

THE COMPLETE MAN

A summary of teachings and events during The Complete Man Conference, August 2020

A PHYSICAL, SPIRITUAL AND CAREER GUIDE TOWARDS BECOMING A COMPLETE MAN.



The Complete Man Conference is a virtual conference specifically tailored for Men (Masculine gender) but we feel that the teachings and activities would be valuable to everyone regardless of their gender.

Also we received lots of request from people who attended the conference stating that they want the teachings to be published so they can have access to them anytime. And our Team at hopeful Me and the organizers are glad to present this book to you. Cheers!.

Title: THE COMPLETE MAN

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The Complete MAN

CONFERENCE





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A 3DAY VIRTUAL MEN CONFERENCE POWERED BY HOPEFULME

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Program of Event =			
	MORNING	AFTERNOON	EVENING
DAY1	Arrival &Introduction of Members/Guests	Health Talk	First Speaker (Johnson Crystal Kalu)
DAY2	Snap your Room /Kitchen Challenge	Fashion Talk	Second Speaker (Rev. Onuka Okereke
DAY3	Meeting/hangout on ZOOM	Business Talk	Third Speaker (ThankGod Uche)



Day 1

The Complete Man Conference 26th August, 2020



FIRST SPEAKER.

Johnson Crystal Kalu

Topic: "YOUR PERSONAL MAN."

To be Complete means to have all the necessary part.

Complete also means nothing is missing.

Complete means, containing all.

A Complete man is Full Package.

No man is born complete, we all have lapses in our lives and God

is the only one who could fill this gap in us.

1 Col: 2vs10 says:

KJV:And ye are complete in him, which is the head of all principality and power:

A complete man is one that has a balance in his life. He may not have everything but he is lacking in none.

A complete man lives in "Abundance".

A complete man has "Sufficiency".

One of my favorite Bible verses says,

2 Cor 9vs8 ESV:And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

Today I'll be sharing with us a concept about life that I titled, "YOUR PERSONAL MAN."

* * *

HONOUR WOMEN.

I recall playing as a kid and I accidentally perceived my sister's armpit. I went ahead to tell my mom that my sister was smelling.

My mom immediately rebuked me and said I should never in my life open up my mouth to say a lady has an odour or is smelling. That traditionally and in general, it is unacceptable!

I apologized and left. I kept wondering why.

Not until now I've grown up and I've come to understand and appreciate the fact that Women deserve to be honoured.

Looking at the background of creation, the medical and psychological composition of this specie you'll understand that they are very special.

A woman is not the opposite of a man as some people think. A man and a woman have a lot in common and they are there to compliment each other.

Ever since I understood this, I cultivated the habit of honouring women at all cost.

Even when I'm in the midst of guys and they are saying ill of a lady, I always avoid contributing to such conversations because I've been exposed to the reality that women deserve honor.

And in my daily activities, I put in effort to ensure I honor them.

1) How do you address a lady?

I have a saying, "Every Woman is a Queen".

Personally, I prefer to address them as queens, because they are.

Some of us are used to calling them.. "Babe", some call them "Aunty", "Sis".

They are all socially acceptable, especially when the person is a total stranger.

The category of guys that calls ladies, "Chicks", "Bannies" etc, May God help you. Say Amen \square . When you check the meaning of these words like, "Bannies" in urban dictionary, you'll understand that some of these names are very demeaning.

When you want to address a woman from today onwards, please do it properly.

If you have the chance to appreciate them, you can use phrases like "You are a strong woman", "You are a Queen", "You are a blessing", "You are an angel".

I know women are quick to misinterpret kind gestures as flirting but a clear conscience fears no accusation.

All I'm saying is address women appropriately.

2) Seek consent.

I don't encourage having sexual relationship with someone who isn't your legally married wife. As a believer it's a sin and it's morally wrong.

But even if you will, please seek consent!

Not every woman that agrees to visit you has the intention to have sex with you. Some ladies visit guys with a clear conscience especially if they feel they trust you.

Don't always assume a woman is giving you green light. Women are complex people, with series of mood swings etc you may likely misinterpret them.

I know this sounds old fashioned. But I believe old is gold.

The height of rape cases increased within last year and this year 2020 drastically because men failed to honour women and vice

versa.

I was discussing with a lady, she told me that if she visits a guy and the guy insists on having sex with her. If she persists and persists the guy still insists maybe through action or words etc, and eventually she gives in, she'll regard it as rape because it was never her intentions.

I was like 'Wow'! But the debate now is not whether her ideology is right or wrong.

My own suggestion is seek consent first.

Don't hurt someone long-term because of short-term pleasure.

* * *

HONOR YOURSELF

1) Don't be cheap.

Naturally, men are cheap. If a lady asks for your phone number as a guy.. Without a second thought you'll likely give her all your numbers.

You'll be like, "Babe here is my WhatsApp line, Incase you can't reach me, take my second line, keep this third one too Incase"

Not to talk of when a lady invites you over.

Kai..

We'll I encourage men to add value to their lives. Don't be cheap all the time na.

When a guy takes a lady out, and eventually sleeps with her, he sees it as he gained something.

But why don't you look at it from the other angle.

