

### **Book description**

This book is a collection of 81 inspiring and thought-provoking reminders, written by Kevin Yoka. Kevin Yoka is a Belgian writer and storyteller. Who studied at the university of Ku Leuven.

In this book he shares some valuable lessons and inspiring reminders he has learned throughout his journey at Ku Leuven. Learned lessons about friendship, love and mental wellness, through kindness and empathy.

One thing is sure. After reading this book, you will be inspired and know that nothing in your life just happens. Because your life has a meaning.

**But first, a short message from me to you:**

To the person reading this,

I hope your day starts well and ends even greater.

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Kevin Yoka holds the moral right  
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## Reminder 1:

### **Trust God's plan for your life**

Trusting the road life is taking you, when you don't understand why it is going that way is hard. But please keep on trusting that if it happens that way. It has a purpose. God is guiding your steps, and the steps of others through you. You're an amazing human being. I hope you always remember that.

## Reminder 2:

### **Your blessings will keep following you**

Only you know the unfair things you went through. You gave your loving heart to people who took it for granted. They even blamed you for not doing enough. You didn't deserve that. Yet here you are, still loving and being kind to other people. Like it never happened. And this is why your blessings will keep on following you, wherever you are and wherever you go.



Reminder 3:

**Being busy does not equal being productive**

We are living in a hustle culture where being busy is seen as a status symbol.

But being busy does not necessarily mean making progress.

Being productive on the other hand does.