

# **DIFFERENT!** **NOT INFERIOR** (Maximizing your Difference)

**RAPHAEL O. ADEYEMI, PhD**

Copyright 2025 by

Adeyemi Raphael Oluwamayowa

Published in Nigeria by

Synergy Publishers

All rights reserved

No portion of this book may be used without the written permission of the publisher, with the exception of brief excerpts in magazine, articles, reviews, etc.

For further information or permission, address

<https://synergyintergratedhub.com.ng>

Tel: +2348038326860

Email: [raphaeladeyemi81@gmail.com](mailto:raphaeladeyemi81@gmail.com)

[r.adeyemi@synergyintergratedhub.com.ng](mailto:r.adeyemi@synergyintergratedhub.com.ng)

## AUTHOR'S NOTE

Dear Reader,

Here is my personal note to you.

I like to most sincerely thank you for picking up this book to read. I consider it a tremendous and incredible privilege to share thoughts with you via this medium. I urge you to read on till the end.

If there is something you need to know and always remember always, it is that you are more than what you currently are. You are loaded with potential, abilities, and capacities that are enormous. However, you probably have heard several times that you cannot attain a particular height because you are inferior. You probably have been told directly or indirectly that you are limited and can never do some things. But listen, there is nothing like 'never'; inferiority only exists in the mind. Nothing can stop you from getting to the height God destined you to be, not your gender or nationality, not even any disability can because if you can conceive it, you can achieve it.

My dear, I believe in you because I know you are fully loaded with potential that can change our world for the better. That is why you should rise above the limitations placed on you by society and even by yourself. Whatever makes you think you are inferior due to your difference is just out to limit you, and you must rise above it. Go ahead and do all you can, stand out, endure and let's meet at the topmost top!

**Raphael O. Adeyemi, PhD**  
**21st March, 2025**  
**Nigeria**

# DEDICATION

To my Sweetheart Oluwatoyin

## ACKNOWLEDGEMENT

Writing *Different Not Inferior: Maximising Your Difference* has been, for me, a journey of self-discovery, reflection, and growth. However, this book would not have been possible without the support, encouragement, and inspiration of countless individuals who have contributed to its creation in ways both big and small.

I began to learn how to maximize my difference while growing up in the home of my dear parents, Apostle Samson Mololuwa & Deacon Mrs Abigail Abosede Adeyemi and I want to express my deepest gratitude for the solid foundation. My wonderful siblings also taught me a great deal on this subject, so I say thank you to Dr. Gabriel Oluwaseun Adeyemi, Nurse Elizabeth Adedolapo Dada and Architect Opeoluwa Samuel Adeyemi. To Nurse Justina Adeyemi, Rev. Dipo Dada and Accountant Olaitan Adeyemi, your unwavering support and encouragement are deeply appreciated.

To my dear wife, Oluwatoyin and wonderful boys, Korede, Adekunle and Korode, your patience and understanding during the long hours I spent writing and editing this book and others mean more to me than words can convey. Thank you!

To my friends and mentors, thank you for challenging me to think deeply, for sharing your wisdom, and for reminding me that our differences are not weaknesses but strengths. Your stories and experiences have enriched this book and made it more relatable and impactful.

A special thank you to Mrs Folashade Ebo, my editor and publishing team, whose expertise and dedication have transformed my ideas into a polished and cohesive work. Your guidance and attention to detail have been invaluable.

To the readers who pick up this book, thank you for allowing me to share my perspective with you. My hope is that these pages inspire you to embrace your uniqueness and see the power in being different.

Finally, to anyone who has ever felt out of place or underestimated because of their differences, this book is for you. May it remind you that you are not inferior—you are extraordinary.

With gratitude,

Raphael Adeyemi, PhD

# TABLE OF CONTENTS

|                                                                      |      |
|----------------------------------------------------------------------|------|
| Author's note                                                        | iii  |
| Dedication                                                           | iv   |
| Acknowledgement                                                      | v    |
| Introduction                                                         | viii |
| Chapter One: The concept of difference                               | 1    |
| Chapter Two: Diversity is beautiful                                  | 7    |
| Chapter Three: Different for a purpose                               | 13   |
| Chapter Four: Temperament does not make you inferior                 | 19   |
| Chapter Five: Not even disability makes you inferior                 | 29   |
| Chapter Six: Your Nationality and location do not make you inferior! | 37   |
| Chapter Seven: Maximize and deploy your difference                   | 43   |

## INTRODUCTION

In the days we live, getting lost in the crowd has become so easy. Many people live everyday life believing they are just the same and that there is nothing spectacular about them. Some assume they can never make any difference. The days we are in are ones where people want to look like others. They want to talk and act like them without minding their personality. These days, people only compare people and things each time they have the opportunity. But really, is there any basis for comparing two different things whose purposes are different?

Friends, many people might have told you about your inferiority due to what they can see about you. Still, you need to know this: you are different, not inferior. You may not have what others have, and you may not be as tall, fat, short, or thin as others; that does not in no way make you inferior. You are just different because you have a different mission.

Dear, you may not feel like it, and you may not look like it. You may feel dejected, rejected, deflated, unhappy, miserable, sad, gloomy, crestfallen, and sorrowful. But let me tell you, your value remains the same; you are valuable to God, unique and different. Let me ask you this, if you pick a N1000 note, throw it in the mud and step on it. When you remove it from the dirt, has the value changed? Does it not remain the same N1000? That's precisely what you are. I don't care about your experience and feelings, but you need to know that you are exceptional.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what happens, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to God who created you. The worth of our lives comes not in what we do or know but by WHO WE ARE. You are special - Don't EVER forget it.

Too often, we believe the lies we are told. We believe that we are “no good” and worthless. But that is wrong. You are different, not inferior!

There is a wealth of conceivable ideas in you that are trapped simply because you think you are inferior, and you must rise above that level of thought. This book should make you ask these questions and act on them.

Who am I?

Why am I the way I am?

Why do I look the way I look? What am I capable of doing?

By what criteria should I measure my life? Who should set these criteria?

What is my temperament?

How do I maximize my difference?

This book intends to help you realize you are different. If you get to where you are capable of getting to, you need to maximize this difference so that we will meet at the topmost top.

*“You were born an original.  
Don’t die a copy.”*

~ John Mason

## CHAPTER ONE

### THE CONCEPT OF DIFFERENCE

**T**here once lived a monkey and a fish. The monkey followed the golden rule, always trying to treat others as he wanted to be treated. But he sometimes applied the golden rule foolishly. Now one day, a big flood came. As the threatening waters rose, the monkey climbed a tree to safety. Then he looked down and saw a fish struggling in the water. He thought it was saying, “I wanted to be lifted from the water.” So he reached down and grabbed the fish from the water, lifting it to safety on a high branch. Of course, that didn’t work. The fish died.

In the short story above, there are several lessons one can learn. However, even though the monkey thought it did the right thing, the ‘kind’ act did not help the fish because there is a world of difference between the two animals. What each required to survive was quite different. The nature and complexities of each creature determine where it lives, but it does not make either inferior. The fish can only survive and thrive in the water while the monkey dare not spend an hour in water. This does not make either inferior or superior to an animal; it only shows they are different.

That is the power of difference!

As I share my thoughts on the concept of difference, I like to state that although this is not primarily an academic write-up; however, permit me to review discussions by some scholars on the subject because the study

of human differences has always been a central topic in the discipline of psychology.

Differences among humans can be classified in several ways, including genetic or environmental, transient or permanent, physical or psychological, and voluntary or involuntary. Among the many ways humans can differ are gender, coloring (e.g., skin, hair, and eyes), race, blood type, body shape, and size (e.g., bone structure, height, and obesity).

Other areas of differences are physical abilities (e.g., muscular strength, endurance, and coordination), mental abilities (e.g., intelligence, creativity, musical aptitude, artistic skills, and leadership), disabilities (e.g., deafness, blindness, color blindness, missing limbs, allergies, and phobias), temperament (e.g., extroversion, intellectual curiosity, impulsiveness, and risk-taking). Furthermore, humans can differ in areas of vulnerability to specific diseases, sensitivity to particular chemicals, cultural differences (e.g., language, religion, food preferences, and spatial preferences), location of residence, and ownership of physical possessions.