- >> You spent money and time to take her out,
- >> You bought things for her,
- >> then transported her to your house,
- >> and "she slept with you",
- >>> and then you transported her back to her home.

Please who amongst the two achieved something, the guy or the lady?

2) Relationship goals.

What's your goal for going into a relationship?

I advice going into a relationship with someone matured, first by age and then in mind.

Leave secondary school students alone. Some of them are not up to age and are naive. Their priority school be their academics and self development. Not "I miss you', "Do you know I love u?".

Even if you sincerely love the person, wait till she's matured enough to deal with stuff like that.

I know you might say secondary kids are already exposed, but at least let such exposure not come from you.

Another category of people are freshers in higher institutions. As Year one students, they will naturally fall prey to sweet words from senior colleagues. Here in Nigeria, some will use SUG, course rep, senior colleague or other positions to take advantage of this category of students.

Dating someone in 100L isn't bad but would be better if you've

allowed the student build a good academic foundation, get used to the school system first before bringing in your extra curricular activities (relationship wahala).

Some will say dating freshers is the best, so you can "Catch them young".

Oh wow. Sound great. But this student didn't go through all the admission stress for you to catch her young. She has a primary purpose of coming to school. It'll be great if you respect that.

Give them support and less emotional attachment until they've got their feet on the ground.

Again, in relationships, date someone you'll want to get married to. Don't come and waste people's precious time.

3) Be upfront, Speak up!

Define your relationship and friendship.

Tell people what you expect from them.

And ask them what they expect from you too. So on the long run there won't be unnecessary loses.

If you are a guy, you don't sweep, wash and cook, please tell your prospective partner and know if she can cook and do stuff like that. So you people won't end up converting fast foods and restaurants into your home.

Be upfront. If you feel your major need is physical companionship, talk to your partner or prospective partner about it and know if she'll be willing and available to play that role in your life. So you

don't end up in a relationship with someone who can't meet your needs.

Understand your needs while being upfront.

If you like eating and you need someone to be cooking for you always, maybe you don't actually need a girlfriend. It's a cook you need.

So try and understand your needs and know how to met them the right way.

If you feel you love someone but within you, you know you don't have the commitment to keep a relationship with the person, please you can choose to be a casual or close friend. Don't go into a relationship when you know you don't have the commitment and conviction to be with the person.

Those that will prefer the usual "friends with benefit" kind of friendship, please try as much as possible to be of virtuous benefit to the person. Those who are bestie, don't use bestie, bestie and be shifting pants. Please be a complete man.

4) Be Faithful

When you are in marriage or relationship, understand that one of the obligation you have is to be faithful and remain faithful..

Be faithful to God, to your spouse and also to yourself.

Faithfulness has a lot to do with commitment and loyalty.

And a complete man is loyal.

Are you faithful?

5) Facing Temptations.

One of the threats of faithfulness is temptation.

Some temptations are better avoided than struggled with.

Maybe King David in the Bible first saw Bathsheba carrying her bucket of water going to bath.

Instead of going into his house or leaving that scene, I presume he said in his heart.. "Nothing dey happen"

And now something very big don happen.

I have a saying that, "When our desires becomes stronger than our will, Self control becomes a very big problem."

Please, watch what you see.

I know you are strong, but whatever goes through the eyes goes directly to the mind not muscles.

It's better not to see than close your eyes after seeing.

I have removed a number of people from my contact and friend list because of the negative and sometimes obscene posts they share.

I have a lot of negative stuffs around me already. On TV, Commercials, Social media etc, let no one add to it.

I'm not a saint who hadn't a past.

I was sinner, who now has a future.

A future with Christ.

6) Bad Habits.

Almost everyone has a bad habit which they are aware of and are probably working hard to change it.

How do you deal with your bad habits?

Have you already accepted them saying "It's not my fault, I've tried changing, it didn't work out".

Or have you decided to keep working on yourself until you change, because you can.

One thing to note is that, bad habit is harmful, it can be dangerous and cause damage to your health or relationship with people. It's really bad, that's why it's called a bad habit.

I pray God through this meeting will change us into whom He wants us to become, Amen!

#TheCompleteManConference



Day 2

The Complete Man Conference 27th August, 2020



SECOND SPEAKER.
Rev. Onuka Okereke
Topic: "SPIRITUALITY AND MORALITY"

Good evening people of God.

I'm very happy to be here tonight to share the word of God with us.

Before I proceed, I crave your indulgence to express my sincere and profound appreciation to my son in the Lord, an intellectual

giant, an excellent and competent administrator, a web developer par excellence, the Visioner, Chairman and Chief Executive Officer, Hopeful Me Network, Mr. Johnson Crystal Kalu.

Please a round of applause for him. Thank you so very much Mr. Johnson Crystal for giving me this opportunity to learn together with us tonight. Learning is an inalienable part of me. I enjoy it a lot.

I have been asked to share with us on the topic SPIRITUALITY AND MORALITY.

I must confess that this topic, though very broad, is very important in times like this. I urge us to follow me patiently and with utmost interest as we explore, among other things, the relevance of the topic vis-a-vis the complete man.

