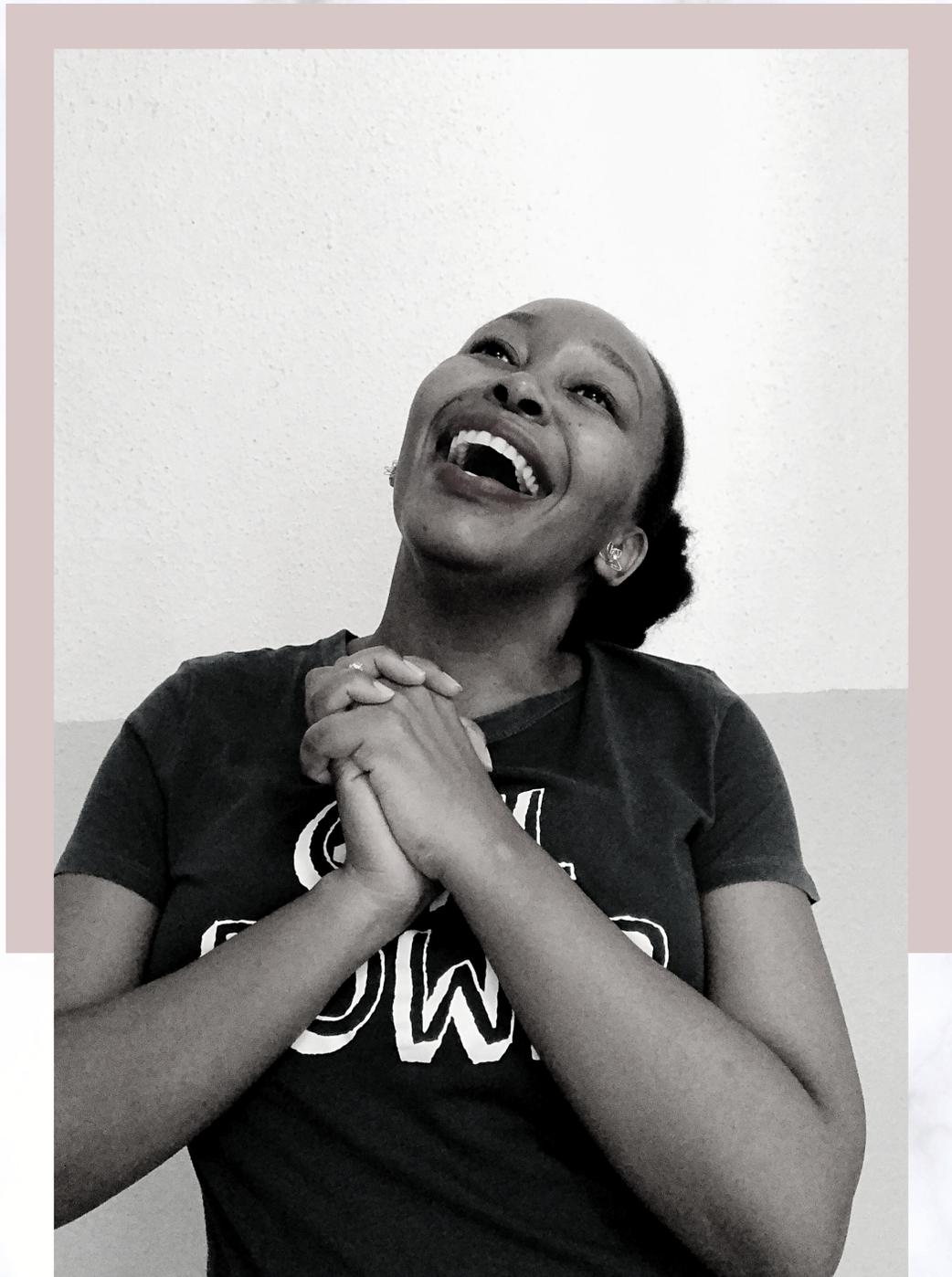


MY LITTLE BOOK OF

inspiration



BY

REFILWE RAMATLHODI NDHLOVU

ABOUT

Refilwe



Refilwe Ramathodi Ndhlovu is a life coach, a seasoned and published communications professional, a mom, a wife and a sister.

A philanthropist at heart and a follower of Christ, my work is firmly rooted in servant leadership. I also believe that for us to witness the change we want to see in the world, the greatest work has to start with US.