Differences are often distributed according to specific, predictable patterns. Some, such as height or intelligence, have a regular (i.e., bell-shaped) distribution. Others, such as sexual orientation and handedness, have bimodal (i.e., two distinct peaks and few values in between). Still others, such as skin color, may vary continuously in a population. Still, some societies attempt to divide them into several distinct categories.

Still talking about the concept of difference, the Encarta dictionaries define difference as a state of being unlike others: the quality of being different from or unlike something or somebody else; it's a distinguishing feature that distinguishes one person or thing from another.

That difference is what I call uniqueness. When you look around the world of birds, you will see parrots, hummingbirds, cranes, peacocks,

owls, Hawks, etc. Each has its distinct features despite being different. From research, I know that there are over ten thousand families of birds, with new ones being discovered. Similarly, scientists have said there are more than two million different species of marine life. There are fishes, plants, mammals, sharks, etc. All of these marine creatures are different. Suppose all these animals are beautiful and valuable in their own right, despite their different shapes and sizes. How much more will humans be different yet unique?

As of February, 2025, the world's population was estimated to be around 8.2 billion; interestingly however, God customized each person in such a way that no two person's Deoxyribonucleic Acid (DNA) is the same. Everyone is unique in his own way. You have what the other person does not and can never have. Have you ever thought about it for a moment? When God formed and manufactured you, he packed you with such carefulness and specialty. Remember, He said you are fearfully and wonderfully made, and He cannot lie. If he told you you are lovely, then you really are.

Understanding our differences therefore is the foundation of self-discovery. Every individual is born with a unique combination of traits, abilities, and perspectives that contribute to the richness of society. It is essential to embrace these differences rather than feel inferior because of them. Throughout history, individuals who recognised their uniqueness and leveraged it made remarkable impacts.

For instance, Albert Einstein was considered different as a child due to his delayed speech, but he later revolutionised physics. Similarly, Helen Keller, despite being deaf and blind, became an author and activist, proving that disabilities do not define a person's potential.

Your difference is your strength. It sets you apart and allows you to contribute something that no one else can. The key to success is not

## *Different! Not Inferior (Maximizing Your Difference)*

trying to fit into someone else's mould but rather understanding your uniqueness and using it to make a difference.

Interestingly, the concept of difference is not just about physical appearance or abilities; it extends to our thoughts, perspectives, and experiences. Each person's journey is unique, shaped by their environment, upbringing, and personal choices. These differences are not flaws but rather the building blocks of individuality.

And here is why you must pay attention to your difference, in a world that often values conformity, standing out can be challenging. However, it is precisely those who dare to be different who leave a lasting legacy. Consider the story of Rosa Parks, whose refusal to give up her seat on a bus sparked the Civil Rights Movement in the United States. Her difference—her courage to stand against injustice—changed the course of history.

Similarly, in the world of art, Vincent van Gogh's unique style was initially rejected by society. Yet, his difference in perspective and technique eventually made him one of the most celebrated artists of all time. His story reminds us that being different is not a limitation but an opportunity to create something extraordinary.

Embracing your difference requires self-awareness and confidence. It involves recognising that your unique traits are not mistakes but gifts. When you fully accept and celebrate your individuality, you unlock the potential to make a meaningful impact.

I will be quick to add that the journey to embracing your difference begins with self-reflection. Ask yourself: What makes me unique? How can I use my strengths to contribute to the world? By answering these questions, you take the first step towards maximising your difference and achieving your full potential.

Friends, you are a masterpiece! When God made you, He did break the mold! There is no other person who is exactly like you! You are an original! Knowing that we are unique should humble us. It should make us realize just how much God loves us. We understand that no two people have the same fingerprint. That blows my mind to consider that there is no other one in the human population with the identical pattern you and I have.

As I close this chapter, I need you to remember that God could not have made over 8.2 billion people look alike. We are all special packages delivered in different containers (different shapes, heights, colors, and appearances) to different climates and locations (Africa, Asia, Europe, America, etc.) to fulfill different assignments at various times and times. Your container and differences from other people do not make you inferior. Instead, they show how unique you are. God expects you to maximize it rather than listen to the lies of culture, friends, foes, colleagues, and people who try to tell you what you cannot do because of your supposed difference. This difference is your uniqueness, embrace it and maximize it.

## **CHAPTER SUMMARY**

1. Difference is natural and valuable: You, like every other individual is unique, with distinct traits, abilities, and perspectives that contribute to the richness of society. You are valuable.
2. No one is inferior: Differences in appearance, abilities, or circumstances do not make anyone inferior or superior; our differences simply reflect diversity. Never regard yourself as inferior for whatever reason.
3. DNA uniqueness: As much as we are on earth, over eight billion,

*Different! Not Inferior (Maximizing Your Difference)*

no two people share the same DNA, highlighting the uniqueness of each individual.

4. Historical examples: In our contemporary world, figures like Albert Einstein and Helen Keller demonstrate how embracing differences can lead to extraordinary achievements.
5. Embrace your uniqueness: If you will succeed now and in the future, understanding and leveraging your unique traits is key to personal growth and success.

## CHAPTER TWO

### DIVERSITY IS BEAUTIFUL

In a short poem titled “Comparisons,” GK Chesterton wrote:

*“If I set the sun beside the moon, And if I set the land beside the sea, and if I set the town beside the country, and if I set the man beside the woman, I suppose some fool would talk about one being better.”*

Perhaps there is no greater truth about people’s disposition to differences than the one implied in the short poem above. Most often than not, you and I do not wait to explore and enjoy the difference in people and places; instead, we begin to analyze which is better, particularly between males and females. However, to suggest one is better than another or to suggest we should overlook noticeable differences is, in Chesterton’s words, simply foolish. And it only leads us to miss the beauty intended in human relationships.

Have you sat down and imagined a world where only men or women exist? Have you ever imagined that all we had to eat was rice in the morning, noon, and night? Have you ever thought about what it would look like if bananas were the only fruit available on earth?

My point is this, it would be dull if there were no other types, and it would not be exciting if we did not have options for the food we eat and everything else. God knew better and added variety to life. In much

the same way, God created sorts of humans with various dimensions of gifts, shapes, and abilities.

The beauty of difference is that we were not all created the same. We are different in our looks, cultures, personality, and name. Imagine if we were all alike. What a boring world it would be. I would be like you, and you would be just like me, nothing exciting to look forward to. I can bet it will be a very lackluster community. But now that we are all different, we can learn many things about each other, share ideas, and think about the same issues from different perspectives. With the insights gained, we can help, assist, collaborate and make better things for our world.

God, in His wisdom, made us into many nations, races and tribes with different climates, locations, cultures, likes, and dislikes, which has added beauty and color to our existence. What we have was decreed by God, who is indeed so full of grace. You see everything we are and were born to be is all with thanks to Him.

The beauty in difference is the opportunity to learn about yourself and the other and perhaps even allow a new perspective to emerge. When we surround ourselves with what is similar, we get more of the same; when we surround ourselves with difference, we learn, extend our boundaries and create new opportunities.

Furthermore, the beauty of difference lies in its ability to create balance and harmony. Consider nature each element plays a vital role in maintaining the ecosystem. If the entire world had only one type of tree, animal, or climate, it would lack the depth and variety that makes it vibrant. The same applies to human beings.

It's true, diversity enhances collaboration, problem-solving, and innovation. Many of the greatest advancements in science, technology, and art emerged from the blending of different perspectives. Think

about the world's most influential companies—Google, Apple, and Tesla—they thrive because of their diverse teams, where each person's unique skills contribute to a collective vision.

Additionally, cultural differences add to the beauty of human existence. Each culture has unique traditions, music, and food that enrich the global experience. Celebrating these differences rather than trying to erase them makes the world a more dynamic and inclusive place.

The beauty of difference is not just in its existence but in its ability to foster growth and innovation. When people from diverse backgrounds come together, they bring unique perspectives that can lead to groundbreaking ideas. For example, the invention of the internet was the result of collaboration between scientists, engineers, and thinkers from different parts of the world. Their combined efforts created a tool that has transformed how we live, work, and communicate.