Let's pray

Heavenly father we give you thanks for an opportunity like this to learn your word. We sincerely pray that you guide us by your Holy Spirit through this moment of revelation of your word, in Jesus' name, Amen.

When we talk about the complete man, we must not lose sight of the fact that man is a tripartite being made up of body, soul and spirit.

1 Thessalonians 5:23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

A man can not be said to be complete if these three aspects of his being are not complete.

A man who is healthy physically but spiritually sick is not complete. This is why a discussion on spirituality is a fundamental requirement for raising a complete man.

But what is spirituality?

Spirituality is the quality of being concerned with religion or the human spirit.

Two things are prominent in that definition, religion and human spirit. Religion is the belief in the existence of God or gods, and the activities that are connected with the worship of them.

In the light of the foregoing, a man is complete spiritually if he believes in God and worship him as God. It is necessary that this point is buttressed because many believe in God but do worship Him as God.

To worship God implies giving to God the honor due to Him. This must be seen in the way think, talk and act, the company we keep, and all that.

It is at this point that we will marry spirituality with morality Morality is simply the principles concerning right and wrong or good and bad behavior.

Let me state it clearly that morality has groups definitions. It is a relative term in that what constitutes bad behavior in one group may be an acceptable norm in another group. For instance, polygamy is bad and unacceptable in christianity. But in some other religions, it is good and acceptable. In the western world, ladies wearing trousers is right but in our clime, it is a taboo, though contested.

Therefore, one can rightly say that morality is defined and shaped by the spirituality of a people. Hence, in a given group if an individual's moral life doesn't align with the belief of that group, transgression occurs.

This is the reason our self righteousness in christianity is like a filthy rag before God.

Isaiah 64:6 But we are all as an unclean thing, and all our

righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

I believe many of us in this group are Christians. I want us to take note of the fact that, if we must be spiritually complete, we must live our lives in strict compliance to the will of God as revealed in His word. Anything short of this is self righteousness.

The bible which contains the word of God must be our guiding manual in life. Whatever we do or want to do must be in consonance with the word of God. It is not about what people think or say; It's about what God says. Others are doing it doesn't make it right. The popularity of a practice doesn't make it right. As believers who aspire to be complete spiritually, we should dare to be different from the world. It might sound difficult, but there are no two ways to it.

What you should call good or bad must be what the bible calls good or bad. Some still argue whether or not it is right for a lady to put on trousers. But what does the bible say?

Deuteronomy 22:5 The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the LORD thy God.

Some will quickly react; that is old testament. But does the word of God change. Thou shalt not kill, thou shalt not steal, thou shalt not commit adultery, etc. are all found in the old testament(see Exodus 20:1ff).

We have not rejected them because they are in the old testament. Why do we accept one and reject the other. We claim the promises in the old testament and reject the principles thereof. I refuse to be part of it.

You want to do good, do it the way God commanded, and not the

way it pleases you or anybody. Don't live your life to Please the world; live to please God. In God you are complete. Outside God, you're incomplete.

Colossians 2:10 And ye are complete in him, which is the head of all principality and power:

Hear this, until a man is complete spiritually, his physical completeness is a mirage.

Investing in your physical wellbeing without investing in your spiritual wellbeing is a typical way of saving in a leaky pocket. Matthew 16:25 For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. 16:26 For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?

Many of us have a lot of time for the pleasures of this world but we hardly find time for the things of God. We can forget about Fellowship if Manchester utd or Arsenal is playing. We find it a big fun to belong to groups that share jokes or conduct financial businesses, but a Christian platform where the word of God is shared, no, we are busy. I was wondering why some people left this group earlier today.

A group that imparts both spiritual and physical knowledge should be craved for. It seems to me that many do not even understand what is the most important thing in life. But for those of us who are part of this program, I encourage us to absorb as much of God as we can into lives. The more of God you have the more complete you are. Think about it!

What are the blessings of a healthy spirituality and morality?

1) You enjoy peace that passes all human understanding

- 2) Your physical health is at its best
- 3) You will be in control of your world
- 4) You will be at peace with your neighbors
- 5) You will have assurance of eternal life in God's kingdom

How do we grow spiritually?

- 1) Pray always
- 2) Constant fellowshipping with people of God
- 3) Live consistently by the word of God
- 4) Engage in fasting

I want to conclude by stating that a man who is spiritually dead, though he lives, is a living dead; walking corpse!

I refuse to be one.

Any hope for the dead? Yes, if a man be in Christ Jesus, he is a new creature, old things are passed away. Behold all things are become new. All things, not some things. 2 Corinthians 5:17 That's beautiful. The choice is yours!



Day 3

The Complete Man Conference 28th August, 2020



THIRD SPEAKER. ThankGod Uche

Topics:

1.BUILDING A SUSTAINABLE CAREER
2.HAVE A LEGIT SIDE HUSTLE AND SHUN SCAM
3.EARN, SAVE AND INVEST

Basically, Business and career is a very broad topic to deal on. For the sake of this conference, I will direct us to the essential areas we have to consider the most which will define us as a Complete Man When defining a complete man, we are looking at a man who is -

1. Emotionally and Health wise Fit

- 2. Spiritually and Morally Fit
- 3. financially Stabilized

The first two specs that define a complete man has been dealt with by previous speakers. Hence today's interest will be on Financial Stability to balance the equation. Then we all can now echoe loud and proudly say "we are a Complete Man".

