

HEALTH AND WELL-BEING



LEGACY BUILDERS UNDER CONSTRUCTION; TOOLS AND TIPS

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Facts. We are all legacy builders, or legacy builders under construction, when we are intentional about creating value in this life time and beyond.

Good friends are an important part of our legacy building journey.

Good friends are like oracles who see your legacy building potential before you do.

Good friends are like honourable samurai. Gifting you a lifetime of unconditional protection.

Good friends are like the kind of parents who refuse to let you build your legacy until you have eaten a proper meal. Who come out to fix your car and generally unhook you from life's hooks.

Good friends are legacy builders who provide you with the essential scaffolding to build your legacy.

And then, there are friends who leave a legacy of transient highs, chaos and pain.

The bacchanalias who party with your shadow and leave you with a legacy of hangovers and missed deadlines.

The red eye who unleash their envy by erecting themselves upon your mistakes whilst showcasing their mediocre breakthroughs.