

#10 How to find your purpose and live your potential despite all odds with Itumeleng Sekhu

Hi, Itu, it's so nice having you on my show. Thank you so much.

Thank you so much for having me, Wambui. This is such a privilege. And it's such an honor to share my life with your viewers, but also with you as well. So I'm really, really grateful. Thanks so much for having me.

You are welcome. You are welcome. So now tell me when people ask, tell me a little bit about yourself. What do you tell them?

I am this young, beautiful woman who has been through a tragic accident, but was able to turn it around for her good, and therefore reach her full potential. I'm a wife, a mother, I'm an entrepreneur, as my own wine label, I have my own candle business, which I make with my own one hand and one finger. I am a philanthropist through my foundation, the Itumeleng Sekhu Foundation. And we do extraordinary things where we have already adopted 250 schools.

Wow. In Africa?

Yeah... and we bring self-esteem workshops, we bring motivation to help these kids reach their full potential. But also just to say that here's a story ride of a young, beautiful woman who has physical scars on her body, but who was able to turn it around for her good, and therefore reach her full potential with only one hand and one finger. So therefore, I'm here to help you reach your full potential with two hands and 10 fingers, but also, to help you stop feeling sorry for yourself, you know, and also just find your beauty. Because once you are able to find your beauty, then you are able to reach your full potential, no matter who says what to you about what you look like, and about what you should sound like about what you should be like that, you will know yourself that much so that the world can even re-identify you. Because I feel like, especially with a lot of school learners, they go through a lot of identity crisis, and therefore whatever the world feeds them, that's what they take on. And I remember with me, for example, when I was a young teenager, and I was told by the media, what beauty looks like, and what beauty is, is for me, that that took me to a hole that I don't want anybody out to be because for me, it was like, but I will never amount to that type of beauty. I've got scars, I've got one hand, and I've got one finger, I will never be that. And that took me to a hole of suicide, I tried to commit suicide three times. And that, for me is something that I wouldn't want a young person to go through. And therefore

I help these young people really identify what beauty is. And here's where the funny thing is. The funny thing is that not even the models that we see, look exactly like what they show us. I know. They fabricate them, right. And now we look at them at that unrealistic type of beauty. And we think that that's how we should look like, and we fail to do it. And therefore that is what creates a low self-esteem. So a lot of things but more than anything. I'm a young girl who is here to change the world. And I'm here to change the perspective on beauty and mental health and self-esteem and reaching your full potential.

Beautiful, beautiful and you're doing that very, very well. I see you in your YouTube channel. And one day I watched your YouTube your Instagram real and you challenged me because you challenged us who have two arms and no scars. No visible scars, you know, because we do have Oh askers and you said, if I can do this, and I think you are peeling an apple or something. If I can do this, I don't know why you shouldn't do that. I was quite challenging. So you really are making an impact.

Yeah, thank you so much. Thank you so much. I really, really appreciate it. And, and the funny thing is that I was having a conversation with somebody earlier in the week and And that person was saying to me that, do you know what an inspiration you are? You're? And I say to that person, and and I'm going say it again here because I really mean like what I said. And I said to them that, for me the realization that I was an inspiration from just living my life changed my life. This is why I am Yes, this is a live I love. I'm just living. I'm just a young girl who got burned when I was 11 months old. And then that resulted in me having one hand and one finger. And I'm just every single day just living my life. And that is what people find inspirational. So for me, it is just like, my life is inspirational. And people want the books and know what I'd write the book. Oh, my God is amazing. And I got it have such a beautiful blessing from me. From God, which I'm like, always, always grateful for and I'm just like, Lord, I'm just waking up and that and people find that inspirational. You know what I mean? Yeah, so it's such a beautiful thing for me. It's just like, oh, wow, Lord. Thank you. Yes.

How did you redefine your life from that experience? Because I'm sure maybe you had a hard time maybe growing up with, like you said, someone talked, said something about you and looked at you and said something that wasn't very wasn't kind at all? How did you redefine your life to be now to live the way you're living now?

