

*To everyone who is fighting their  
demons and trying to become better*

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# HOW TO OVERCOME YOUR WEAKNESSES AND ACHIEVE CRAZY SUCCESS!



**MORRIS LUNGU**

**HOW TO  
OVERCOME YOUR  
WEAKNESSES AND  
ACHIEVE CRAZY  
SUCCESS!**

By

**Morris Lungu**

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# **ACKNOWLEDGEMENTS**

I would like to say thanks to everyone who continues to believe in me and encourages me along my journey. Much love to you all. Greatest gratitude to God and my mother who are ever looking out for me...whether I am aware of it or not.

*Thank you.*



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# INTRODUCTION

My first time trying something new and challenging was extremely scary. I kept looking at all my weaknesses and inadequacies –and thinking about how they were preventing me from being the best version of me and getting ahead. From the very beginning I knew I had to eliminate them if I was to get ahead and succeed. So I kept working hard at eliminating my weaknesses and inadequacies –but that did not give me any meaningful results. In fact, it actually made things **worse**.

It was only after I reached a *life-changing realization* and learned the things that I have mentioned in this eBook that I was able to make significant progress. I have condensed all the knowledge that helped me turn my life around in this eBook as best as I humanly could. I hope it equally helps you become a stronger, powerful, smarter and more successful person too.

***Happy Reading!***

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# **PROLOGUE**

## **HOW TO OVERCOME YOUR WEAKNESSES**

What would overcoming your weaknesses mean to you? What would you achieve? How would you feel knowing that you can be your best self at all times? What would it feel like to live without fearing that you will fail to achieve your goals because of your shortcomings? For instance, not having to be afraid of being shy because you will always be confident. Not having to fear getting angry because you will now have enough self-control. Not fearing impulse-shopping or overspending anymore because you will have your discipline in check.

Imagine those possibilities becoming true. What would you give to achieve that?

Well... believe it or not, your weaknesses are most probably genetic or they were created as a result of your upbringing or background –or because of something that happened in your past. In fact, it is also possible that some of your weaknesses came in and still come in to help or protect you in some way. They could also be a part of who you are –and it is important that you understand and acknowledge this harsh realization –although you don't need to accept it.

However, the truth is that ***some of your weaknesses will never fully go away***. You will need to come to terms with this reality. Depending on your age, chances are high that your weaknesses have by now become an integral part of you. It might not be possible to completely cut them out anymore because doing so might be like trying to cut your liver out. So all you can do is manage them and make sure they don't prevent you from getting ahead and achieving your goals.

Now what this book hopes to do is to make you focus deeply on the things that really matter –and to merely manage or ignore the things that don't matter.

The sad and brutal truth is that you won't overcome your weaknesses by trying to manage them or by trying to overcome them. The surest and most practical way to overcome your weaknesses is by **DEVELOPING YOUR STRENGTHS**. Hopefully, when you develop your strengths significantly, your weaknesses will become unnoticeable –and maybe they will even go away altogether.

## **TAKEAWAYS**

- Your weaknesses are probably genetic or they were created as a result of your upbringing or background –or because of something that happened in your past.

- Some of your weaknesses will never fully go away. You will need to come to terms with this reality.
- The surest and most practical way to overcome your weaknesses is by ***DEVELOPING YOUR STRENGTHS.***





## **CHAPTER ONE**

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### **FOCUS ON YOUR STRENGTHS**

The surest way of making your weaknesses insignificant is to develop your strengths. Every human being has several strengths and weaknesses –or gifts and handicaps. To succeed in life, you need to live in such a way that you use your strengths and talents to the maximum. You also need to ensure that your strengths are operating at excellent levels while you are managing and ignoring your weaknesses at the same time. In this way your weaknesses will not hold you back or derail you. Focusing largely on overcoming or managing your weaknesses is an unproductive formula which is likely to end in disaster.

By focusing on overcoming your weaknesses, you place yourself on an uphill battle from the very start –without any compensation. When you focus on your strengths however, you are likely to achieve several victories which will more than cater and compensate for the losses you suffer as a result of your weaknesses.