What of in the workplace, diversity is increasingly recognised as a key driver of success. Companies that embrace diversity are more likely to innovate and outperform their competitors. This is because diverse teams are better equipped to understand and meet the needs of a global customer base. They bring a variety of viewpoints that can lead to more creative solutions and better decision-making.

Moreover, the beauty of difference extends to personal relationships. When we interact with people who are different from us, we gain new insights and broaden our horizons. These interactions challenge our assumptions and help us grow as individuals. For instance, travelling to a new country or learning about a different culture can be a transformative experience. It allows us to see the world through a different lens and appreciate the richness of human diversity.

In education, embracing difference is equally important. Schools that

promote inclusivity and celebrate diversity create an environment where all students can thrive. When students learn alongside peers from different backgrounds, they develop empathy, respect, and a deeper understanding of the world. These qualities are essential for building a more just and equitable society.

The beauty of difference is also evident in the arts. Literature, music, and visual arts are enriched by the diverse experiences and perspectives of their creators. For example, the works of authors like Chimamanda Ngozi Adichie and Haruki Murakami offer unique insights into their respective cultures, allowing readers to explore worlds beyond their own. Similarly, musicians like Fela Kuti and Bob Marley used their art to celebrate their heritage and address social issues, inspiring millions around the world.

Ultimately, the beauty of difference lies in its power to unite us. While our differences may seem to divide us, they also provide opportunities for connection and understanding. By embracing diversity, we can build a more inclusive and harmonious world where everyone has the opportunity to thrive.

In closing this chapter, let me share with you, words on marble as posited by various people.

“We are all equal in the fact that we are all different. We are all the same because we will never be the same. We are united by the reality that all colors and all cultures are distinct & individual. We are harmonious in the reality that we are all held to this earth by the same gravity. We don’t share blood, but we share the air that keeps us alive. I will not blind myself and say that my black brother is not different from me. I will not blind myself and say that my brown sister is not different from me. But my black brother is he as much as I am me. But my brown sister, is she as much as I am me.” — **C. JoyBell C.**

“We all do better when we work together. Our differences matter, but our common humanity matters more.” - **Bill Clinton.**

## **CHAPTER SUMMARY**

1. Diversity enriches life: Imagine a world without diversity, it would be dull and monotonous. Clearly, differences add beauty and vibrancy.
2. Cultural diversity: Each culture brings unique traditions, music, and food, enriching the global experience.
3. Collaboration and innovation: Diverse teams in workplaces and communities foster creativity, problem-solving, and innovation.
4. Personal growth: Interacting with people from different backgrounds broadens perspectives and promotes personal development.
5. Unity in diversity: Embracing differences fosters harmony and inclusivity, creating a more equitable world.

*“Your difference is your  
superpower. Embrace it,  
and the world will  
make room for you.”*

~ Unknown

## CHAPTER THREE

### DIFFERENT FOR A PURPOSE

*"If you are not yourself, if you surrender your personality, you have nothing left to give the world. You have no pleasure, no use, nothing which will attract and charm me, for by the suppression of your individuality, you lose your distinctive character."*

*- Edward Wilmot Blyden*

The poem above is as correct and apt as it can be. This is because you will see friends and colleagues who are trying to look, talk, and sing like someone else. Perhaps this is because abuse is inevitable when the purpose of a thing is unknown. Michael Jackson was a gifted and talented singer. Still, before and after his demise, there were several other 'Michael Jacksons' (I mean people who wanted to look and sing like him). However, when you try to be someone else, the best you can be is the second best, not an original.

I wish this message sinks into the hearts and minds of young girls and boys who search for chemicals to apply to their skins to give them a fairer complexion, like the world is made only for fair complexions people. I wish many young people who try to find their way into foreign countries by all illegal means would understand that being an African with dark skin is not a curse or a minus; instead, Africa remains one of the best continents.

## *Different! Not Inferior (Miximizing Your Difference)*

Friends, you were made different for a purpose, and you must never forget that everyone exists for a specific purpose. That reason is the original intent of your existence. That is what is responsible for your DNA; it is responsible for your physical, emotional, and mental configuration by God. We often wish we were taller, shorter, fatter, thinner but I tell you, you are tall for a reason, short for a purpose, and slim for a purpose. Even though we often wish we were born into a ‘better’ country, a better family, you need to remember that you are a Nigerian for a reason, and you have dark skin for a purpose.

Still, I have news for you, your country of origin or family is just a point of entry into your divine destiny on this side of eternity. It does not in any way have the capacity to limit you. Your background does not have the right to put your back on the ground. You are so special to God; when God fashioned and formed you, he looked at you critically. With all the things he put in you, he sent you to that family, to that country, so that you can fulfill his purpose. Remember, the purpose for which a thing is made determines its design, nature, and potential.

God birthed you for a purpose; whatever that purpose is, you possess the potential to fulfill it. No matter how different you look, it is for a purpose because purpose gives birth to responsibility. When God created ‘Lucifer’ as an angel, a special one, he was so different, so unique, fashioned out to lead the praise worship team. He was different because of His purpose. He did not need to attend any music school; he was an embodiment of music himself, but he failed to maximize the purpose of his difference and lost it.

Your purpose is not an accident; it is a deliberate design by God. Every aspect of your being—your personality, talents, and even your struggles—has been carefully crafted to fulfil a unique role in the world. When you try to conform to societal expectations or mimic others, you risk losing sight of your true purpose.

Consider the story of Nick Vujicic, a man born without arms and legs. Rather than allowing his physical condition to limit him, he embraced his difference and became a world-renowned motivational speaker. His life is proof that perceived limitations are often stepping stones to greater achievements.

If you ever feel inadequate, remind yourself that your purpose is not tied to societal standards. Instead of comparing yourself to others, focus on the impact you can make. True fulfilment comes from living out your purpose with confidence and conviction.

In closing this chapter, permit me to adapt the words of Pastor Rick Warren, who emphasized that Spiritual gifts, heart, abilities, personality, and experiences (SHAPE) are the five things that make you. He explained that you have heart, passion, and interest in the combination of spiritual gifts. Why do you think you have those interests? It is because God gave them to you. If you're interested in golf, hunting, sewing, art, hunting, sewing, art, music, where do you think you got that interest? You got it from God. He wired it into your system. If we all liked to do the same things, there would be less accomplished in the world.

According to Rick Warren, you need to take your **SHAPE** seriously because of the following reasons:

- **Your SHAPE reveals God's purpose for you.**

One of the ways you find out what God wants you to do with your life is to discover how he shaped you. But here's the thing: God won't force you to do his plan. You can waste your life. You can use it on all personal, self-centered things and totally miss God's plan and purpose for your life. In fact, most people do. That's the tragedy.

And that's why they're so frustrated! They're trying to be something somebody else wants them to be rather than what God wants them to be.

- **Your SHAPE equips you to serve God.**

There is a life mission that God has for you that nobody else on this planet can do. Maybe you've missed that mission. Maybe you've missed serving God. I'm saying, "Let's start today. Let's make the rest of your life the best of your life." God will never ask you to do anything in life that he hasn't already given you the ability to do. So you look at your abilities and realize, "I'm good at that. That's what God wants me to do."

- **Life is a test.**

This life is preparation for the next life in Heaven. God says, "This is a test. I'm testing you to see what you will do with what you've been given on earth. Based on that, I will determine what I give you to do in Heaven for eternity."

- **Your SHAPE shows God's glory.**

When you use your SHAPE and you do what God made you to do, it not only feels good to you, but it also makes God smile. Iranaeus was a great Christian leader in the first century who said, "The glory of God is a human being fully alive." Do you know what makes God smile? When he looks down and sees someone using the talents that God gave him for God's glory.

## **CHAPTER SUMMARY**

1. Purpose defines design: You are definitely not an accident of creation because every individual is created with a unique purpose, reflected in their personality, talents, and struggles.
2. Avoid conformity: Trying to be someone else limits your potential; authenticity is key to fulfilling your purpose.

3. Contemporary examples abound: Nick Vujicic and others show how embracing one's unique circumstances can lead to extraordinary achievements. If they can, you too can.
4. SHAPE model: Spiritual gifts, heart, abilities, personality, and experiences (SHAPE) reveal God's purpose for each individual.
5. Live authentically: Fulfillment comes from living out your purpose with confidence and conviction.