I redefined my life through spirituality. So the weirdest thing happened for me because I grew up hating God. Because my thing was that my mom would always say to me that God loves you. God does this. God does that. And for me, it was just a matter

of, but if this God is as powerful as you say, he is, why did he allow this to happen to me when I was just 11 months old, I was 11 months. And I couldn't have done anything bad to God, to say, Oh, let me just, you know, allow this to happen to you. And for me, it was an anger problem. I was, I was full of anger was full of rage, I was full of resentment. But mostly I was full of hatred. You know, and I hated God. And for me, it was a matter of how dare you allow something like this, if you are this good, then you're not as good as people say you are, you know. And this one time, the only normal friend that I had at the time, and I mean, normal like two working mobile hands two like walking proper legs and so forth. And she said to me, that friend, let's go to my sister station and Endaze. And I say to her like cool, let's go there was nice. Anyway, we had a DSTV day and there was like chocolates and things like that. So we were like, Oh, great, yes, let's go to your sister's place. And we got there. And her sister says to me that, that Listen, I've got a visitor coming. So I'm going to have to take you guys to church, to my church. And I was like, there's no way I'm going there. You know, but obviously, when somebody is older than you, you sort of like don't have a choice. And then she drove us to her church, and the youth pastor, so they were having like a youth pastor prayer group, you know, type of thing. And the youth pastor took me and my friend to his office, and he started asking us about natural things like, who are your parents... But what stuck out for me was that he said to me, and I will never forget those words. He said to me that Do you know that everything that happens to you happens for a certain purpose?

Yes, yes.

And I looked at him and I was like, okay, so What purpose could this probably serve?

Right,

You know, and then I became a born again, Christian that day. But then I came across a book called a Purpose Driven Life Book by Rick Warren. And that book Wambui is what changed my life. It changed the mindset. It changed my mentality. It changed who I was, and it catapulted to the person that I am today, which is a person of dominion, a person of power, and a person who has re-identified themselves in Christ, and I know, and I now know who I am, and therefore, my spirituality, and who I believe in, and the reason why he has done what he has done so, so one of the things that I searched and, and yearned for, in the beginning of my Christian walk was, was Lord, what is my purpose? And remember, Joyce Meyer had a book of like, how to talk to God, you know, and, and that was like, the beginning of it for me. And I remember every single day in my dormitory at university, I would sit and I would pray, and then I

would sit and wait for God, like, it was such a naive thing. And I was like, Okay, God, I'm waiting. Now talk to me.

The lord became your friend,

And I will be like, Okay, I'm done praying, now you can, like respond. And its months later, when I heard an audible voice, and this audible voice said to me, that your purpose is to bring hope and healing to my people. And that was the first and the last time I've heard God, audible voice. And I think it was so essential at that moment, to say that to me, because hearing those words for me, is the epitome of who I am. And you wake up each and every single day. And I know that my purpose is to bring hope and healing. And because of that, that is where I found my worth. That is where I found my existence, because for me, it was like, so this is the reason why I'm here. And it got deeper to say that, as much as I've got scars outside, every single person has got a scar within. And those guys just like me for 19 years, those scars can hinder you from reaching your full potential. And in learning, that was a way of me helping people heal from their scars so that they themselves can reach their full potential, and thus live their purposes to the fullest.

Wow, I love that. I love that Itu. And you're doing such a good job with that. And I say you're a light because you have this, you know, just within you when you appear, it's like you're this candle that was going to ruin your life. You've become a light that you're like, your candle burns so brightly. Like when you enter a room yours burns even brighter. Yes, and you're living such a meaningful life. How does such a meaningful life even beyond you know, even if you have scars within or without? How does one live such a meaningful life? What is it that you do to do that? For me?

Its purpose. Why are you here? Yes. Why are you taking up space? Why is it that the next person has, for example, died? Because their purpose is complete, and you are still here waking up each and every single day? What is it that you're meant to do in this world? And for me, knowing that my purpose is to bring hope in healing? And I think it goes back to like what we were saying earlier on, that just me living my life is an inspirational thing. Because people look at me and they say, but you've got so many scars, how are you this vibrant? How are you this joyful? How are you this happy the day? Because going back again, because when you've got scars within you, that can hinder you from reaching your full potential and that's living your life to the fullest. And that is what people are awed by. I identify the pain that you've been through. Yes, I identify those scars because I had them in they might not be external. But I can see that scar because I can see it on your face and I know that you've been through

something. However, what I'm trying to find between you and me is that how will you this joyful and I'm not yes. And the difference is that once you know your purpose, then that brings hope. Right. Right, right. And bringing hope means that now you have something to look forward to. Yes. So now if I know that I keep on my purpose in life is to bring hope and healing. I know that need Living each and every single day accomplishes somebody else's candle. Like you're saying, now that that candle tried to read me, but there's a light that lives within me and this light here to enlighten other people's candles really mean, right and my light enlightened is your light and then you will now go and then you will have enlightened somebody else's light. And that is how we become these light bulb people who are just filled with life who are just pulled the vibrancy, who are not feeling sorry for themselves who are not feeling like oh my God, why me? Because why not you?