To demonstrate this point clearly, I love to use Lionel Messi as a practical example. In case you don't know, Messi is arguably the world's greatest soccer or football player who has ever lived. If you know anything about football and Lionel Messi, then you know that he has blistering speed, super-quick thinking and amazing dribbling ability. However, you also know that he is quite short compared to the average football player.

As a result of his height –or the lack of it, Messi is not able to score many goals using his head. But do you think this is something Messi cries about and spends the majority of his time in the gym working on?

Of course not! The truth is that Messi can spend a whole year in the gym practicing how to score headers –but doing so is unlikely to improve his game. This is for the simple reason that even if he were to practice his headers for a long time, he is unlikely to get much better at them. He is also unlikely to score more headers as a result because he will still be shorter than most of the players on the field. He will therefore continue

to be unable to reach the air balls before the other players do. So Lionel Messi's focus on improving his heading ability will inevitably be wasted effort no matter how hard he tries. However, he would certainly get extremely better results if he spent the year practicing the strong parts of his game like his dribbling, speed, and free-kicks.

This is basically the same thing that happens to you when you focus on managing your weaknesses instead of improving your strengths. You are essentially trying to improve qualities that will not improve by much no matter how hard you try. You are therefore better off using that exact effort to develop your strengths. Your strengths are the area where you have a lot of room for improvement –and are likely to get much better results.

## TAKEAWAYS

- The surest way of making your weaknesses insignificant is to develop your strengths.
- To succeed in life, you need to live in such a way that you use your strengths and talents to the maximum.
- Focusing mainly on managing weaknesses is unlikely to yield significant positive results.
- Your strengths are where you have a lot of room for improvement.









## CHAPTER TWO

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### LOVE YOURSELF -EVEN WITH YOUR FLAWS

You need to realise that you are the way you are for a reason. You were carefully and purposefully made the way you are – with all your strengths and flaws –to serve a purpose on this planet. There is only one you in this world –out of a staggering 7 billion people. *That should tell you something.*

So in case someone tries to flatter you by telling you that you are one in a million, tell them they are wrong because you are

one in 7 billion –but please don't be a jerk about it lol! *Don't really know how you can pull that off though \*grin\**.

So the truth is that you were designed with extremely powerful strengths and some weaknesses. You were blessed with strengths to do amazingly great things in this world. There is no telling why you were created with weaknesses though. One can only consider the possible reasons for that.

It's possible that you were designed with weaknesses to save you from yourself by making sure that your progress is steady and that your tremendous power doesn't end up destroying you in the end. It's also possible that you were designed with weaknesses for no reason at all and that it is just nature's cruel practical joke on you lol–*but that's generally not how nature works.*

Another possibility is that your weaknesses are nature's way of ensuring that you progressively and incrementally achieve growth and success. This ensures that you learn the lessons necessary to maintain your acquired growth and success at each stage of your journey. It also ensures that you appreciate your successes much more and maintain your humility.

With that being said, regardless of why you were created with weaknesses, it would be unwise to be upset about them because you will end up hating yourself and not appreciating your

abundant strengths and gifts. ...Which is really what you must be focusing on instead! In effect, you will be upset that nature cursed you with a Bugatti that has some dents and scratches –instead of just being thankful that nature gifted you with a *freaking Bugatti!*

So the best thing you can do for yourself in the final analysis is to love yourself and understand yourself. It is from understanding yourself that you will learn the real power of your strengths and find ways to bring them to life. When you eventually bring your powers to life, your weaknesses will be completely eclipsed and become insignificant.

However, awakening your strengths can only be done by loving yourself and understanding yourself. You can only harness your best qualities after you understand yourself. In other words, if you do not love yourself, you cannot understand yourself – and if you cannot understand yourself, you are doomed to a life of failure and misery. So you can pretty much forget about reaching your maximum potential and achieving greatness without self-love.