*“You are enough just as  
you are. You don’t need  
to prove your worth  
to anyone.”*

~ Mel Robbins

## CHAPTER FOUR

### TEMPERAMENT DOES NOT MAKE YOU INFERIOR

Having said that there are over 8.2 billion people in the world and that no two persons are alike, we need to acknowledge that we have different personalities that make us unique. However, being different does not mean one personality is better than the other. You need to know that you are not inferior because of your personality or temperament.

Psychologists tell us that every human being displays different traits and characteristics due to their temperament, and I would like to elaborate on the four temperaments. If we consider the reaction of various individuals to the same experience, we will find that it differs in every one of them. It may be quick and lasting, slow but lasting, quick but of short duration, or slow and of short duration. This manner of reaction, or the different degrees of excitability, is what we call “temperament.”

### THE FOUR TEMPERAMENTS IN GENERAL

There are four basic temperaments: the choleric, the melancholic, the sanguine, and the phlegmatic.

The **sanguine temperament** is marked by quick but shallow, superficial excitability. The person of sanguine temperament, like the choleric, is

quickly and strongly excited by the slightest impression, and tends to react immediately, but the impression does not last; it soon fades away.

The **choleric temperament** is characterised by quick but strong and lasting reactions. The choleric person is quickly and vehemently excited by any impression made; he tends to react immediately, and the impression lasts a long time and easily induces new excitement

The **melancholic temperament** is defined by slow but deep reactions. The melancholic individual is at first only slightly excited by any impression received; a reaction does not set in at all or only after some time. But the impression remains deeply rooted, especially if new impressions of the same kind are repeated.

The **phlegmatic temperament** is marked by slow but shallow excitability. The phlegmatic person is only slightly excited by any impression made upon him; he has scarcely any inclination to react, and the impression vanishes quickly.

The first two (sanguine and choleric) are also called extroverts or outgoing, while the last two (melancholic and phlegmatic) are introverts or reserved. Temperament, then, is a fundamental disposition of the soul, which manifests itself whenever an impression is made upon the mind, whether by thought, imagination, or external stimuli.

The choleric and sanguine temperaments are active; the melancholic and phlegmatic temperaments are passive. The choleric and sanguine show a strong tendency to action; the melancholic and phlegmatic, on the contrary, are inclined to slow movement.

The choleric and melancholic temperaments are of a passionate nature; they shake the very soul and act like an earthquake. The sanguine and phlegmatic are passionless temperaments; they do not lead to great and

lasting mental excitement.

Understanding your temperament helps you answer questions like:

How do you react when praised or rebuked?

How do you respond to challenges or danger?

Are you quickly and vehemently excited, or only slowly and superficially?

The beauty of temperament lies in its diversity. Each temperament has its strengths and weaknesses, and none is inherently superior to the others. For example, a choleric person may excel in leadership due to their decisiveness, while a phlegmatic individual may thrive in roles requiring patience and calmness.

Your temperament is not a limitation but a unique aspect of your identity. It influences how you interact with the world, process emotions, and make decisions. Rather than viewing your temperament as a flaw, embrace it as a tool for personal growth and success. For instance, a melancholic person's tendency towards deep thinking and analysis can make them excellent problem-solvers and strategists. On the other hand, a sanguine individual's outgoing nature and enthusiasm can make them great communicators and motivators.

Understanding your temperament also helps you navigate relationships more effectively. By recognising the temperaments of those around you, you can adapt your communication style to foster better understanding and collaboration. For example, a choleric leader may need to be mindful of their directness when working with a sensitive melancholic team member. Moreover, your temperament can guide you in choosing a career or hobby that aligns with your natural tendencies. A phlegmatic person may find fulfilment in roles that require patience and attention

to detail, such as teaching or counselling, while a choleric individual may thrive in high-pressure environments like entrepreneurship or emergency services.

Ultimately, your temperament is a gift, not a curse. It shapes your unique perspective and approach to life, allowing you to contribute in ways that no one else can. By embracing and understanding your temperament, you can unlock your full potential and live a more fulfilling life.

To help you discover your temperament, you will find a set of questions here and I like you to be completely honest in providing answers to these questions. They refer to your natural inclination rather than your present practice, acquired by effort and self control. The numbers added at the end will give the key to the respective temperament.

## **TEMPERAMENT QUESTIONNAIRE**

Answer the questions first, honestly, simply, sincerely; then try to classify according to the numbers. The next list will arrange the different characteristics according to each temperament. It will help to get an even better knowledge of one's temperament(s).

| <b>Yes</b> | <b>No</b> | <b>Doubtful</b> | <b>Temperament</b> |
|------------|-----------|-----------------|--------------------|
|------------|-----------|-----------------|--------------------|

- |    |                                                                                                 |  |  |
|----|-------------------------------------------------------------------------------------------------|--|--|
| 1. | Are you quickly excited at offenses and inclined to retaliate and oppose an insult immediately? |  |  |
| 2. | Do you look at life always from the serious side?                                               |  |  |
| 3. | Do you easily lose confidence in your fellow men?                                               |  |  |
| 4. | Are you greatly inclined to flatter those whom you love?                                        |  |  |

5. Are you won by quiet explanation of reasons and motives, but embittered and driven to strong resistance by harsh commands?
6. Do you love company and amusements?
7. Does your thinking easily turn into reflection which may stir you up profoundly, yet not let your excitement be noted outwardly?
8. Are you vehemently provoked by disorder or injustice?
9. Do you have, and show, very little interest in what goes on about you?
10. Do you find it hard to trust people, and are you always afraid that others have a grudge against you?
11. Do you dislike prolonged reflection, and are easily distracted?
12. Do you usually not feel an offense at the moment, but feel it so much more keenly a few hours later, or even the next day?
13. Is it very hard for you to deny yourself some favorite food?
14. Do you easily get angered by an offense, but soon are pleasant again?
15. Are you a person of enthusiasm, i.e. are you not satisfied with the ordinary, but aspire after great and lofty things, temporal or spiritual?
16. Are you unwilling to admit a weakness or a defeat, and consequently try to deceive others, even by outright lies?
17. Do you love silence and solitude and seclusion from the crowds?

*Different! Not Inferior (Miximizing Your Difference)*

18. Do you easily become jealous, envious, and uncharitable?
19. Do you feel happy when in a position to command?
20. Do you spend much time deliberating, yet reach decisions only with difficulty?
21. Do you like to be flattered?
22. Do you easily complain of insignificant ailments, constantly fear grave sickness?
23. Are you very much inclined to ease, to eating and drinking?
24. Do you feel discouraged by difficulties in your undertakings?
25. Do you find it difficult to form new acquaintances, to speak among strangers, to find the right words to express your sentiments?
26. Do you pay keen interest to your appearance and that of others; to a beautiful face, to fine and modern clothes?
27. Do you persevere under great difficulties until you reach your goal?
28. Do you become suspicious and reticent by a rude word or unfriendly mien?
29. Is it very hard to guard your eyes, ears, tongue, and keep silent?
30. Are you loathe to appear in public and to be praised?
31. Do you allow others to be preferred to you, but at the same time feel slighted because you are being ignored?

32. Do you dislike even hate, caresses and sentimentality?
33. Can you be heartless, even cruel, in regard to the sufferings of others, even trample cold-bloodedly upon the welfare of others, if you cannot otherwise reach your goal?
34. Do you have little inclination to work, preferring repose and leisure?
35. Do you lack perseverance; does interest in things fade quickly?
36. Are you inclined to inordinate intimacy and flirtation?
37. Do you lack courage in correcting people; it may show itself in these two forms: a) you go about it so carefully and tenderly that it can hardly be called a correction, or b) you shout your correction excitedly and angrily?
38. Do you see everything, hear, and talk about everything?
39. Do you love light work which attracts attention, where there is no need of deep thinking or great effort?
40. Do you consider yourself as somebody; as extraordinary, as always right, and not needing the help of others?
41. Do you belittle, or by remarks and unfair means even persecute those who dare oppose you?
42. Can you quickly pass from tears to laughter? And vice versa?
43. Are you easily captivated by every new idea or mood?
44. Do you love variety in everything?

