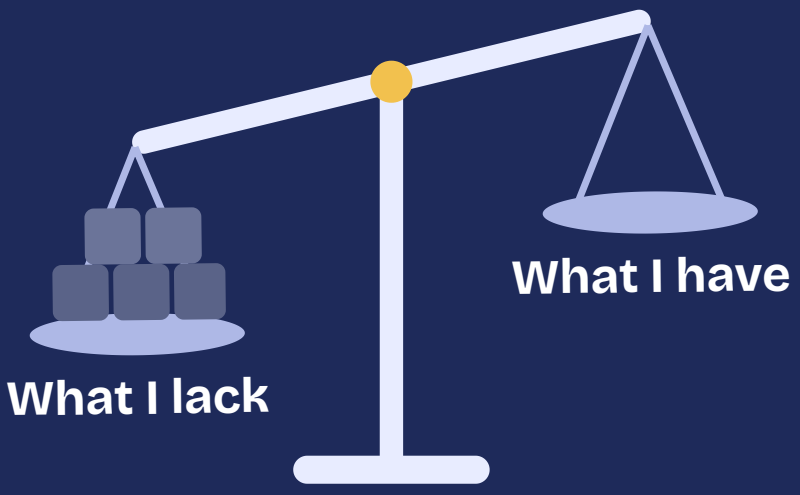
A MESSAGE FROM THE CO-FOUNDER · PART 1 OF 3

# Break the Chains of Excuses

Know the real enemy holding back your destiny



**By Mohd Asaa Khamis**
Co-founder, and Digital transformation specialist
6-minute read




## IN SHORT

1. Excuses are not our enemies; they are shadows hiding the real enemy.
2. Enemy number one is **Ignorance**: the root of disease, poverty and every excuse.

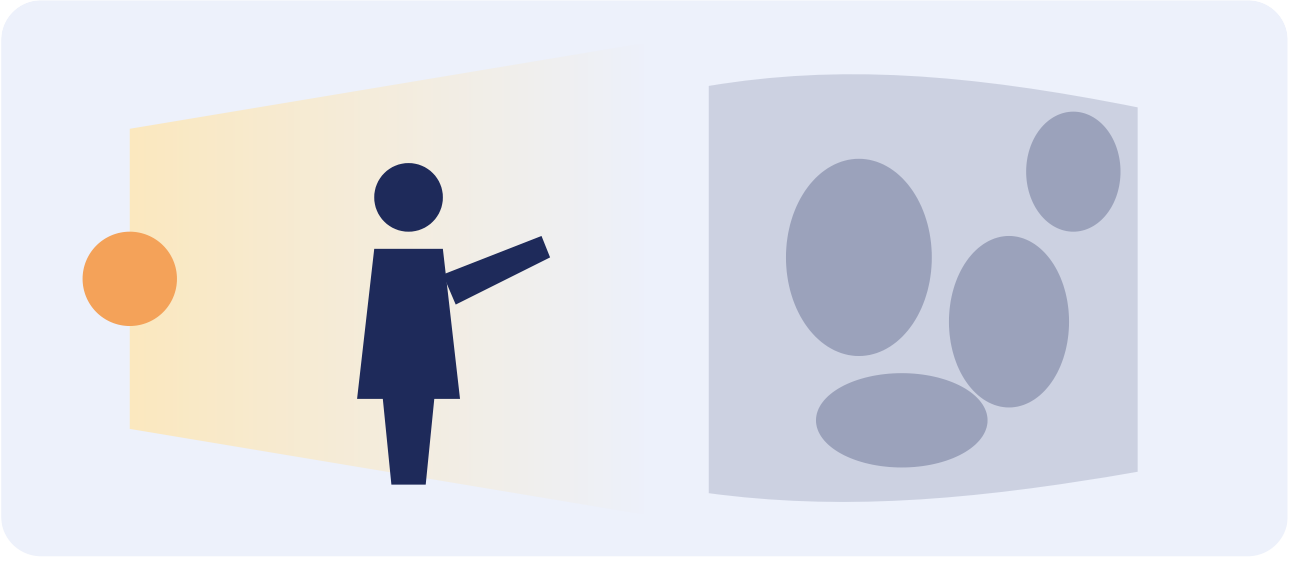
3 You have been given enough abundance to change your life: a mind, time, health and the power to learn. **Start today.**

## We point the finger outward

On the journey of life, it is very easy to point a finger outside ourselves when things go wrong.

We have become experts at drawing up a long list of "enemies" we blame for being stuck: the government, former companions (friends, business partners or the loves we parted from), neighbours, bosses, a small salary, or even the lack of capital and university certificates.