*“He who conquers himself conquers the universe”* –Anonymous

## TAKEAWAYS

- You're not one in a million –You are one in 8 billion!
- Although it may not seem like it, your weaknesses are there for a reason which is working for you. Whatever the hell that reason is lol!
- Love yourself and understand yourself. It is from understanding yourself that you will learn the real power of your strengths and find ways to bring them to life.
- When you eventually bring your powers to life, your weaknesses will be completely eclipsed and become insignificant.





## **CHAPTER THREE**

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### **FIND PEOPLE WHO ARE STRONG IN YOUR WEAK AREAS**

It sometimes happens that your weaknesses continue to hold you back from achieving your greatest potential even after you have managed to unlock and harness your strengths. Where that is the case, it generally means you cannot undertake your journey to maximum potential on your own. So it would serve you well to look for people whose strengths are your weakness and partner or form a team with them.

Joining forces will allow you to focus on the things you are good at and to excel at them –while your partners or team members excellently manage the things that you are poor at because they are better suited to do those things. This is a smart way of overcoming your weaknesses because it uses very little or no effort on your part. It is also likely to make you more effective than you would have been on your own because you get to benefit from the powerful but usually unnoticeable effect of synergy.

Synergy is the extra energy, power or success that is achieved by two or more people or entities working together. It is the greater power which causes the said people to achieve more together than they would have individually if they had worked on their own.

Synergy is a concept which promotes the benefits of teamwork and cooperation. It essentially signifies that teamwork and cooperation usually produce far greater results than what the individual members of the team would have achieved on their own.

For instance, on your own you may be able to carry a weight of 50kg for 100 metres before your energy runs out –and another person of equal strength to you is also able to carry that load of 50kg for 100 metres. Synergy entails that when you and that other person carry the load together, you will be able to carry

the load well over 200 meters before your energies run out. You will jointly be able to carry the load for maybe about 250-300 metres due to synergy!

This is an example of how your weaknesses can make you more resourceful and effective –because you are more likely to cooperate with others when you are weak than when you are strong.

However, by cooperating with others, it's very likely that you will end up achieving significantly more progress than you would have on your own. Where that is the case, it means that you would have made considerably more progress by acknowledging your weaknesses and finding ways around them than you would have if you did not have those weaknesses in the first place. Amazing right?!!

## TAKEAWAYS

- If your weaknesses continue to hold you back even after you have unlocked your strengths, it might mean you cannot reach your greatest potential on your own.
- Partnering with others is a great way of overcoming your weaknesses. Just make sure you team up with people whose are strong in your weak areas.
- Harness the positive and incredible effects of synergy.









## **CHAPTER FOUR**

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### **FOCUS ON ACQUIRING AND DEVELOPING THE QUALITIES WHICH ARE NECESSARY FOR YOUR SUCCESS**

If you haven't realized it by now, the truth is –growth is not a straight line. It is not a smooth, comfortable and continuous process where you become your best self in the quickest and easiest manner you can. Let us try to look at your growth deeply using a seed as an example.

## **The Seed Analogy**

If you were a seed, depending on your fortune in the early stages, you will either be planted or thrown to the ground to survive or die. In your first days, you will have a bit of food in the cotyledon to survive from as you try to dig your roots into the ground to find more food and moisture so that you survive in the soil. You can clearly imagine how frightening and difficult this period can be for you as a seed because you are essentially racing against time to ensure your own survival before you perish.

Now if you landed on soft and moist soil, you are fortunate. If you landed on dry and rocky soil however, your situation is certainly more precarious and desperate. Nonetheless, plants have survived and managed to grow even in such unfavourable conditions. In fact, unknown to you, maybe you are a cactus or some other drought-resistant tree (such as a *masau* tree [pronounced *mah-sah-woo*] which is commonly found in very dry parts of the African savanna region) which can only survive and sprout in such types of soils (the sandier the better). Anyway, you will never know what kind of plant you are until you survive this fearful stage of your life and germinate.

However, germinating entails that everything around you rots and dies and that you go through a potentially painful process of breaking through the hard and outer parts of your cover.