Right? Why not you and like that? You? Why not?

You? You know what I mean? And it means that if it has happened to you, it has happened for a purpose. Going back again, to what my youth pastor once said to me a long time ago when I was a youth. And I like when he said to me that every single thing happens for a certain purpose. And for me, it was like, what is the purpose? And that is what you look forward to? Because then that becomes your hope. Right? Oh, great. So my purpose is to bring hope and healing. Oh, perfect. Let me become a speaker. Let me bring hope and healing into people's lives through me be speaking into their lives, but also just speaking positivity, and helping people to move from that negative state because for 19 years, I was very, very negative. I was depressed. I had to commit suicide three times, like I said to you, I saw nothing good coming out of my life. And for me, it was just like, why am I here? Right? I just want to die. You know what I mean? And now because I've been there, I can help people out of their wounds, and out of their scars to help them reach their full potential. And say, I get rid of those negative thoughts, darling. No, no, no, no, no, no. Because the devil can say anything to you to get you to feel sorry for yourself. And trust me, here's the thing about life and to positivity. Nobody has a perfect life. No one there is nobody does nobody that has God like 100% Everything is going wow, you've got everything that you've always wanted in life, and then it is not possible. However, the difference between positive people and negative people is that positive people would rather focus on the positive.

Oh, I like that.

And say, I've got one hand and I've got one thing and I can type darling. And I can take pictures darling. And I can drive and I can cook and I can drive. And I can Hey, excuse

me, my handwriting is so beautiful. And I've got one hand and I've got one fingers. I've got three beautiful children. I've got a husband; you know what I mean? wait, I'm a speaker. I can make candles from scratch with only one hand and with only one finger. I have a wine bread. I've got this and I've got that to do that the desire to do that is great. And the

Yes. And then the positive focusing on the positive.

And then the negative people will focus on the negative. Mm hmm. Oh, Parag Khanna one. And then one thing. Oh my god, that is so terrible. Oh, I can't do 12345678910 And it. And here's the thing, right? We all have something that we can point to and say give and that's negative. That's wrong. But we choose to focus on the positive. And now focus on the positive. helps you realize how many million little miracles you have around you. And then you feel blessed. You start feeling like oh my god, the world is my oyster. What else can I do? You know what I mean?

The universe, God really opens up to us, you know, and once you start being having that attitude of gratitude, it's amazing of this, like your thing Million Little Pieces of, you know, favor that you get. Right?

And then you realize exactly how blessed you are. And that is what you focus on my shelter. I have a jersey. I have water that I can drink. I've got bread and peanut butter that I can add. You're not focused on the fact that you kind of have caviar. You know what I mean? Yes, people would rather focus on the fact that but I'm not having caviar. I'm not having blue cheese. I'm not having no, Dottie, you're focusing on the wrong place.

Right. Wow. That's, that's really, really profound. Let me ask you, my most of my ideal audience are women professional. Women who sometimes they struggle with self-worth and self-doubt, and I heard you talk about self-worth, can you talk about how we can cultivate self-worthiness? How people can cultivate? And I know you're saying it's focusing on the positive? And why do you think that people focus on the negative? And how can we really start now focusing on that having that self-worthiness?

I think self-worth, like, for me, for example, for the 19 years, when I had a very low self-esteem, to a point where I couldn't even take a picture of myself, because I thought, oh my God, you look like a ghost, you're going to be scaring people that I did that up to a point where I am now where I'm like, Girl, you're beautiful.

I love that.