*Different! Not Inferior (Miximizing Your Difference)*

45. Do you remain composed, thoughtful, deliberate, with a sober and practical judgment, in the face of suffering, failure, offenses?
46. Do you like to poke fun at others, tease them, and play tricks on them?
47. Does a strong aversion easily take root in your heart against persons from whom you have suffered or in whom you find fault, sometimes so strong that you do not want to speak to them or cannot stand the sight of them without new excitement?
48. Do you get vehemently excited by contradiction, resistance, and personal offenses and do you show this excitement in harsh words which may be, and sound like being polite, yet hurt to the core?
49. Which of these bad dispositions are yours (check one or two):  
a) obstinacy, anger, pride? b) Sloth, lack of energy? c) Lack of courage, dread of suffering? d) talkativeness, inconsistency?
50. Which of these good traits come natural to you (check one or two):  
a) good nature, repose of mind? b) Sympathy for others, love for solitude and prayer? c) Strong will, energy, fearlessness, ambition? d) Cheerfulness, facility to get along well with difficult people?

**Check the answers below to get a good grasp of your temperament.**

The choleric temperament is indicated by the following numbers: 1, 5, 8, 15, 16, 19, 27, 32, 33, 40, 41, 47, 48, 49a, 50c.

The sanguine temperament: 4, 6, 11, 13, 14, 20, 21, 24, 26, 29, 34, 35, 36, 38, 39, 42, 43, 44, 46, 49d, 50d.

The melancholic temperament: 2, 3, 5, 7, 10, 12, 13, 17, 18, 20, 22, 24, 25, 28,

30, 31,37,47,49c,50b

The phlegmatic temperament: 9, 23, 34, 35, 45, 49b, 50a.

Now that you have known your temperament, whatever it is, does not make you inferior. You are just different from others. You are unique, you're not inferior; you're no different than the people around you. You may just be suffering from an inferiority complex. You try to overcompensate to make up for what you think you don't have.

It's all about self-image. It may be rooted from your childhood. Maybe your parents constantly scolded you and told you that you weren't good enough, that you need to try harder. Maybe you were smaller than everyone and got picked on. Maybe it was the school bully. Feelings of inadequacy can strongly affect a person. It's like having a little voice inside their head every second of every single day telling them that they didn't try hard enough, that they didn't do a good job and telling them that they're worthless. It's not a fun way to live.

It's different than the occasional feeling of a let-down. It makes life impossible to live. It's much like depression and can even be a part of a person's depression. Someone with an inferiority complex has been conditioned to feel this way about themselves. However, you must learn to overcome what happened in their past. It may get worse before it gets better, because it requires digging deep and fighting your inner demons. You have to recondition yourself to realize that you are not inferior to others, that they are equals and in some cases may be better than others in certain aspects.

## **CHAPTER SUMMARY**

1. Four temperaments: The choleric, sanguine, melancholic, and phlegmatic temperaments each have unique strengths and weaknesses.
2. No temperament is superior: Each temperament has its own value and contributes differently to society.
3. Self-awareness: Understanding your temperament helps you navigate relationships, careers, and personal growth.
4. Embrace your temperament: Your temperament is a gift, not a flaw, and can be leveraged for success.
5. Adaptation: Recognizing others' temperaments fosters better communication and collaboration.

## CHAPTER FIVE

### NOT EVEN DISABILITY MAKES YOU INFERIOR

**O**ften times, it's so easy to cave in under the pressure of disability and being handicapped and feel inferior. We feel so intimidated, scared, overwhelmed, nervous and terrified to such extent that we are not able to do what we ought to do, go where we ought to go, and achieve what we ought to achieve because we thought or we have been told that being physically challenged, or emotionally challenged is a blow we cannot recover for.

As a matter of fact, often times when we talk about disability, our minds race to people with physical disability only, but the dictionary defines disability as an inability to perform some or all of the tasks of daily life; being unable to perform particular activities. That tells me something, most people are suffering from one form of disability or the other. Think of so many things you cannot eat and do because of certain things.

However, disability of any kind, physical, mental or emotional does not make you inferior, nor have the capacity to limit you. Today there are millions of physically challenged individuals who, because of the society's concept of potential, have resigned themselves to a life of self-pity, depression, and isolation. There are many who have confused their bodies with their true selves. They have mistaken the 'container' for the content.

My dear, disability and being physically handicapped does not make you inferior. Physical disability does not in any way make you inferior because the real you is not the physical being we see. The real you is the you inside, that is what I call 'the you in you. Your life on the outside, your looks, your attitudes are remotely controlled by that you on the inside, and yes! You may have a challenge physically, that is in your body which is just a container, but the real you is not handicapped! It is not deformed! Hence, you need to draw inspiration from the inside, you are more than we see, you cannot be defined by what we see on the outside, you cannot be limited by anything, and I mean ANYTHING! NOT EVEN PHYSICAL INABILITY.

Contemporary history gives us ample evidence of thousands who have delivered themselves from the myth that their bodies should dictate their direction in life. Maybe we should consider the true stories of some people like that because disability is often seen as a limitation, but it is not a measure of a person's worth or potential.

Throughout history, individuals with disabilities have defied societal expectations and achieved extraordinary things. People that the world has labeled physically challenged but who went ahead to live fully, people who their challenge could not stop them from living life to the full and unleashing the potentials in them. Don't let anything tell you your story cannot be like theirs because they have something you don't have. That they overcame their challenge is a testimony that you can overcome yours. Their stories remind us that disability does not define a person's abilities or value.

Consider the story of Stephen Hawking, one of the most brilliant physicists of our time. Despite being diagnosed in 1963, at age 21, with Amyotrophic Lateral Sclerosis (ALS), a debilitating disease that left him paralysed, Hawking made groundbreaking contributions to science and inspired millions with his resilience and intellect. Similarly, Helen Keller,

who was both deaf and blind, became a renowned author, activist, and lecturer. Her life is a testament to the power of determination and the human spirit.

I can also tell you about Tony Melinda who was born without arms. I mean no arms at all. Not that he had one or half, but NONE. Yet, he went on to be one of the greatest guitarists the world has seen. How did it happen? When he was growing, he just had the desire to learn how to play the guitar, he loved the musical instrument, but wait, if he was to be your friend and he told you that he wanted to learn how to play a guitar, you would have asked him how? But he told himself he had legs and he could as well learn how to play it with his legs and YES! That was exactly what he did. Today, he plays the guitar with great dexterity that even people with arms cannot match his excellence.

Winston Churchill, remember him? Winston Churchill lived between (1874-1965), he was a British politician and prime minister of the United Kingdom (1940-1945, 1951-1955), widely regarded as the greatest British leader of the 20th century. Churchill is celebrated for his leadership during World War II (1939-1945). His courage, decisiveness, political experience, and enormous vitality enabled him to lead his country through the war, one of the most desperate struggles in British history. Winston Churchill's public life extended from the reign of Queen Victoria in the late 19th century to the Cold War. During this long political career, Churchill held every important cabinet office in the British government, except the foreign minister. Churchill was also known for the many books on British history and politics, he wrote throughout his lifetime. His command of the English language not only made him a great orator, but earned him the Nobel Prize for literature in 1953. But do you know that he refused to allow his physical handicap and speech impediment restrict him from achieving all these. He could have sat at home in self-pity and condemnation.

Sudha Chandran was born to a family in Chennai, South India. She completed her Masters in Economics from Mumbai. On one of her return trips from Mumbai to Chennai, she met with an accident resulting in the amputation of her right leg. She was given an artificial leg and despite this terrible disability, she became one of the most accomplished and acclaimed dancers of the Indian Subcontinent. She has received and still receives invitations to perform all over the world. She has been honored with numerous awards and has performed all over the world. She appears often on Hindi television and in films.

Marla Runyan- At the age of nine, Runyan developed Stargardt's Disease, which is a form of macular degeneration that left her legally blind. Marla Runyan is a three-time national champion in the women's 5000 meters. She won four gold medals in the 1992 summer Paralympics. In the 1996 Paralympics, she won silver in the shot put and gold in the Pentathlon. In 2000 she became the first legally blind Paralympian to compete in the Olympic Games in Sydney, Australia. She holds various American records such as 20,000 Road (2003), All-female Marathon (2002), and 500m (2001), Heptathlon (1996). In 2001, she co-wrote and published her autobiography 'No Finish Line: My Life as I See It'.