You thereafter undergo a painful and agonizing process of having to slowly burrow through whatever texture of soil you found yourself in by piercing through the softest part of that soil until you finally germinate –and see a bit of sunlight.

Moreover, depending on the conditions of the day you germinate, the sun will either scorch you to death or gently warm you and encourage your growth so that you get bigger and become stronger.

Then when you somehow get to the size of a twig, you will have to be lucky not to be eaten by an animal which grazes on grass and twigs. (Can you see the number of horrible possibilities and potentialities?)

So assuming you make it out alive and get past the twig stage, your roots will have gone deeper and stronger into the dirt and your branches will have become much bigger and stronger too. So now even though a grazing animal was to take serious bites out of you, you will still be able to heal and grow back greener and healthier than before. At this point you will be so strong that you can pretty much survive and grow back even after being hacked with a machete.

At this stage, you get to find out what kind of tree you are and bloom into your full glory. If you are indeed a cactus or masau tree, you will also develop magnificent thorns on your bark –

and the grazing animals will no longer be able to take a bite out of you anymore. You would have reached your maximum potential. It is now your turn to bear fruit and scatter the seeds around your trunk and hope that those seeds grow to survive the numerous and frightening processes and ordeals that you yourself survived to get to your stature.

Depending on whatever tree you discovered you are, this process would have taken anywhere from a few weeks to several years. If by some stroke of fate you are a bamboo tree, it would have taken no less than 30 years for you to just break through the ground. But the heights and glory you will go on to reach will be well worth the delay. This analogy of growth guides us to understanding a very crucial aspect of our journey to achieving our maximum potential...**time**.

Remember, personal growth on your journey to success is not a sprint. It is a marathon which will take varying amounts of time depending on the kind of tree you are –and the conditions that you keep finding yourself in. Throughout the process, the only thing you can do is to try to gather and develop the elements or nutrients necessary for you to grow and become stronger –and ultimately become your greatest self.

In a similar vein, moving away from the seed analogy, you have most likely undergone this scary illustrated process in one way or the other. The only thing that is now left for you to do at

whatever stage of life and growth you currently are is to find the *'nutrients'* necessary for even further growth. The good part is that you survived the germination process. You are strong, ready and better prepared for what is to come –unless of course you decide to venture into a completely different or new field. At least now even if life takes a huge bite out of you, you are at the stage where your roots and branches are deep and strong enough to ensure that you grow back even greener and healthier than before you were bitten or pruned.

The *nutrients* available to you include several books, courses, personal experiences, peers, mentors and educational videos that you can use to your advantage to propel yourself to your greatest form. It is very vital for your growth that you invest heavily in your personal development if you are ever to ultimately achieve your final form. The good part is...in modern times, you have an endless supply of nutrients and therefore all you have to do is sift through the pile and make sure that you absorb the best ones. The rest will eventually fall into place in a matter of ***time***. *Just keep at it.*

## TAKEAWAYS

- Growth is not a smooth and comfortable process. It is in fact usually very painful. If a place keeps hurting you...  
***-you will move.***
- Personal growth on your journey to success is not a sprint. It is a marathon.
- Work towards getting to a point where your roots and branches are so deep and strong that you grow back greener and healthier even if life takes a bite out of you.
- There are many nutrients available. Find and invest in them heavily. Absorb the best of them.







## **CHAPTER FIVE**

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### **DO IT FOR A LONG TIME: EXPERIENCE IS GOLDEN**

One of the strange things you will come to realize about success in life is that it almost never happens fast. And if it does happen really fast –it tends not to last.

You see, a seed cannot become a tree without first going through the slow, arduous process of germination. Only mushrooms grow in days.... –but it’s probably why they also die in days. One way to think of it is...the faster you grow, the faster you could die. But please –this message is not intended to be



pessimistic. It's just trying to make it clear that this world has natural and physical laws and processes by which it operates. And the common thread in most of those laws or processes is this... growth is a steady process. So it's unlikely that you will easily go around those law and processes without suffering some undesired consequences.

The famous 10,000 hours theory essentially entails that for you to achieve a level of mastery in anything, you need to first do that thing for about 10,000 hours.