And then you look at yourself in the mirror. And then you say, it to yourself. and the first time the first day, it's not going be easy, for example. And you're going say to yourself, girl, you're beautiful. You're a star. I love your curly hair. Because it's beautiful. Alive, your natural hair, because it's stunning. It's beautiful. I love it. And now, because we have been told how we are supposed to look like, yes. But you must have straight hair for you to look and feel beautiful. For example, yes, the day you say it, you will say it and you won't believe it. Because you've already been cultivated so many years. You remember, for example, I'm like 35 years now. But 35 years old. I'm very young, darling. So now for 35 years, you had been told what beauty supposed to look like. Now for 35 years. Do you think that saying I'm beautiful? With my natural curly hair, the first day that you will believe it? And then you'll say to yourself the second time, and then you're like, huh, yeah, well, you know, like, whatever. And then the third time, then the fourth time, the more you say it to yourself regularly, the more you will start seeing your beauty.

Yes, it's practice. It takes practice.

Yeah, it takes practice. And then the more you say it to yourself, you start using it, believing it, then you start seeing it. And when you start seeing it, then you're like you know, I love your African nose, for example. Yes, now, the more you start seeing it, and the more you start believing it, then you will start acting like it.

Oh, I love that. So believe it. See? And then act like it,

Yeah. Because you become a member. Yeah. And now when you become beautiful, you carry yourself like a beautiful young woman. Wow. For example, right, right. And now that goes with everything. Intelligence? Yes. He has said to us so many times in your life, that you're stupid. And need to look at yourself in the mirror and say, girl, you're so clever. There is nobody as clever in the world. As you. Yes. You're so clever. Right? And now the first time yet again, you won't believe it. Because you've been told for so many times, remember? Yeah. And then the second time, third time, fourth time, the more you say it to yourself, the more you will start believing. And then when you start seeing your cleverness, and then the cleverness will start being exerted from you. And then you also that's a clever thing to say. Yeah. Because I'm so clever. So what South word you need to re-instated in your mind that you're worthy? Yes. Right. And the nation's is such a big thing. And I do it with my kids as well. You know, I've got three kids. And I taught kids and for me, it was such an important thing for me to instill it in them now so that by the time we get to the world if anybody says you're stupid, they're

like, Nah, my mom has told me so many times that I'm so clever that I don't do that. I mean, I will say to them from school and our blog, how are you my smart kids? That re in states that thing again that Oh yeah, I'm clever. And from my three kids, I've got this one kid who is so assertive. He is so assertive. He is the type of kid that you will say something gentle be like, Yeah, whatever. Because he's so sure of himself. You know what I mean?

I know you have twins, right? Yeah. Okay, how old are they?

So much? It was like eight years. My daughter is 17.

Okay, so which one is the assertive one?

The one twin. Okay. So and it's so assertive. I'm telling you now, last year when he was doing great one. There was a great five-year-old that came into their classroom. And she tried to like bully them. Yeah. And he was the one kid that stood up in class and said, why are you here to bully us go away?

Learner right. Now for me, it was like, Yeah, you go boy.

And even till today, he's so assertive with himself. At some point, you start seeing it as arrogance. Yes. Like, why are you so arrogant about life? Like, Oh, yeah. And I'm so smart. Oh, ya know,

it's a good thing. It's really not arrogant. I know, you're saying that sometimes it may be seen as arrogance. But that's.

But it's such a beautiful thing. For me. It's like, I know that I'm doing a good job because of him. And my two other the kids are so assertive with themselves, but they're very quiet.

Now. Does it now that the schools that you go to the schools that you do your talks to? How have you seen the progress in the kids you talk to? How have you seen? How is the impact?

Well see, the kids are more assertive about who they are? Okay. They have also realized that, that because of their background, that does not define who they are. So, a lot of kids who had low self-esteem, have come back to me and said, Because of your workshops, for example, I am now a better person, you know, what corporates, you know, as well, because like, we do, like a lot of like, talks for like corporates, for government and institutions and so forth. And, and what, like, institutions as well. We talk to managers, we talk to CEOs, we talk to the biggest people in a corporate entity.