Ludwig van Beethoven (1770-1827) is widely regarded as one of the greatest composers in history. He gave his first public performance as a pianist when he was only eight years old. He studied in Vienna under the guidance of Mozart. By his mid-twenties, he had earned a name for himself as a great pianist known for unpredictable and brilliant improvisations. In the year 1796, Beethoven began losing his hearing. In spite of his illness, he immersed himself in his work and created some of the greatest works of music. Beethoven's finest works are also the finest works of their kind in music history: the 9th Symphony, the 5th Piano Concerto, the Violin Concerto, the Late Quartets, and his Missa Solemnis. And he achieved all this despite being completely deaf for the

last 25 years or so of his life.

Frida Kahlo was a renowned Mexican painter who created striking paintings, most of them being self-portraits reflecting her pain and sorrow. She painted using vibrant colors that were influenced by the cultures of Mexico. She was the first Mexican artist of the 20th century whose work was purchased by an international museum. Kahlo contracted polio at age six, which left her right leg thinner than the left, which Kahlo disguised by wearing long, colorful skirts. It has been conjectured that she also suffered from spinal Bifida, a congenital disease that could have affected both spinal and leg development. Although she recovered from her injuries and eventually regained her ability to walk, she was plagued by relapses of extreme pain for the remainder of her life. The pain was intense and often left her confined to a hospital or bedridden for months at a time.

I could actually go on, giving you examples of people like you who have made marks on this side of eternity despite having a pronounced physical disability. The truth is no matter the setback, physical challenge or disability you suffer, you need to shake it off, look beyond it, rise above the challenges and leave your mark on the sand of time. Disability is not a barrier to success; it is an opportunity to redefine what is possible. Many people with disabilities have used their unique experiences to drive innovation and create positive change. For example, Haben Girma, the first deafblind graduate of Harvard Law School, has become a leading advocate for disability rights, using her platform to promote accessibility and inclusion.

The key to overcoming the challenges associated with disability lies in mindset. Instead of focusing on what you cannot do, focus on what you can achieve. This shift in perspective can open doors to new possibilities and opportunities. Society often underestimates the potential of

## *Different! Not Inferior (Miximizing Your Difference)*

individuals with disabilities, but history has shown that they are capable of extraordinary achievements. Nick Vujicic, born without arms and legs, has become a motivational speaker, inspiring millions with his message of hope and perseverance. His story demonstrates that physical limitations do not define a person's ability to make a difference.

Moreover, disability can foster creativity and innovation. Many assistive technologies, such as screen readers and prosthetic limbs, were developed to address the needs of individuals with disabilities. These innovations have not only improved the lives of people with disabilities but have also benefited society as a whole. It is essential to challenge the stereotypes and misconceptions surrounding disability. People with disabilities are not inferior; they are simply different. Their unique experiences and perspectives enrich our world and contribute to its diversity.

If you have a disability, remember that you are not defined by it. You have the potential to achieve greatness and make a meaningful impact. Surround yourself with supportive people, seek out opportunities for growth, and never let anyone tell you that you are less than capable.

Friends, you are not inferior, you are just different, created differently, fashioned out in a different way and you should succeed differently. There are no handicapped except in our minds.

So many times, we lock up at the bus stop of excuses, blaming God and seemingly Physical Challenges for not living the way we should, we hide under the canopy of inferiority to delay what we ought to do, we postpone what we ought to do till our physical condition gets better, but dear, No! That should not be. You should pursue your dreams NOW! Go after your destiny NOW! You are well able; it is all in your mind.

Let me say it again clearly that nothing is capable of stopping you, except you stop yourself; no one can hinder you except your mind. You are not

inferior, no one is better than you. You are not disadvantaged, you are simply different NOT Inferior!

## **CHAPTER SUMMARY**

1. Disability is not a limitation\*\*: Physical or mental challenges do not define a person's worth or potential.
2. Historical examples: Stephen Hawking, Helen Keller, and others show that disabilities can be overcome to achieve greatness.
3. Inner strength: The real self is not defined by physical appearance but by inner potential and resilience.
4. Innovation through disability: Many assistive technologies and innovations have emerged from addressing disabilities.
5. Mindset matters: Focusing on abilities rather than limitations opens doors to new possibilities and achievements.

*“You have something special to  
offer this world. Don’t let fear  
or insecurity stop you  
from sharing it.”*

~ Unknown

## CHAPTER SIX

### YOUR NATIONALITY AND LOCATION DO NOT MAKE YOU INFERIOR

**F**or a very long time, some people have believed the lie that they are inferior simply because of their country of origin. They have accepted the lie that they are at a disadvantage because of their skin colour. And it is disturbing to see that we have agreed to be inferior simply because of where we live. This is true, especially for those of us who belong to the 'third world countries where it is not unusual to hear the expression 'black people'.

And indeed, many wrong ideas are flying around that because we are 'black', we cannot match up to the 'white' but may I ask you, will a white Mercedes Benz car perform any better than a black one on the basis of its colour? Is it not sheer ignorance to think a white bag of the same quality is better than a black one of the same type simply because of its colour? But then, that is exactly what some persons believe and accept, wishing that they were born into a 'better' nation, country or family.

The truth is this; the notion that one's nationality inherently makes them inferior is a deeply flawed and harmful perspective that has been perpetuated throughout history, often to justify oppression, colonization, and discrimination. However, I like to reiterate that your nationality and location do not in any way make you inferior. We may be from 'third

world countries' but we are first class beings. Time and again, individuals and communities from nations that have been marginalized or dismissed as "lesser" have proven that greatness, innovation, and resilience are not confined to any single nationality or geographic boundary. The contributions of people from diverse backgrounds to global progress in science, art, politics, and culture stand as a testament to the fact that nationality is not a measure of worth.

It may interest you to know that the term third world was invented by a French Economist/Demographer, Alfred Sauvy in 1952, who was trying to describe people throughout the world based on their socioeconomic status. The term initially referred to people who did not benefit from, or participate in the industrial revolution because they were suppressed at that time. Many of them were thus reduced to slaves, servants thus robbing them of their dignity and self-worth and self-respect. Overtime, "Third World became synonymous with poverty and underdevelopment and lack of industrialization.

However, despite this brazen prejudice and label, I need to let you know that whether third world or not, whether black, white, yellow or red, be you an African, Asian, European, you are simply different, not inferior or superior. You have the capacity and the ability to reach to the skies, your location or origin does not in any way stop you from doing just well as other people from any part of the world. Your songs, books, poems, designs; artwork can compete favourably with anyone from any part of the world because it is in you, not in your colour.

Consider the story of Wangari Maathai, a Kenyan environmentalist and political activist who became the first African woman to win the Nobel Peace Prize in 2004. Maathai's work in founding the Green Belt Movement, which focused on tree planting, environmental conservation, and women's rights, not only transformed her own country but also

inspired global efforts toward sustainability. Born in a nation that had endured colonial rule and economic challenges, Maathai defied stereotypes and systemic barriers to become a world-renowned leader. Her achievements underscore the fallacy of judging individuals based on their nationality, as her impact transcended borders and reshaped how the world views environmental activism.

Similarly, the contributions of Indian mathematician Srinivasa Ramanujan challenge the idea that intellectual brilliance is tied to nationality. Ramanujan, who grew up in poverty in colonial India, had no formal training in advanced mathematics. Yet, his groundbreaking work in number theory and infinite series revolutionized the field and earned him recognition as one of the greatest mathematicians of the 20th century. His collaboration with British mathematician G.H. Hardy at Cambridge University demonstrated that talent and genius can emerge from any corner of the world, regardless of the perceived status of one's homeland. Ramanujan's legacy is a powerful reminder that intellectual capacity and creativity are universal traits, not confined by nationality.

In the realm of sports, the story of Haitian-born soccer player Joseph Gaetjens further illustrates this point. Gaetjens, who represented the United States in the 1950 FIFA World Cup, scored the winning goal against England, a nation considered a powerhouse in the sport at the time. His achievement not only stunned the world but also shattered stereotypes about athletes from smaller or less economically developed nations. Gaetjens' triumph on the global stage proved that skill, determination, and excellence are not determined by the wealth or prominence of one's country of origin.