Now assuming the 10,000 hours rule is true, it would mean that if you work 5 hours at your craft every day, it would take you 2,000 days to reach the level of mastery. If you divide that by 365 days, it means it will take you approximately 5 and a half years to reach master level if you consistently put in 5 hours of work each day.

Now that may sound long. But quite honestly –as you get wiser, patient and more realistic –you will come to realize that 5 years is really not a very long time after all. So that timeframe should actually inspire you and not demotivate you. Based on general observation, most people take about 10 years to reach an ultimate level of mastery in their crafts and careers...so 5 years is therefore actually quite fast. The truth is, whether you believe it and put in the work or not, the time will still pass either way. So it's actually better that you do.

On the bright side though, if you work or have worked a full time job every day from Monday to Friday for 8 hours –that translates into 40 hours a week. Assuming you work 45 weeks in a year at your day job (excluding a one month vacation and leave days), if you work for one year at that job, you would have worked 1800 hours in one year. Therefore, if you hold that job for 6 years, you would have worked 10,800 hours at your day job.

So assuming the 10,000 hours rule works every time, everyone who puts in 8 hour days at their job should be a master at their job and all the necessary skills it involves once they have worked for 6 years.

Now it's possible you really hate your current job and want something more from life. Or maybe you feel you have reached a stage where you are no longer growing in your career and want to do something new or different –or more meaningful and exciting.

Well, I am delighted to say that I have some good news for you! The truth is that you will not be starting that new or different path or career completely from scratch. You will be starting from the 10,000 hours that you gained as experience at your last job. Believe it or not, that is a huge advantage over someone who is undertaking that task for the first time without any past work or craft experience. As a result, you will have

a huge advantage over Mr. Zero experience. Needless to say, your experience will count for a lot if you were to leverage that. It is very possible that some of the tasks in the new craft or career you want to venture into were already learned at your old job. As a consequence, you will only need to put in a fraction of the “mastery” hours instead of the full 10,000. Resultantly, you will only have to work at the new career or craft for a shorter time than the standard 6 years to reach the level of mastery (putting in the same 8 hour days). That reduction in hours is a huge advantage in itself.

Not to mention that you will also have the further advantage or privilege of seeing the new career from the unique angle of a person blessed with two kinds of expertise. By virtue of that, it is very likely that you will be able to see things that people who only have one specialty or expertise can't see. This is bound to give you unique advantages and significantly set you apart.

Looking at things from different perspectives can be a huge advantage and could make you a visionary because you will be able to see the largely unnoticeable connection between things that most people can't see. It is possibly the reason why people like Elon Musk who have specialized in divergent careers like Business and Physics –which appear to have no apparent connection –are able to thrive so much (because they look at and see things very differently from most people). You could make that work for you too.

When it comes to life and success generally, the truth is that very few things beat experience. There is just something about having tried and failed at something several times and learning from those experiences that cannot be substituted by anything. A baby –no matter how smart, quick and clever –cannot beat even the dumbest 18 year old at walking.

The old joke goes, *you cannot have a baby in one month by getting nine women pregnant*. Cheesy ...I know lol! But I'm just trying to stress the fact that no matter how fast you want to go, some things just take time and can't be rushed. Unless of course you become a bit of an Elon Musk yourself and somehow fast-track the production of babies! (Oh snap! I just realized that sentence was a bit of a double entendre lol!) Anyway, the point is... nothing is impossible –and it's great to dream –and to try to make your dreams a reality. So don't let anything stop you.

This wisdom should serve as a motivating factor at whatever it is you are pursuing. That is the beauty of time and experience.

If you leave this eBook with anything, it should be this... *No matter what it is you are working at or striving for, if you do it for long enough, you will eventually figure it out*. So your only task is really to ensure that what you are pursuing is meaningful –and that you stick with it all the way through.

In the final analysis, ***great things take time***. So don't be rushed and made to feel like you are slow as a turtle just because of how society, social media, and self-help 'gurus' make you feel. Yes, there may be ways that exist to make your journey slightly quicker –but even those are unlikely to make things happen instantly.