And I'll tell you why. Because self-esteem and self-worth and who you are inside, exert externally. And that's what you'll find the most successful people, people with the highest title in the world, and they will still commit suicide, you know why? Because of exactly that. Those scars that are within those wounds that are within those self-esteem problems, low self-worth problems that are within them. And that's where I come in to say, darling, look at me. Yes, but, but don't just look at me. Let me give it to you, theoretically. Right. Let's break down the word beauty. Let's break down the word self-esteem. Let's break down the word self-worth. Let's also break down the word self-leadership. Because how you become a leader in the world, is how you become a leader to yourself now ours,

right? You have to be a leader to yourself first before you lead.

Yes, you have to be a leader to yourself first. And that's the thing with to Christianity, for example. That relationship is here. Right? Yes. So it's between you and God first, right? And then it exerts here, which is people? You know what I mean? So your relationship with God needs to be fine first, right? You need to be able to get to a point where you can tell God everything. Of course. Yes. Like a friend. Yes, yes. I'm not a kid today. Right. But I don't feel like waking up today. Because of 1,2,3,4,5,6, and I think that's the problem that when people think that they need to go to God when they're perfect. No, that's not the case. God wants you to want Yes, so that he can walk you through your journey, your salvation. And that's where your relationship with people here, horizontally becomes such a beautiful relationship because your relationship here is perfect. Right? Right. But it first starts here, if you don't know yourself, and if you if you don't love yourself, there's no way that you're going to be able to love people it first starts here, if you don't know yourself, and if you if you don't love yourself, there's no way that you're going to be able to love people.

And like that, and I like about what you said that God wants us imperfect, because really died for us when we who are seen as imperfect. So perfection from us.

He doesn't want perfection, right? Because then why are you there?

Exactly.

You know, and, for example, our churches a hospital, right? So it's for those people who say, I know that I'm not perfect. And because I know that I'm not perfect, I know that I need a savior. Right? But this is not a Savior. And a person who needs help relationship. This is a friendship. These are two best friends. I call God my best friend, because I'm able to tell him anything. Like if I have the wildest imagination that you

can think of, yes, he's the person that will if you want to know my deepest secrets, you must ask God he will tell you. You like this girl? Yeah, no idea.

That is, so that's so good. Do you ever have a bad day? I know you're saying yes. You do talk to God, when you have those moments. But do you ever had a bad day? Because you're always happy? I mean, I'm, like, just inspired and drawn to you. What I'm sure you do have some bad moments. But tell me do you have some bad moments? And what do you do about that?

Well, I do have bad days, I don't think there's anybody that doesn't have bad days, I do have bad days. How do you deal with when I have a really bad day, I choose to stay in bed. Okay, I choose to stay in bed, and I will read a book and I will listen to music, and so forth. But if I'm having a bad day, and I know that I have to wake up and I've got meetings for that day, I will praise and I will worship the Lord. And I will just sing songs of him, and so forth. And, and I'm telling you, by the time you get to the third song, you are already feeling you know, lifted and you're just like ready to go. Ready. Ready to go. I must admit, though, I don't have a lot of bad days. Okay. When I do, those are my those are my tricks. I sing songs of worship. Sometimes I'm telling you some, there was a time when I was having a really, really bad moment. And I sat here, and I played worship songs. And I wasn't even singing along. Yeah. By the time it got to like the second song. I then started singing along, you know, slowly but surely, like, you're good. By the time it gets to the bridge you don't I mean? And I'm telling you for me my spirituality. That's number one. Yes. Yeah. **And unapologetic about it.** Yeah. Yeah. For me, my, my, I am who I am because of my spirituality. My, my spirituality makes me happy. It brings this joy that cannot be comprehended. Do you know what I mean? Because the Bible says that for I will give you peace that surpasses all understanding. Yes. And that's such a beautiful thing that even when you're going through the lowest moment of your time, that you will still have that peace, because you know, you are, you know who's you are, but also you know, your purpose and you know why you're here? And I think those are the most important things for me. Is that when you're a human being, any human being, find out what your purpose is. And where do you find where your purpose is from your Creator, the person that created you, right? So it's like a TV, when you go and buy a brand new TV and you've never used it does a manual, read the manual, where you sit on where you switch it off what you do, and so on. And so go to your Creator and said God or whoever, and whatever that you believe in for me, it's my God. And then you say, God, why am I here?

Why am I here? And now let me ask you do you have what would you how do you do I mean, you do that you ask God, why am I here? It's by sitting still right? sitting still.