We will be looking at Three (3) phase of being financially stabilized in the long run,

- 1. Building a sustainable career
- 2. Have a side hustle and shun scam
- 3. Earn, Save and Invest.

1. BUILDING A SUSTAINABLE CAREER



If asked, what a career is, In a jiffy, what would be your response? We often use the word "career" as a synonym for occupation, trade, profession, or vocation. This simply refers to what a person does to earn a living for a significant period of time.

Some who are well educated, after graduation from the university where you got to learn everything you need to know about your field. you can finally launch a career and have a job that can

provide you with a comfortable lifestyle.

While some who are less or not fully educated might be confused in choosing a career path, I would take a bit time to highlight some of these areas for better understanding.

So when trying to explore a career, it's important to note the various fields which a career falls into because they are good places to start with. All careers fall into one of six (6) career fields

- 1. Agriculture, Food, & Natural Resources
- 2. Business, Management, & Administration
- 3. Communications & Information Systems
- 4. Engineering, Manufacturing, & Technology
- 5. Health science services
- 6. Human service
- 1. Agriculture, Food and Natural Resources
 In this career field, you would work with plants and animals. It could
 be you are raising crops or livestocks for food, selling livestocks,

processing foods or helping farmers and ranchers increase production.

2. Business, Management, & Administration

This career fields falls in four career clusters In business, management, and administration. - This is a sector where you keep a business running. You may be in charge of the business as the boss.

In finance, you keep track of money and records. - You could also run a bank or insurance company

In hospitality and Tourism, - you help people have fun and plan trips or events.

In marketing, sales and service - You sell products directly to customers or using digital marketing, you create ads to get customers to buy products.

3. Communications and Information System

This career field has two main career clusters; Information Technology - You would work with computers and softwares. where you might design computer hardwares or create software programs or be in different IT related areas in solving digital problems.

In Arts, Audio/Video tech and comms. - you might be a performer, writer, artist or actor.

- 4. Engineering, Manufacturing and Technology In this career field, you either design and construct structures or develop new products or systems. Another option is installing or maintaining these products.
- 5. Health Science Technology

This career field includes the health science career cluster where you work to keep people healthy. You could work at many different sectors, may be done in offices, Football clubs, hospitals or labs.

6. Human Services

This career field has four clusters;

Education Training - You teach to help young people and adults learn. you could provide training to employees in a business. In addition, you might support teachers in schools, you could be a counselor, librarian or a principal.

Govt. and public Administration - Here, You are open to work in different places either for your state or federal government. In Human services - You will find many chances to help people. You could care for children or helpless ones. Or you might help people solve problems.

In Law, public safety, corrections and Security - You defend homes and businesses. Another option is to enforce the law and look into crimes. Generally, you help people deal with laws.

I believe with this outline of major career clusters, you can find a better suit or match to your skills or abilities and venture into it.

That being said, when you have this career, what's next? How do you sustain or retain this career of yours?

This leads us to the quest - How to build a Sustainable career.

One not being certain of his plans and his future breeds employment uncertainty which in turn destabilizes the economy. When you're uncertain about your future and future plans, you tend to avoid personal commitments or long term financial commitments but in a world that has rising demands for innovation, flexibility and continuous learning/personal improvement like never before, there is indeed a need to plan one's life and work towards building a sustainable career. Building a sustainable career is one way you can inspire world change and develop your intelligent problem solving ability.

- Sustainable is referred to as things that are able to be used for a long time without being depleted or destroyed.
- A sustainable Career is simply a career in which employees remain healthy, productive, and employable throughout its course and that fits into their broader life context.

 keys to crafting a sustainable career:

First of all, I would always say that it is of high importance that you seek the will of God in choosing a career. Find out God's will about everything in your life, career inclusive because His will cannot take you to where His grace won't be sufficient for you.

Nevertheless, God may not guide you with a specific answer on which career path to pursue. "It is possible to pray, read God's Word, seek counsel, and still not feel led by God, that's the time to rely on sound judgment. God gave each of us a brain, and He expects us to put it to good use." says Bruce Waltke. Also, Gordon T. Smith wrote, "The capacity to make a decision well, choose wisely

and confidently, is a fundamental skill for Christian life and ministry".

- 1. When making decisions related to career choices, your starting place is understanding your God-given gifts, which continues to grow and develop throughout your lifetime. Know and understand yourself— what interests you, your values, your preferred roles, your personality traits, what you do best and not so well.
- 2. What energizes you being acutely attuned to the fields and companies you're interested in will help you can identify places where you can add value. What and where is your ideal working environment?
- 3. The "follow your passion" self-help industry tends to underemphasize this key point: all of the self-awareness in the world is of little use if you can't pitch your passion to a buyer. A sustainable career is actually built upon the ability to show that you can fill a need that someone is willing to pay for. This holds not only when you're starting a business or looking for a new job; it's also important for refining your current job and for your career trajectory to make it more ideal.
- 4. Ask questions about the career path, meet a counselor and make connections with people thriving in that career path already. In the secular world, maintaining a sustainable career is the ability of one to maintain the following areas in the long term:
- 1. Employability 2. Job performance 3. Having a balance between work and life 4. Health

The reluctance to provide job security, support and other factors that will motivate a sustainable career by the government or your employer should not make it difficult for you to understand that it's your responsibility to ensure personal development or employability and not solely a thing of the government or your employers.