Moreover, the resilience of nations that have overcome colonization and oppression highlights the strength and potential of people often deemed "inferior" by their colonizers. For instance, the Caribbean nation

of Haiti, the first Black republic in the world, gained independence in 1804 after a successful slave revolt against French colonial rule. Despite facing centuries of economic exploitation, political instability, and natural disasters, Haiti's history of resistance and self-determination serves as a powerful example of the indomitable spirit of its people. The nation's struggle and achievements challenge the narrative that certain nationalities are inherently less capable or valuable.

In contemporary times, the global response to the COVID-19 pandemic further demonstrated the irrelevance of nationality in determining capability. Countries such as Vietnam and Rwanda, often overlooked in discussions of global leadership, implemented highly effective public health measures that surpassed those of many wealthier nations. Their success in controlling the spread of the virus highlighted the importance of innovation, community cooperation, and decisive leadership—qualities that are not tied to nationality but are instead universal human attributes.

These examples, among countless others, illustrate that the value of an individual or a community cannot be measured by their nationality. The idea that certain nationalities are inferior is rooted in prejudice and ignorance, often used to justify systems of power and control. However, history and contemporary achievements consistently show that talent, resilience, and greatness are distributed across all nations and peoples. By recognizing and celebrating the contributions of individuals from diverse backgrounds, we can dismantle the harmful stereotypes that perpetuate inequality and instead embrace a more inclusive and equitable worldview. Nationality may shape identity, but it does not define worth.

Maybe you need to be told or reminded of so many 'Black' people like you who are blazing trails in their field of endeavor even right in the 'White' land. I like to share just three of such examples.

Abdulkadir Jelani Aliyu, winner of the world's acclaimed Chevrolet is a Nigerian from Sokoto state, Northwest Nigeria who went to the United States and became the leader of a designer team in the US. He is the ingenious brain behind the "American Revolutionary Chevrolet Volt".

Sunday Adelaja went from a background of abject poverty in Africa, where he never had a pair of shoes to put on till he was twelve years of age; never saw a toy of any kind as a child and lived on less than a dollar to making one million United states dollars few years after, graduating with a first-class grade from a Russian University, becoming the pastor of the largest church in the continent of Europe and leading a church of 99 percent white population as a black man.

Dehlia Umunna, a 42 years old Nigerian woman was appointed Clinical Professor of Law at Harvard Law School. She is the 1st Nigerian to achieve this great feat. She has been a lecturer at HLS since 2007, and is Deputy Director and Clinical Instructor at HLS's Criminal Justice Institute (CJI), in which she supervises third-year law students in their representation of adult and juvenile clients in criminal.

I could actually go on and give you a few other names of ordinary people from Africa who have gone ahead to conquer the world despite their different nationalities and colours. If these ones could do it, then you can do better.

## **CHAPTER SUMMARY**

1. Nationality does not define worth: Greatness and innovation are not confined to any specific nationality or geographic location. You can live in a developing country and develop global solutions.
2. Historical examples: If you check history, Wangari Maathai, Srinivasa

*Different! Not Inferior (Maximizing Your Difference)*

Ramanujan, and others from marginalized nations have made global impacts.

3. Overcoming stereotypes: Resilience and determination can defy societal prejudices and limitations.
4. Global contributions: Individuals from so-called “third world” countries have excelled in various fields, proving that location is not a barrier.
5. Celebrate diversity: Nationality and skin color are differences, not indicators of inferiority or superiority.

## CHAPTER SEVEN

### MAXIMIZE AND DEPLOY YOUR DIFFERENCE

**I**n every seed, there is a tree, in every sheep, there is a flock, in every cow there is a herd, in every boy, there is a man, in every girl, there is a woman, in every nation there is a generation. All these have the capacity to make a difference as a result of their difference. Failure to maximize the ability and difference is what makes it a tragedy when many visions die unseen, many songs die unsung, many plans die unexecuted, and many seeds die without becoming a tree, many sheep die without becoming a flock, many boys die without becoming a man.

Potential solutions to the problems of our world go to the grave daily because of failure to maximize the difference. Potentials are locked up within you, waiting to be unleashed. Yet, here you are, thinking you are too inferior to birth such a thing. You refuse to maximize your difference because of your color, people's comments, your thinking and so many things.

Maximizing your differences begins with recognizing that what sets you apart is not a weakness but a source of strength. In a world that often pressures individuals to conform, embracing your unique background, perspective, and talents can be a powerful way to stand out and create meaningful impact. The key is to approach your differences with intention, confidence, and a willingness to share them with the world.

One practical way to maximize your differences is to identify and cultivate your unique skills or perspectives. For example, Malala Yousafzai, the Pakistani activist for girls' education, turned her lived experience of growing up in a region where education was denied to girls into a global movement. By sharing her story and advocating for change, she not only amplified her voice but also inspired millions worldwide. Similarly, you can reflect on your own experiences, whether cultural, personal, or professional and consider how they equip you to address challenges or offer solutions that others might overlook. Your unique perspective could be the key to solving a problem or creating something entirely new.

Another practical step is to seek out environments where your differences are valued. For instance, Chika Ofili, a 12-year-old Nigerian-British student, discovered a new mathematical rule for divisibility by 7 while working on a homework assignment. His curiosity and unique approach to problem-solving were encouraged by his teachers, who recognized the value of his innovative thinking. Surrounding yourself with people and organizations that appreciate diversity and creativity can help you thrive and make the most of your unique qualities. Look for communities, workplaces, or projects that celebrate individuality and encourage you to think outside the box.

Additionally, use your differences to build bridges and foster collaboration. Take, for example, the work of Chef José Andrés, a Spanish-American chef who founded World Central Kitchen to provide meals in disaster-stricken areas. Andrés combined his culinary expertise with his passion for humanitarian work, creating a unique approach to disaster relief that has fed millions. By leveraging his skills and cultural background, he turned his differences into a force for good. You, too, can use your unique talents to connect with others, solve problems, and create positive change in your community or industry.

Finally, remember that maximizing your differences requires courage and authenticity. It means being unapologetically yourself, even when it feels uncomfortable. Whether you're an immigrant navigating a new culture, a professional breaking into a non-traditional field, or an artist with a unique vision, your differences are your superpower. By embracing them, you not only enrich your own life but also contribute to a more diverse, innovative, and inclusive world.

## WHAT IF...

Wait a minute! Think about this. What if Moses in the Bible was able to convince himself that because he was a stammerer he could not lead the Israelites out of Egypt?

What if Barrack Obama accepted that he was 'black' and refused to vie for the exalted position of the president of the United States? Would we have it on record today that he came from an unknown background to defeat 'white' politicians even for a second time?

Friends, we were all created uniquely with different talents, features, and personalities, and I want to leave you with some verses of the scriptures that remind you that you are not an accident of creation, but created on purpose for a reason.

*Romans 12:6-8 in His grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. If your gift is serving others, serve them well. If you are a teacher, teach well. If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.*

*1 Peter 4:10-11 God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.*

You were created to do great things.

*Romans 8:28 and we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters.*

*Ephesians 2:10: For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

*Jeremiah 29:11 For I know the plans I have for you—this is the Lord's declaration—plans for your welfare, not for disaster, to give you a future and a hope.*

*1 Peter 2:9 But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.*

God knew you before you were born.

*Psalms 139:13-14 You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your*

*workmanship is marvelous—how well I know it.*

*Jeremiah 1:5 “I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.”*

*Job 33:4 The Spirit of God has made me, and the breath of the Almighty gives me life.*

Do not be the same as everyone else in this sinful world.

*Romans 12:2 Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*

*Proverbs 1:15 My son, do not walk in the way with them; hold back your foot from their paths.*

*Psalms 1:1 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.*

*Proverbs 4:14-15 Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way.*

## Reminders

*Genesis 1:27 So God created human beings in his own image. In the image of God he created them; male and female he created them.*

*Philippians 4:13 I can do all things through him who strengthens me.*

## **YOU ARE WELL ABLE...**

My dear readers, are you allowing your weakness and insecurities to keep you from being your best or from maximizing your difference? Are you making excuses as to why you can't take that leadership position or get involved in service to your community or help a friend in need?