And then having that clarity of okay, what do I want? Am I like I know you said you have to find out who Am I? And whose I am? And then of course, you're saying to ask God, why am I here? And I'm sure how do you get the answers, then

be still and know that I'm God, right. But for me, when I'm going through, let's say, for example, I'm going through a relationship problem. I will Google and I will find scriptures that are relational to relationships. And that is my guide to know that Oh, so this is how you deal with like certain situations. If it's business, I will Google and I will find a lot of scriptures in the Bible that refer to business. If it's financial, I will Google and I will find a lot of scriptures that refer to finance. So for me, my Bible is it's my leader. It's the one thing that guides me. And it's the one thing that shows me where to go and how to like, articulate. And I think that's the beautiful thing about God. Right? Did that just create us? And then he just like, left us on Earth, like, oh, okay, there we go, like figure it out. **Right? Right. Right.** The word, right? Yes. And then he said, Here's the word, read my word. And this word will lead you and guide you and help you reach your full potential in every area of your life.

I like that I had not looked at it that way that I mean, I do know that the Bible is our diet, the word is a lamp to our feet. And light to our path, I just never known that if you want to look for a particular area of your life, something that you're you want to know about, go to the Bible and see, okay, finances. You can give forgiveness to then give you all these verses that talks about that particular area. So even with purpose, which a lot of my audience suffers, you know, struggles with finding what their purpose is. Just go find purpose in the Bible,

But also let the Holy Spirit and let God be your best friend. And this is when I started seeking God speaking to me, when he says that for my sheep will know my voice. And I think when I read that scripture, for the very first time, I was like, I want to be your sheep. Or rather, I am your sheep. I mean, I'm born again. So I want to hear your voice. I want to know your voice. And I spoke it, I yearned for it. And I was like, God, you will speak to me, I will hear you. And I will know that when you speak, this is you. And for me, it was a matter of, of like every single day, it was an intentional thing where I was like, Are you going to speak to me today? Just let me listen. And like you said, Be still and know that I'm God, right. And I had a guest on my podcast recently called Timothy Murray's, I've watched it.

And he said that you need to shut your prefrontal cortex, right for you to be able to be still and know and hear. Right? So now when there's like a lot of voices going on, you know, in your head, and you're just, and you just have a lot of things just going on to

set your prefrontal cortex. Be still in here. You know, and that can mean a lot of things like he had said that you can even walk through the forest, for example, want to retrieve it stand on a grass, ground yourself, right? Find yourself hug trees, you know what I mean? But just find your core again. Be still, And that's where you will find the answers. The problem that we have as human beings is that we've we are filling our minds with a lot of things with social media, movies, TV, and so forth, that we don't even have time to think and allow our brains to just like think, right. And more than anything, did you know that for example, and this is so weird, because you know, like a social media person but did you know that being on social media more than you're supposed to actually create anxiousness?

Right anxiety? I know. Yes. Yes, yes. I know. I've had it. I have actually experienced that Right, right. Yeah, drawings. If

you're looking and you're and it's like, oh my gosh, you're there for an hour, and you're like, oh my goodness, you feel so anxious, you start feeling

because your mind is not thinking for itself. Because you're always like over capacitating your mind, you're not I'm saying that all the time that be visible, visible. And then your mind is not able to think for itself. And you're just like overcrowding your mind with so much information? And it's just like, when are you going to have time to just like, shut your frontal cortex? When are you going have time to just like, shut down and be still?

Now, you know, that podcast episode that that was so good. I, I listened to it last Saturday. I normally run I do five miles. Sometimes I'm over the weekend. And I really listened to that Podcast, episode three times. was so valuable.

Thank you. Thank you. So much. Yeah, so that is what we talk about. On the podcast, we talk about mental health, we talk about different perspectives. But we also talk about how our mindset has been preempted to think in a certain way, and I made an example on beauty. Earlier on you're on where we've been told for so many years that this is, this is what beauty is supposed to look like, right. And then when you don't fit into that, especially with most girls and boys funny, but mostly with girls, then you start growing up and you had this low self-esteem. Because you don't have the flat tummy, you don't have this you don't have that your skin is not light, you don't have dirt on your hair is not straight naturally, at an end, your skin is more darker than it's supposed to be because of what the world says your skin is supposed to look like. And you grow up with all of these formed definitions of how you're supposed to be right.