Here are some steps and strategies you can take to maximize your chances of enjoying sustainable career success over the long term:

1. Embrace the fact that you are the pilot of your career. No one else has direct access to your ambitions, interests, and values, and no one is going to take you by the hand and help you create a fulfilling career. The more you practice career crafting, the better you get at it.

- 2. Develop a discipline of identifying and documenting the ways in which you add value to your employer or business. Spend a few minutes at the end of each week to record what you've learned and accomplished as well as to record feedback received. Just 5-10 minutes of systematic effort weekly will soon yield a rich archive of material that you can use to deepen your self-awareness, career goals, and document your value.
- 3. Link your accomplishments to your career goals. Discuss your goals with experienced colleagues or your manager periodically, even if this process is not formalized. Maintain positive, productive relationships with people who can help you to access opportunities.
- 4. Pay close attention to developments in your industry and to the strategic direction of your firm. Understand your firm's core competencies the parts of its operation that drive its competitiveness in the marketplace. Gain broad experience with the development and deployment of solutions in various contexts over time.

This will help you realize the solution and other abilities you have that would both suit your existing skill profile and work preferences. This will also increase your impact in the firm and open up paths for other necessary learning. In addition, this will support the company or your career's strategic objective to take a dominant position in today's rapidly growing market.

5. Seek opportunities to work with people who energize you. One

of your biggest career boosts will come from working alongside smart, energetic, connected people who take an interest in you.

2. HAVE A LEGIT SIDE HUSTLE AND SHUN SCAM



Making enough money in this present world cannot be achieved by limiting oneself to just a single job. Every day in the world, the cost of living is increasing and people are becoming poorer than before. Saving might be of help but after taking out all expenses, how much would be left to save?

Because of this the quest to find more ways to make extra cash outside of the main job being done so as to meet up with the standard cost of living rose.

Following this line then, a side hustle is best explained as a secondary stream of income/earning that you pursue asides from your full time job which when hustled long enough with success can allow you to transition from your full time job into that side hustle. Eg: If you are a graphics designer, you can side hustle from the comfort of your home aside from your main job.

Enriching oneself and having many legal means of making money

isn't wrong in itself, anything good your hand finds doing, do it with all your might. What is wrong and evil is the love of money, it becomes sin when you start idolising and seeing money making as a do or die affair (1Tim 6:10).

It is therefore not a bad thing for christians to have a side hustle. Most times, it is an opportunity to build one's ability and gain more experience. Most businesses that are flourishing and yielding millions today started as a side hustle. With diligence and dedication, your side hustle too can be a great business in the future.

Prophet Amos in the old testament was a full time shepherd but tended sycamore trees as a side hustle.

Apostle Paul in the new testament despite being full time into the ministry work, had a side hustle of making and selling tents. Even Jesus our Lord and his disciples whose full time job appeared to be teaching had side hustles, while He was a carpenter trained under His father Joseph, His disciples were fishermen. And from the bible we know that they had a money bag and a treasurer who kept it. The money obviously came from the side hustles!

Every Christian who wants to start a side hustle should remember there are certain things to look into when considering a side hustle so you don't go against God's will or plan in your life.

- 1. Do not assume that you're not defined by what you do: Whether good or bad, befitting or petty, one way or the other you'd always represent the works of your hand, over time, it will reflect on your personality, your attitude towards things and people and your general lifestyle. No matter how lucrative, if it gives no glory to God, it's not worth you making an extra cash from it.
- 2. Avoid over tasking yourself: In all your different and various means of making extra cash, have time for other areas of your life,

especially the hub which is your spiritual life as our Daddy stated yesterday which is part of what completes a man. Remember King Solomon in the bible, he had everything anyone could ever hope for, yet when reflecting on his life, he realised it was all meaningless and futile (Ecc 1:2-3).

3. Be an example to the unbelievers: Let your light (the works of your hand) shine before men, so they may glorify your father in Heaven. Does your side hustle point men to God and morality or away from it. Let transparency and accountability be associated with you, good name will pave the way for your business and bring you prosperity. False weights and measures, the Lord detests them both (Prov 20:10). Shun scam, deceit and all its appearances. No two wrongs make a right, don't paint any illegal way of making extra cash to suit you or your friends' opinions about it.

Wealth that you get by dishonesty will do you no good but honesty saves your life (Prov 10:2). Any means of making extra cash that would cause loss, pain and bitterness to mankind and God, sooner or later you'd reap the consequences. Honest people are safe and secure but the dishonest will be caught, the Lord protects honest people but destroys those who do wrong (Prov 10:9,29). Dishonest money dwindles away but whoever gathers money little by little makes it grow (Prov 13:11).