The truth is that ordinary people like you are needed for God to change this world if you will keep your self-image intact. Yet many people feel insignificant and incapable; their poor self-image keeps them from exercising the potentials and difference on this side of eternity.

You need to quit being negative because we all have something that could make us look inferior. You may not look like everyone, you may not have what every other person has, but then, what you think is a liability is what someone admires in you. When God made you, it was not a mistake, he was not having a bad day, and he was right on purpose and made you for a particular purpose. Nothing is missing or present in you, emotionally or physically, without the knowledge of God.

It is important to learn not to base your self-worth on external things. Your coworker got a promotion and you didn't, so what. That doesn't make you a bad worker. It just wasn't your time. You must learn how to change your negative self-talk. Why would you spend your precious time talking badly to yourself!? You're a wonderful and incredible creature, you are powerful. You need to tell yourself positive things, give yourself a pat on the back at the end of the day for the wonderful job that you did. Don't sit there and pick out all of the bad things that happened, move past them. Bad things happen. Of course, it's easier said than done. But once you learn to overcome negative self-talk, your life will be much richer and much more enjoyable.

This is your life; it is worth taking the time to work through your

inferiority complex. You have to clean out your mental closet; you need to erase the negatives from your past. Just because someone called you fat when you were six years old, doesn't mean that you are fat or that you're not good enough. You can't live in the present if you're too busy worrying about your past. It may take time to work through your past. You might have to endure some emotional pain going through things in your mind that are causing you pain in the

No one is perfect, everyone has their flaws. You have flaws as well. But, your inferiority complex is magnifying your flaws in your mind. No one else sees your flaws that way that you see them. Just because you are not exactly the same or twenty times better as someone else, doesn't mean that you're not good enough. It's about believing that you are good enough and working through your negative self-talk.

There are things that can be done. This is your life and you should be living it positively! Not constantly comparing yourself to the people around you.

Anyone in the world, big or small, fat or thin, black or white, can feel somewhat inferior to everyone else at times during their lives. We tell ourselves that we aren't good enough, pretty enough or smart enough; yet these comments are in no way based on facts. Bear in mind that every human being in this world is different; no one face or body is the same. Your 'inferiority' as you may refer to it, can also be seen as a unique or individual quality. What makes you feel these things are 'inferior' to everyone else? If there is no norm amongst human beings, how can there possibly be any form of inferiority?

You need to ignore what others may perceive of your 'inferiority'. 99.9% of people you walk past in the streets and towns pay no attention to you for any reason. If you have a complex about a specific body part, think hard about what makes them 'inferior' to everyone else's. Confront your biggest fears. Do you think people will stare at you or make comments?

These are all valid worries but do bear in mind - everyone is different. Any comments you receive are invalid and must be ignored at all costs. It's absolutely certain there is something they think is wrong with them, too.

If you find your inferiority difficult to deal with, enlist the help of a friend. Good friends will help you achieve your goals, whatever they may be. Good friends will tell you the truth, and you can work together on ways to make you feel better about yourself. If you find it difficult to talk with friends, ask them if they feel inferior sometimes; you may be surprised how worried people get.

If you feel overwhelmed by pressures and burdens, you can talk to God, He is always ready to listen to you and make your burdens lighter and guess what? He is closer to you than you imagine.

Friends do all that is necessary and let us meet at the topmost top.

Thank You for Your Time

## **CHAPTER SUMMARY**

1. Unleash potential: Every individual has unique talents and perspectives that can make a significant impact.
2. Practical steps: Identify and cultivate your unique skills, seek supportive environments, and use your differences to solve problems.
3. Examples of maximization: Malala Yousafzai and Chef José Andrés show how leveraging differences can create global change.
4. Courage and authenticity: Embrace your uniqueness unapologetically, even when it feels uncomfortable.
5. Biblical reminders: Scriptures emphasize that each person is created with a purpose and equipped with unique gifts to fulfill it.

## BIBLIOGRAPHY & NOTES

**Adichie, C. N.** (n.d.). Works of Chimamanda Ngozi Adichie. Retrieved from <https://www.chimamanda.com>

**Beethoven, L. Van.** (1770–1827). Symphony No. 9. [Classical music composition].

**Chesterton, G. K.** (n.d.). Comparisons [Poem].

**Churchill, W.** (1940–1945, 1951–1955). Leadership during World War II\*1. [Historical figure].

**Einstein, A.** (n.d.). Contributions to physics. [Historical figure]

**Fela Kuti.** (n.d.). Music and activism. [Historical figure].

**Girma, H.** (n.d.). First deafblind graduate of Harvard Law School. [Historical figure].

**Hawking, S.** (1963). Contributions to physics despite ALS. [Historical figure].

**Kahlo, F.** (n.d.). Self-portraits and Mexican art. [Historical figure].

**Keller, H.** (n.d.). Author and activist. [Historical figure].

**Maathai, W.** (2004). Nobel Peace Prize for environmental activism. [Historical figure].

**Marley, B.** (n.d.). Music and social activism. [Historical figure].

**Mason, J.** (n.d.). Quotes on individuality. [Historical figure].

**Murakami, H.** (n.d.). Works of Haruki Murakami. Retrieved from <https://www.harukimurakami.com>

**Ramanujan, S.** (n.d.). Contributions to mathematics. [Historical figure].

**Runyan, M.** (2000). First legally blind Paralympian to compete in the Olympics. [Historical figure].

**Vujicic, N.** (n.d.). Motivational speaker born without limbs. [Historical figure].

**Warren, R.** (n.d.). SHAPE model for purpose. [Historical figure].

**Yousafzai, M.** (n.d.). Activism for girls' education. [Historical figure].

## NOTES

**Winston Churchill's** leadership during World War II spanned his terms as Prime Minister from 1940–1945 and 1951–1955.

**Albert Einstein** made significant contributions to physics, notably the theory of relativity, during his lifetime from 1879 to 1955.

**Fela Kuti** was a Nigerian musician and activist known for pioneering Afrobeat music; he lived from 1938 to 1997.

**Haben Girma**, born in 1988, is recognized as the first deafblind graduate of Harvard Law School.

**Stephen Hawking** made groundbreaking contributions to theoretical physics despite being diagnosed with ALS in 1963; he lived from 1942 to 2018.

**Frida Kahlo** was a Mexican artist known for her self-portraits and contributions to Mexican art; she lived from 1907 to 1954.

**Helen Keller** was an American author and activist who was both deaf

and blind; she lived from 1880 to 1968.

**Wangari Maathai** was awarded the Nobel Peace Prize in 2004 for her environmental activism.

**Bob Marley** was a Jamaican singer and songwriter known for his influence on reggae music and social activism; he lived from 1945 to 1981.

**John Mason** is known for the quote, “You were born an original. Don’t die a copy.” Specific publication details are not available.

**Haruki Murakami’s** latest novel, *The City and Its Uncertain Walls*, was published in 2025 by Knopf.

**Srinivasa Ramanujan** was an Indian mathematician who made substantial contributions to mathematical analysis; he lived from 1887 to 1920.

**Marla Runyan**, born in 1969, is known as the first legally blind athlete to compete in the Olympics.

**Nick Vujicic**, born in 1982, is a motivational speaker born without limbs.

**Rick Warren** introduced the SHAPE model in his book *The Purpose Driven Life: What on Earth Am I Here For?*, published in 2002 by Zondervan.

**Malala Yousafzai**, born in 1997, is a Pakistani activist for girls’ education and the youngest Nobel Prize laureate.

## **LET'S CONNECT**

<https://synergyintergratedhub.com.ng>

Tel: +2348038326860, +2348098480376 (Whatsapp)

Email: [r.adeyemi@synergyintergratedhub.com.ng](mailto:r.adeyemi@synergyintergratedhub.com.ng)

[Raphaeladeyemi81@gmail.com](mailto:Raphaeladeyemi81@gmail.com)

[www.facebook.com/Adeyemi Raphael Oluwamayowa](https://www.facebook.com/AdeyemiRaphaelOluwamayowa)