Learning is continuous so I continue to do work on myself.

I am on a mission to inspire and change the world. Through my coaching sessions, social interactions and annual retreats, I am well on the way of achieving this - one person at a time.

I hope this compilation of quotes and notes I've penned will not only inspire and motivate you but also challenge you towards living a purposeful life.

When you use them, please be so kind to quote and tag me.

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I N T R O D U C T I O N

As we journey along in life, we sometimes find ourselves wandering hopelessly in the wilderness. And, in the quest to figuring out what it really means to LIVE with contentment, we succumb to societal norms. These societal norms are underwritten by the same people who are also trying to figure life out, yet, we conform.

The question beckons: “why”?

Why do we not pursue life the way we want to live?
On our own terms, at our own pace.

Why do we feel so inadequate when we neither have this nor that? Why is what we have, never enough? We continue to want more even when our cups are overflowing. Can we STOP for a minute and show gratitude? Surely, that can't be too much to ask! Remember, the measure of your success is relative to where you were before you got to the point you are at now.

So, why do we tend to seek joy and gratification from other people or materialistic things? It can't be that difficult to get into the habit of gifting ourselves from within. Through regular introspection, the holes in our hearts and souls can be made whole. Wholeness comes with being happy and content, first, with ourselves and who we are.

Define your happiness. Define your life. Don't be easily swayed by society.

Don't conform to make the next person happy.

Don't conform to be accepted.

Don't conform to fit in.

Love yourself with all your flaws.

Be your own imperfect perfection.

You are already wholesome.

Just be YOU!



2

NOTES ON LIFE

Be still.

When there's a lot of noise in our lives, we
tend to lose sight of what's important.

We are also unable to comprehend what is
happening around us.

So, it's important to be still.

In stillness, sanity and clarity prevails.

In noisiness, chaos.

In Psalm 46:10, God commands us to be still.

Because in stillness, there's peace.

And, peace is a position of power.

- Refilwe Ramathodi Ndhlovu

Don't harbour pain in your heart, it only brings misery.

You can't allow yourself to dwell in misery.
You have to take charge of your life, and
continue moving forward.
Yes, the ride may be bumpy but that's what
makes it all the more meaningful and worthwhile.

...

True freedom stems from believing in
who you are without comparing yourself
to your fellows.
Learn not to be hard on yourself.
Appreciate and recognise your uniqueness.
Love yourself just the way you are.
We grow daily, so allow yourself to be
moulded to your own prescriptions of
“perfect”, and not how society
has defined it.

...

Life gets better once you let go of the
life you had planned for yourself and
focus on living the life that God has
prepared and planned for you.

...

Live freely.
Be at peace.
Have no expectations on anyone.

“

Each one of us is running their own individual race. Instead of comparing yourself to the next person, focus rather on perfecting your own race and how you can get to the finish line.

- Refilwe Ramathodi Ndhlovu

Sometimes all you need to do is block out the noise in your life, sit still and listen.

Be authentically YOU!



Just like the four seasons of the year, every season of life brings with it different experiences and learnings.

**Embrace
and
Conquer.**

- Refilwe Ramathodi Ndhlovu

Live not to regret.
Regrets pull us back.

...

Stressing over limited time to complete tasks or achieve set goals?
Remember to do what you can with the time, and resources you have. You may not achieve what you'd set out to achieve but knowing that you've done your best, is more than enough. Especially in situations beyond your control.
NB: Do your best.

...

We need to stop this culture of putting emphasis on negative things and SHIFT our mind-sets to the positive.

...

Yesterday's distresses and hiccups can only have a greater impact in, and a deeper effect on your life if you make them your priorities and shine the light on them.

Use your mistakes and experiences to learn and grow.

We block our blessings by holding on to things that God has been trying to get us out of. Gripped by fear, we dispel and repel our blessings.

Fear holds a lot of us captive.

Fear kills dreams.

It's time to stop running
It's time to stop hiding.

It's time to be courageous.

It's time to be bold
It's time to be daring.

It's time for a new you
It's time to rise up.

It's time to do great, and be great.

The time is now.

Choose well.
Choose freedom.
Choose LIFE.

Remember, fear and faith can't coexist.

choose freedom. choose life.

“

If you choose to live a life characterised by mediocrity, be prepared to live with the consequences thereof.