Short list of what can constitute a side hustle includes: Driving taxi/shuttle on weekends, blogging, photography, writing/design freelancing, Real estate, crypto exchanges and investment, conducting gym or course tutorials, online selling/marketing, web development and lots more ...

Lets take a quiet time on our own and ponder on these questions;

- •What side hustle(s) are you working on now?
- •How are you using the money earned from your side hustle?

•How do you manage time between work, family/friends and your side hustle?

3. EARN, SAVE AND INVEST



As christians, we understand already that looking into God's word about how we should live our lives, including when it comes to finances and everything in-between is necessary.

The bible has many verses that can give us wisdom on how we manage our money; it is actually His money not ours and he entrusts it to us. Though, we were asked not to worry about the future, put our trust in God and not in riches, (Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but put their hope in God, who richly provides us with everything for our enjoyment [1 Tim 6:17]) it doesn't mean we shouldn't plan ahead for our future; save, invest and diversify our holdings. As a matter of fact, the book of proverbs admonishes us to save for the rainy days. Planning and worrying are on two parallel lines.

The concept of savings and investments:

Saving is accumulating appropriate material resources for a

defined and responsible long or short term use. As God provides you with some income he expects you to pay your taxes, give to his work and meet your needs. But there is more! He expects you to set some asides for upcoming needs when income will not be adequate or available. The wise store up choice food and olive oil but fools gulp theirs down (Prov 21:20).

Investing is similar to savings but different from it in that by investing you put some money away for future use but with the aim to achieve a higher return. Investing involves more risk, but while saving looks like a much more safer move, it might not bring the most money in the long run like an investment.

Saving and investing your earnings are ways to show God how good a steward you are to the money that He trusts you to manage, knowing that you would give account of it on the last day.

Depending on your income level, financial planners advise that you have a monthly savings goal, saving 10%-15% of your annual income.

Consider the Proverbs 31 woman in verse 16: she looks at a land and buys it with the money she has earned, she plants a vineyard. Invariably, this can be explained as "with the money she earned, she makes an investment".

Savings and investments helps you:

- 1. Live on budget: Because you plan your income and the way it will be divided even before you receive it, this makes you cut down on foolish and unnecessary spendings. A wise man thinks ahead, a fool doesn't and even brag about it (Prov 13:16).
- 2. Set your priorities: Knowing the difference between your needs and wants makes you know your stance and to generally plan other aspects of your life. The prudent see danger and take refuge, the simple keep going and pay the penalty (Prov 27:12).
- 3. Avoid debts/ be financially free: Because you have savings

standby, you don't run around borrowing during emergency situations. At some point in your life, you then become able to fund your living expenses without working tirelessly. The rich rules over the poor, the borrower is a slave of the lender (Prov 22:7). Owe no man anything except to love one another (Rom 13:8).

- 4. Multiplies and increases your resources: Investment is a way of sowing your seeds on different fields and diversifying your holdings (Ecc 11:2), with God, the harvest will be bountiful. The servant from the parable who multiplied his talent most, the most was added unto him.
- 5. Offers a stress free life as you age:
 Now that you're young, have your life all planned out and make meaningful investments, you are not only leaving an inheritance for your children, you're securing a stress free future for yourself and your family (Prov 13:22).
- 6. Increase your effectiveness in furthering God's work:
 You don't accumulate wealth just for your own sake but for kingdom's sake. When you have a planned financial life, you do not see God's work as burdening and demanding anymore. This is all part of living as faithful stewards.
- 7. Care for your family and the needy:

 He who cannot provide for his family is an infidel. You save in order to have surplus. Having money saved up allows you to take care of the needy and provide well enough for your family without feeling stressed. Prepare your work outside, make it ready for yourself in the field, afterwards, then build your house (Prov 24:27).

In summary,

saving up for rainy days and multiplying it, is a wise thing to do, but it's important to seek wise counsel from those who know more than you before going into an investment or a savings plan (Prov 12:15), avoid gambling or get rich quick schemes, have diverse

holdings, don't lay your eggs in one basket in order to reduce risk, invest ethically, be just and faithful in your dealings (Prov 16:8).

At this point, we have come to the end this session,
I will go by stating a quote by Kofi Annan.. thus it says,
"To live is to choose, but to choose well, you must know who you are
and what you stand for, where you want to go and why you want
to get there".

I remain yours truly, Uche ThankGod (aka Dgreatuc)- A Serial Entrepreneur by day, Creative Designer by night and a coach on a regular basis.

Feel free to always keep in touch if need be.

Thank you for having me!

Conference Activities



When last did you go for a medical checkup?

Well to be sincere since this year anytime I feel sick. I'll buy malaria and typhoid drugs

And it has been working shaa, But ideally. That's not appropriate I'll send sending us few health tips for men.

HEALTH TIPS

1. Have regular checkups - even if you feel okay.

One of the best ways that men can promote their own good health is to have a physical or wellness

2. Schedule an appointment with your doctor when something doesn't seem right.

It's also important to see a doctor if you have noticed changes in your sleep or bathroom habits, have a cut or sore that doesn't seem to heal, notice changes in yourmoles or birthmarks, or if you're experiencing unexplained weight fluctuations or sexual dysfunction. Remember that many significant health issues begin as minor problems that could have been prevented or better managed if they had been detected early. Rather than thinking it's just a matter of "toughing it out", invest in your future good health by discussing

your health concerns with your doctor.