And then you get to a point where you're like, but I'm not that. And therefore you find your worthiness from what the world has said to you for so long, right? And then you find yourself unworthy, right? And that is what I'm getting to say that when you shut your prefrontal cortex when you're when you're still. And then you start redefining the world for yourself. **Right. Right.** You reach your full potential, because then you're finding your own self esteem. I find

you are. Exactly. Yeah. And letting God speak

to you. Yes. And letting, letting

God to speak to you. Because you are not allowing yourself now you're like, Okay, I'm not going to allow myself to go there where I have been, let me just be still, and it's hard to be still. I think it has to be intentional, right?

It is hard, especially with the world of social media, and TV and all of these things that's happening. The world is so much more busier now than it used to be. Right? Right. Because you can just pick up your phone and you can be busy for the whole day, the whole day, you can be busy. **So for people who are looking into maybe like they have businesses like you or just something that they want to post on social media, how do you advise to use that time? You know not to how do you avoid being on social media all day? Do you what are you?**

Really what I do is that so I post every Sunday, Tuesdays and Thursdays, okay? So I post every three days what I do is that I will post it and then I will put away my phone. **Okay. Okay.** And normally what I do is that I will put away my phone until that Tuesday when I have to repost again.

So you schedule your posts, then. Yeah, okay, good.

Sometimes, I will schedule it, sometimes I will just post it. And then I put away my phone intentionally. And then I will only see social media again on that Tuesday when I have to repost again. And then I will put my phone away and then I will see it again that Thursday when I have to post again and then I will put it away and then I will see it again on Sunday.

So its being intentional?

You have to be intentional with social media because it can eat at you. Yes. And the more people and now here's the thing about worthiness, right. And social media. It goes as deep as when you post something for example, and you've got 100, 200

comments or a thousand comments or like whatever. And they all say, oh, but you're so amazing. Amazing. And that fills in that feel good hormone. Oh my god, this just makes me feel good. You know what I mean? And that is what keeps you that? I see. Because you want to reread those comments and other more people comment and say, arbitrator amazing arbitrator so good. Oh, my God didn't do that, Oh, my God, but you say inspirational, and then that good hormone right? there for the whole day. And then you're there for the whole day tomorrow again, and then you're there for the whole day. And that is what brings anxiousness because I'm now when what when one person says a negative comment. That's it, you're done. How

Do you deal with that? Actually, how do you deal because you have many followers? And I'm sure there are people who say negative things. But how do you deal with that? And I do know that you do, you are very clear. You have clarity on who you are. And that may be helped you. But how do you advise other people to deal with it?

I for one, because I don't focus on the negative? Also like that much? Yes. Because I'm not there for the comments. Also, I will respond to the people that like comments that I make, like an intentional thing of that, okay, fine. I'm going take an hour of my time, and I'm just going to like, respond, right? But I'm so assertive about who I am, that when one person says something negative, I just like shut it off. You know, and for me, I've had enough practice because when people stare at me, for example, I just shut it off. And I don't even recognize it. Whereas before, when people used to stare at me, I used to be like, Oh, my God I'm such a ghost. Looking at me, whereas now when a person stares at me, I don't even notice

That's really good. Really good. You too. I have seen your driving pictures of you driving you have a business and wine business you have Did you see a candle business? And they can catch an inspiration and I could talk to you all day. I want to listen to you. But I'd like for you to tell me tell our listeners where can they find you for more where can they find you?

Instagram @Itu_Sekhu and YouTube please subscribe perspective with it do my channel name is Itumeleng Sekhu/Pedi Please subscribe, like and comment. And let's just build a beautiful relationship with my Instagram as well. Tik Tok. I'm @Itu_Sekhu Facebook, I'm Itumeleng Sekhu 30. I'm So yeah, so I'm really looking forward to, to having conversations with your with your viewers. Book me to come and speak in the USA. And meet up in person. Let's have fun. And let's, uh, let us bring hope and healing to people around the world because we all need healing is needed. Because we all have a story to tell.

Beautiful, beautiful, I love you. I really do. I am inspired by you for your work, by your courage, your confidence. And thank you so much for being for being on this show. I appreciate you Tu

Thank you. Thank you so much for having me Wambui. This was such a privilege and such an honor Thank You.