- Refilwe Ramathodi Ndhlovu



3

NOTES ON PURPOSE

We are easily influenced by the things we let into our lives. Some of these impotent things shouldn't even feature but because we've given them power, they continue to flourish. The more they flourish, the less we feel about ourselves.

Be careful of what you zone your focus on - what you let into your life, thoughts and heart.

Be cautious of what you let your heart be stirred by. Sift through your life, granule by granule, discard what's unimportant and keep what matters.

By doing this, "you will know the truth, and the truth will set you free" (John 8:32).

Let THAT TRUTH influence you.

- Refilwe Ramathodi Ndhlovu

A lot of things begin with bucket loads of uncertainty, but with courage, multitudes are achieved.

If you have been chosen for something, don't focus on your deficits. Remember Moses from the Bible? He was no Toastmasters alumni but God used Him as His mouthpiece for a mammoth task. God qualifies us. So, stagnancy, redundancy and complacency shouldn't form part of our lifestyles.

All we need is to say "YES", then wait to see Him move.

...

We all get tired and weary but a willing heart and mind gets the body into action

...

Life gets crazy sometimes. We get so busy chasing one thing after the next, neglecting what's most important in our lives. Don't let the busyness of life steal away moments from your loved ones. Make time for what's important.

...

Never let situations "force" you to compromise your values.

Find your niche and let that inspire you to do awesome things.

“

Fear, anxiety and doubt will keep you from having a vision, i.e. dreaming big. Your life is worth something - be a visionary. You can't do it alone though, so, ask God for guidance.

- Refilwe Ramatlhodi Ndhlovu

Dare to challenge the giants in your life.

“

When you experience God's perfect peace, no amount of roller-coasting will deter you from going after what you know is rightfully yours. No worry, no doubt, no fear will hold you down or grapple you. It's that peace that surpasses all understanding.

- Refilwe Ramathodi Ndhlovu

Let your passion drive you.
Don't get stuck in the rut, doing things that don't add value to your life.
This life is too short.
Shift your focus and redirect your energies into meaningful things.

...

Many are afraid to take risks and find their inner strength. Some are afraid to push their faith to the limit and trust God for the strength to endure. It is impossible to live life without taking risks.

Let us start living and experiencing the fullness of life by taking risks.
Life is too short to dwell on "what ifs" and fear of failure.
Failure = learning = growth = wisdom

...

Your growth and knowledge are dependent on the things you invest your time in.

What doesn't matter shouldn't influence you.

Be Intentional.

Aim to live a life full of purpose.

Be a vessel of hope to the hopeless.

Be a vessel of light to those living in the dark.

Be a vessel of love to the unloved.

Be kind.

Stay meek.

Remember meekness is strength.

Be generous.

Lend a helping hand.

“

**Giving up is easier
when you don't have
a solid reason why
you started.
Don't give up.
Go out there and
bear fruit.**

- Refilwe Ramathodi Ndhlovu

**live intentionally,
with purpose.
Be a good fruit bearer.**



4

NOTES ON SELF-CARE

In all the busyness of life, I've learnt that if I'm intentional about things, I make time for them. Like many other things, self-care should rank high on our priority list. To see and experience the desired results, we need to invest the time.

We need to disinvest in meaningless things, and invest in those that matter, like self-care. Rest is so underrated. Society has made it out to look like people who rest are lazy. But, there's no truth in that. Rest equates good mental health. Take care of yourself. Love yourself enough to know when it is time to rest. Your mental health and wellbeing should take priority.

In Sesotho they say: "Mosebetsi ha o fele, ho fela motho. Dintho tsa lefatse ha di fele, ho fela motho". This can be loosely translated to: "work doesn't end, what depletes and degenerates is a human being".

- Refilwe Ramathodi Ndhlovu

Work on yourself.

Toxic thoughts, when given authority, destroy our inner peace. Build up your inner-self by taking these thoughts captive. Do this by reframing your mindset and beliefs.

...

Learn to forgive when you've been wronged - even when the wrong-doer doesn't ask for forgiveness. Forgiveness sets the heart free.

...

To forgive someone else is to free yourself.

...

Love yourself enough to get in tune with your feelings. Acknowledging your feelings is the first step toward healing and closure.

“

Self-care is about acknowledging that you can't change situations you find yourself in, or people, their behaviours, or reactions. But because of the work you've done on yourself, you can change how you react to them.

- Refilwe Ramathodi Ndhlovu

The greatness of the power you possess comes from within.

Empty yourself to be filled up.