3. Know your family history – and share it with your doctor.

If your dad or other family members have a history of hypertension, heart disease, diabetes or other chronic health conditions, you may be at higher risk for developing those conditions yourself.

Your doctor can help you develop an action plan to minimize those risks and increase your chances of early detection.

4. Get some exercise.

Ideally, you should exercise at least 30 minutes a day. But if you're having difficulty squeezing in a workout, remember that even a brisk 20-minute walk a few times a week with your spouse, or regular play outside with your kids or grandkids, can provide heart healthy and stress-relieving benefits.

5. Give yourself permission to take a break.

Knocking off once in a while to play golf, head to a ballgame, or watch TV with your family aren't just fun ideas — they're best practices that help you keep stress at bay. If you're having difficulty finding room for leisure, look for creative ways to get some "you" time, like listening to audiobooks and music etc

6. Stop smoking.

Ask your doctor, coach etc to help you develop a plan of action, then pick a "quit date" and stick with it. With the help of God you can!

We'll be moving on with Personal hygiene tips

1) Change Your Underwear:

Change them every day (if you can o) and after a workout Lemme not shake this table shaa..

2) Shave Daily:

Especially for those who grow hair quickly. But this one hard o.

3) Trim Your Toenails More Often

On the note of feet, most men are reasonably good at trimming their fingernails every 10 days or so, but will neglect our toenails because "feet don't matter": They do matter.

When your Wolverine-claws scrape up against your wife when you're cuddling in bed, you'll understand why.

Trim your toenails as necessary - about once every 2-3 weeks.

I remember in secondary school lots of boarding students had thier toe nails has tear their socks always

4. Fight Dandruff

Because men have a far weaker scalp barrier than women, we're more susceptible to dandruff. I'll often see those flaky bits of skin that look like a mini snowstorm on other guys, and they're

particularly visible on dark blue or black suits.

Dandruff is very easy to manage, however. All you need it a simple shampoo containing nizoral and you'll see improvement within days.

5. WIPE YOUR BUM PROPERLY

I repeat WIPE YOUR BUM PROPERLY (IoI)

The term "skid marks" is almost universally associated with men. Why?

Because lots of us don't wipe our bom bom properly.

Whether we're just stingy with the toilet paper or just don't care enough about our rear-ends is debatable, but one thing is for sure: Fecal matter ain't no laughing matter.

This is a problem easily solved by buying a packet of those flushable wet wipes. They're not just for babies.

In conclusion, I urge us to take our health seriously. You can never be complete without your health.

You are important to God, your family and to the society. #TheCompleteManConference



#TheWayYouDressIsTheWayYoullBeAddressed

When it comes to dressing, it's not all about the money \Box , but
sense
Dressing in relation to money is crucial, we don't really need the so
much money \square to look good, we need knowledge of the right
clothes for the occasion, the right colour, etc.
As much as we can afford, we should invest in:
Accessories, Hair Products, Shoes, top, pants \square , etc.
Some Common Men's Fashion Mistakes to Avoid???
1. Clothes that don't fit — Overly baggy clothes will make you look
you're wearing sloppy hand-me-
downs. If your body type makes it hard to find well-fitting clothes
off the rack, make your tailor your best
friend.
2. Wearing a short sleeve shirt with a tie — Unless you work for a
fast-food joint — where sleeves get
dirty making sandwiches — avoid wearing a short sleeve shirt with a
tie. They are generally perceived as lower class apparel. If you
want to stay looking professional and confident, stick to long-sleeve
shirts

The Complete Man Conference, August 2020

when wearing ties.

- 3. Dirty shoes It's an area that too many guys overlook in terms of cleaning and proper care. A stylish man keeps his shoes clean free of scratches and dirt.
- 4. Warped shoes Keep at least two pairs of dress shoes in the same color so you can let one pair rest for a day from sweat and stretching. Doing this prevents them from warping in unwanted ways. Place shoetrees in your shoes when you're not wearing them to maintain their best form.
- 5. Improper pants length Don't fold up your jeans or your chinos unless it's an intentional fashion statement that you're making. Your pants can come down to the bottom of your shoes but make sure they come just above the floor to avoid any unwanted fraying. Also, you only need a slight break, or crease, in the pants leg. Don't be the guy who has his feet swimming in a bunch of extra fabric. All it takes is a simple trip to the tailor to get them hemmed.
- 6. Wrong socks with a suit When you're wearing a suit, match your sock color to your pants, not your shoes (for professional and formal occasions). This

is the same as mismatching your suit pants to your jacket. If you're wearing a navy suit with black shoes, reach for navy socks. And when wearing a light suit, make sure the socks are darker than the suit but a shade or so lighter than the shoes. This rule of course can be broken if done deliberately for your style's sake.

color of your belt matches the color of your dress shoes (for professional occasions). Also, the finish of the belt and shoes need to match. In other words, if your shoes are shiny, your belt should be shiny as well. If you're wearing casual shoes or sneakers, make sure you wear a thicker casual belt to match instead of a thin dress belt.