So be patient with yourself and keep building your career, body of work –or whatever it is that you are creating, piece by piece. No matter how slow you may have to go, it will get done in the end. So *just keep at it*.

Remember, when it comes to success, people only see the end result –but they never see the process. They do not see the blood, sweat, pain, blisters and tears. ...They only see the *glory*.

Time –and how you use it –is and remains the ultimate asset. Experience, age and past failures are an extremely huge advantage. If used properly, they can be a very unfair advantage. Especially when competing against new or unskilled competition. ***Never forget that!***

## TAKEAWAYS

- Lasting success rarely happens fast. It usually involves an unavoidable process.
- Growth is a steady process.
- The 10,000 hour rule is largely true. However, you can cut down the time by harnessing seemingly unrelated experiences that you have.
- The great part about having several experiences is that you will be able to view things from several different angles.
- In life, very few things beat experience –especially experience that is from failure and pain.
- Some things can't be rushed...great things take time.
- No matter what it is you are working at or striving for, if you do it for long enough, you will eventually figure it out.
- Experience, age and past failures are an extremely huge advantage. If used well, they can even become an unfair advantage.
- ***Be kind and patient with yourself.***

If you loved this e-book and want to learn more about how to increase your strengths and overcome your weaknesses –and generally become a better and smarter version of yourself... Check out my book ***Increase Your Intelligence: Be Amazing!*** It has a whole chapter dedicated to how to maximize your strengths. Even better, it gives enlightening tips on learning how to learn –and how to increase your intelligence and mental power, overall. Learning effective ways of how to learn new skills will greatly cut down the time you will take to learn and grasp new things. This will be a game-changer that will resultantly accelerate your growth, personal development, and how quickly you master new areas of knowledge and skills.

**Click the link below to get the book!**

### **Website Link**

<https://morrislungumastery.com/product/increase-your-intelligence-be-amazing/>

...And on that note, let's toast to the better and more powerful **you** that will completely overshadow all your weaknesses by harnessing and maximizing your strengths. I wish you well... ***give them hell!!!***

## HERE'S ANOTHER BOOK FROM ME!

### Website Link

<https://morrislungumastery.com/product/how-to-teach-kids-about-money-and-financial-discipline/>

## TAKEAWAYS

- You're not one in a million –You are one in 8 billion!
- Some of your weaknesses will never fully go away. You will need to come to terms with this reality.
- The surest and most practical way to overcome your weaknesses is by DEVELOPING YOUR STRENGTHS.
- Focusing mainly on managing weaknesses is unlikely to yield significant positive results.
- To succeed in life, you need to live in a way that allows you to use your strengths and talents to the maximum.
- When you eventually bring your powers to life, your weaknesses will be completely eclipsed and become insignificant.
- Partnering with others is a great way of overcoming your weaknesses. Just make sure you team up with people whose are strong in your weak areas.
- Collaborating with others will allow you to harness the positive and incredible effects of synergy.



- Growth is not a smooth and comfortable process. It is in fact usually very painful. If a place keeps hurting you... -you will move.
- Personal growth on your journey to success is not a sprint. It is a marathon.
- Work towards getting to a point where your roots and branches are so deep and strong that you grow back greener and healthier even if life takes a bite out of you.
- Lasting success rarely happens fast. It usually involves an unavoidable process.
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- In life, very few things beat experience –especially experience that is from failure and pain.
- Some things can't be rushed...great things take time.
- No matter what it is you are working at or striving for, if you do it for long enough, you will eventually figure it out.
- Experience, age and past failures are an extremely huge advantage. If used well, they can even become an unfair advantage.
- Be kind and patient with yourself.

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MORRIS LUNGU, has a degree in law from the University of Zambia. He is an author of two other books and greatly believes in the power of human potential to achieve any goal that a person commits themselves to. Morris believes that with careful planning and discipline, every person can turn their dreams into reality and live their best life. He lives in Lusaka, Zambia.