered.

The scientists repeated the experiment, again and again, watching how each rat's brain activity changed as it moved through the same route hundreds of times. A series of shifts slowly emerged.

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“
**Small choices
become
action,
actions
become
habits, and
habits
become our
way of life**
”

The rats stopped sniffing corners and making wrong turns. Instead, they zipped through the maze faster and faster.

And within their brains, something unexpected occurred: As each rat learned how to navigate the maze, its mental activity decreased. As the route became more and more automatic, each rat started thinking less and less.

It was as if the first few times a rat explored the maze, its brain had to work at full power to make sense of all the new information.

But after a few days of running the same route, the rat didn't need to scratch the walls or smell the air anymore, and so the brain activity associated with scratching and smelling ceased.

“

Every habit, no matter its complexity, is malleable. The most addicted alcoholics can become sober

”

It didn't need to choose which direction to turn, and so decision-making centers of the brain went quiet.

The rat had internalized how to sprint through the maze to such a degree that it hardly needed to think at all.

But that internalization relied upon the basal ganglia, the brain probes indicated. This tiny, ancient neurological structure seemed to take over as the rat ran faster and faster and its brain worked less and less.

The basal ganglia was central to recalling patterns and acting on them. The basal ganglia, in other words, stored habits even while the rest of the brain went to sleep.

The Automatic Routine of 'Chunking'

This process -- in which the brain converts a sequence of actions into an automatic routine -- is known as "chunking," and it's at the root of how habits form.

There are dozens -- if not hundreds -- of behavioral chunks that we rely on every day.

Some are simple: You automatically put toothpaste on your toothbrush before sticking it in your mouth.

Some, such as getting dressed or making the kids' lunch, are more complex. Habits, scientists say, emerge because the brain is constantly looking for ways to save effort.

Left to its own devices, the brain will try to make almost any routine into a habit, because habits allow our minds to ramp down more often.

“
The power of habit can be leveraged to build all kinds of healthy practices into our life, like regular prayer, Bible reading, and acts of service

”

This effort-saving instinct is a huge advantage. An efficient brain allows us to stop thinking constantly about basic behaviors, such as walking and choosing what to eat, so we can devote mental energy to inventing spears, irrigation systems and, eventually, airplanes and video games.

The process within our brains is a three-step loop. First, there is a cue, a trigger that tells your brain to go into automatic mode and which habit to use. Then there is the routine, which can be physical, mental or emotional.

Finally, there is a reward, which helps your brain figure out if this particular loop is worth remembering for the future. Over time, this loop -- cue, routine, reward; cue, routine, reward -- becomes more and more automatic.

The cue and reward become intertwined until a powerful sense of anticipation and craving emerges. Eventually, a habit is born.

“
To change a habit, make a conscious decision, then act out the new behaviour
”

Habits aren't destiny. Habits can be ignored, changed, or replaced. But the reason the discovery of the habit loop is so important is that it reveals a basic truth:

When a habit emerges, the brain stops fully participating in decision making. It stops working so hard, or diverts focus to other tasks.

So unless you deliberately fight a habit -- unless you find new routines -- the pattern will unfold automatically.

According to Ann Graybiel, a scientist at MIT who oversaw many of the basal ganglia experiments, "Habits never really disappear.

They're encoded into the structures of our brain
... The problem is that your brain can't tell the difference between bad and good habits, and so if you have a bad one, it's always lurking there, waiting for the right cues and rewards."

Without habit loops, our brains would shut down, overwhelmed by the minutiae of daily life

The Craving Brain: How to Create New Habits

One day in the early 1900s, a prominent American executive named Claude C. Hopkins was approached by an old friend with a new business idea.

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