It's important to take time from the hustle and bustle of life, to reconnect with yourself.

...

Be intentional about taking time out to recharge. You've got nothing to offer yourself or the world when you are tired and worn out.

Give yourself time to rest.
Be intentional about it.

...

It is impossible to be everything to everyone.

...

You don't have to fulfil every need you come across. If you do, you run the risk of running on empty. Disenfranchised, with your energy depleted, and your mental disengaged, due to mental, physical and emotional exhaustion, your will to live gets compromised.

“

While busy on your endless mission to love, impress, appreciate and spoil others; don't forget to do the same for yourself.

- Refilwe Ramathodi Ndhlovu

**Don't burn yourself out.
There is strength in asking for help.**

Reconnect. Feel. Heal.

Going through through most?

Don't disconnect yourself from how you feel.

No matter what you are going through, acknowledge your feelings.

Don't numb your pain by working harder, shopping, drinking, or any other way you prefer to anaesthetise yourself.

Allow yourself to go through the various stages of the grief cycle.

Along that journey, allow God to be your comfort.

Healing comes from feeling and feeling from reconnecting.

“

**Acceptance
equates healing.
Healing
equates happiness.
Happiness
equates Joy In Christ.
Joy In Christ equates
comfort.
Great comfort comes
from The Lord...
our stronghold.**

- Refilwe Ramathodi Ndhlovu

self-care is self-love.



5

NOTES ON PEOPLE, FRIENDSHIPS AND NETWORKS

Surround yourself with those who build you up.

Surround yourself with those who continually empower you.
Surround yourself with those who challenge you to be the best
version of yourself.

Evaluate your friendships.

Introspect regularly,
because not everyone that's in your circle, is for you.

- Refilwe Ramathodi Ndhlovu

Your life can be easily influenced by what you surround yourself with. So why not surround yourself with greatness and positivity every day?!

Associations we have with one another are about give and take. You can't always take and not give; and vice-versa.

...

You have to treat people the way you want them to behave around you.

...

God puts people on our path purposefully. Each of them to contribute different things which will somehow play a role in what's to come. We need to embrace and draw from everyone, not just those who bring a ray of sunshine into our life but even those who expose us to the thorny side of life.

...

Not everyone who is with you in the beginning will cross the finish line with you.

“

The world is full of egotistical opportunists. Be careful of who you keep in your circle. Be careful of what you are surrounded by.

- Refilwe Ramathodi Ndhlovu

Fools bicker, the wise concede.

Take time to enjoy life with your loved ones by being fully present

Be fully present and engaged during interactions with people. After all, the greatest gift you can give someone is your time.

...

Be present. Delay your social media posts. Family time isn't "breaking news"! So, there's no need to post about everything happening in your life, as it happens. Just be fully present and enjoy the moments.

...

Acknowledge the people in your life, not just in the deep corners of your heart; but let them know in person how they've made an impact to your life and what they mean to you.

...

Learn how not to force yourselves on people. Your gut will always shed the light on where you really stand with someone. So listen closely - be at peace and let others be at peace too.

**People always make time for
what's important to them.**

“

**Life spent with
the ones that
make your heart
smile, is truly
worthwhile.**

- Refilwe Ramathodi Ndhlovu



6

NOTES ON LOVE, GRATITUDE AND KINDNESS

When we complain about our current situation, we remain in it. When we praise God in the midst of difficulty, He raises us out of it. The best way to start and end each day is with gratitude and thanksgiving. Get a jump on the devil. If you don't fill your thoughts and conversations with good things, he will definitely fill them with evil things.

Truly thankful people do not complain. They are so busy being grateful for the good things they do have that they have no time to notice the things they could complain about.

Praise and thanksgiving are good;
complaining and grumbling are evil.

- Refilwe Ramathodi Ndhlovu

Love is the foundation of all good things.

Rejection is the most wicked thing one could do to someone. It kills the spirit and breaks one's confidence. It is rife and evil. Choose love and acceptance.

...

Don't make it hard for people to love you. Be lovable - love yourself. Be of good cheer. Nobody wants to hang around morbidity.

...

The trueness and richness of love lies within the heart and is clearly visible through actions.

...

Kindness is treasure.

Be grateful in everything.

What you have - that which you take for granted - may be someone else's greatest yearning.

“

Nothing is certain or constant in this life except for God's undying love for us.

- Refilwe Ramathodi Ndhlovu



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C O N T A C T

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