7. Wrong belt color - If you're wearing dress shoes, make sure the

- 8. Improper tie length A man's tie should always end at the center of his belt buckle. A simple touch overlooked by many. Having a tie that's too short or too long, can make a man look incompetent.
- 9. Forgetting the necktie dimple It's the telltale sign of a professional who knows how to wear a tie.
- 10. Being too "buttoned" up If a jacket has two buttons, only fasten the top button. If it has three buttons, you can close the top button only, the middle button only, or both the middle and top button. The key is to always leave the bottom button undone. This is a tradition that has been used for decades, and will keep your style looking smart.
- 11. Socks and sandals Have you seen anyone ever pull this off, and look good? Please for unofficial out socks ain't necessary (or preferably ankle socks).

Am Reiterating; please for all I've listed by God's grace, it's important we spend within our budget.

#Don't Live An Over sized Life Under Pressure!!!.



By Johnson Crystal Kalu (28th August, 2020)

I will be sharing with us four (4) important skills to learn to help make us above average.

Two of which are innate and we just need to develop them.

Personally, I believed having a skill or a specialized knowledge on something, will help keep us relevant in the society and make us live life above average

1-) Music related skills.

It could be playing a musical instrument, singing, sound production or anything related to music.

Music has come to stay; every country has a national anthem.

You can't talk about going to church or your place of worship without involving music.

I was arguing this with a friend and fortunately, her phone rang (music). And it really convinced her.

Music generally has turned out to be one of the highest paying profession.

The most decorated people in the society today are mostly musicians.

Playing musical instruments was the first skill I learnt as a young person and it helped me in different areas of my life.

2-) Computer related skills.

Regardless of your course of study or educational status, you need this.

The reality is that, Computers have come to stay!

Things are now being automated.

Almost everything is now being done online: including shopping, schooling, business, banking, messaging, registrations etc.

Computer related skills can involve, graphics designing, animation, web development, word processing (MS WORD, EXCEL) etc and more importantly how to basically use a computer system or the internet. It's so consequential.

Topping the list for the world richest men, in this era are majorly tech and computer people. (Amazon, Microsoft, Facebook)

I feel every individual on earth should have at least a basic knowledge of how the computer works.

3-) Writing

Most people will tell you, they are not writers.

Actually, no one is.

I never felt I could write or even publish my own book. I assumed it wasn't what I could do, not until I realized that the Bible I read everyday was written by people who weren't even formally educated. Some were fishermen, tax collector etc. But their writings were inspired! And yours will to...

The truth is we all need to be conversant with writing.

At each stage of your life, you'll need to write.

It could be an exam, your CV, a facebook post, an application for a job, love letters \square , apology letter etc and good writing skills will give you an advantage.

Now, you mustn't attend a writing class to learn writing better, although it's cool too. But the most important thing is valuing writing and understanding that you can be one.

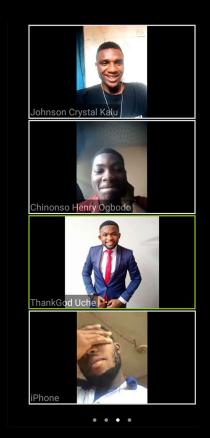
4-) Speaking.

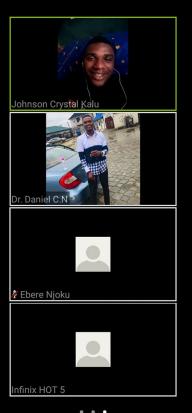
Speaking has different categories. And I regard it as a professional skill.

You'll at some point need to talk to a group of people or make presentations.

VIDEO MEETING

Live on ZOOM App (28th August, 2020)





GAMESHOWS

Snap your room/kitchen challenge (27th August, 2020)



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The Speakers

The Complete Man Conference August, 2020

We present to you the speakers for THE COMPLETE MAN CONFERENCE.

Day 1 Speaker is Johnson Crystal Kalu.

Popularly known for his inspiring quotes and articles, Johnson has been a source of hope and motivation to thousands of people. He is a software developer, author and also the founder of Hopeful Me.

Contact info: +2348101357283

Day 2 Speaker is one of the most passionate preachers of our time.

Rev Onuka Okereke. He is currently the Minister in-charge of the

Presbyterian church of Nigeria, Umuagwo Mission Parish, Imo State and
also the Vision Bearer, Limit Breakers International Christian Fellowship.

He has also authored several books and has an Msc in Development

Economics. Contact info: +2348030477534

Day 3 Speaker is ThankGod Uche.

A creative designer who has worked and partnered with several firms and start up projects.

Currently, ThankGod remotely works at a company incorporated under the laws of England and Wales as a product designer.

He's a recent graduate from NAU with a B.Eng in Electronics and Computer Engineering.

Contact info: +234 706 979 0950

APPRECIATION

Special thanks to God Almighty for making this Complete Man Conference a huge success. Anticipate for the next edition.

And also a big kudos to Johnson Crystal kalu for setting up such a platform and also for coordinating the Hopeful me team.

Our appreciation also goes to our speakers, guests and also you for being part of this initaivite.

Please we will like to hear from you!

Contact us info@ahopefulme.com

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Thank you