> **But here is the bitter truth: none of these are our enemies. They are only shadows that hide the face of the real enemy.**

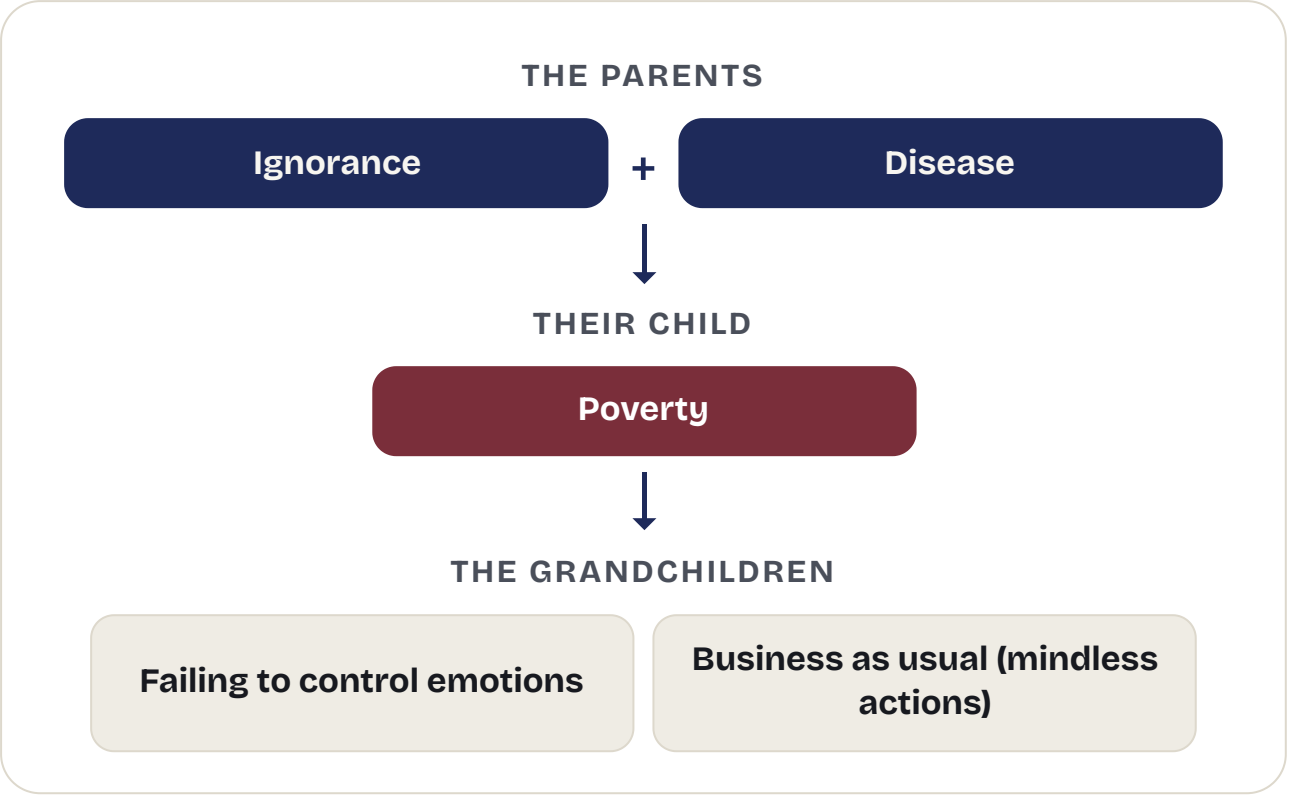



Excuses are shadows: they look big, but they have no power over us unless we give it to them.

## The three enemies, and their family

Since the days our nation was being built, our chief enemies were named as three: **Ignorance, Disease and Poverty.** [1]

Look with an inner eye and you will see that Poverty does not stand on its own. It is the offspring of a marriage between **the Enemy Ignorance** and **the Enemy Disease:** when a person lacks the right knowledge and good health of body, mind and spirit, the result is poverty of income and of thinking.




The enemy's family: defeat the parent, Ignorance, and the whole family loses its power.

Worse still, when this poverty is left to grow inside a person, it gives birth to two dangerous children: **failing to control our emotions** and **business as usual, mindless actions.**

Whoever is ruled by the fear of scarcity is ruled by anger, envy, fear of trying, grumbling and the craving for quick success, and so makes poor decisions. And because they cannot see new possibilities, they repeat the same thing every day while expecting a different result.

## The secret of lack

> Why is it said that "**the parents of Poverty are born of lack**"? Here lies a great secret. Poverty comes from failing to see the abundance of what is possible before us, so that we see only what is missing. This blindness, staring at what we do not have instead of making good use of what we do have, is the great weapon of our chief enemy, **Ignorance**. It plants the seed of seeing scarcity to break our hearts, make us grumble and bind us in the chains of helplessness.

**The eye of lack**

*"I have no capital, no time, no help."*

**The eye of abundance**

*"I have a mind, 24 hours and people around me. I can start with this."*

The same situation, two different eyes. Choose the eye of abundance.

Looking at what is missing every day does not only steal opportunity; it steals the mind's calm too, the worry that keeps you awake. When you begin to see what you have, the mind settles.

## Evidence from among us

Here in our land of Tanzania we have living witnesses: relatives, friends and entrepreneurs who faced hard economic systems,

changes in policy on where business may be done, or poor family backgrounds, yet refused to turn any of these into excuses.

Look at the young person from a poor rural family who fights to open a business or break into modern farming without much capital. Look at places where people started with little and built: the villages on the slopes of Kilimanjaro (Moshi, Machame, Hai), the Southern Highlands (Iringa and Njombe), Mbinga in Ruvuma, and Pemba [3]. They began with a small plot of coffee, avocado, trees or cloves, a small trade, or a move to town, and built step by step. These names are only examples, evidence that it can be done. They do not mean that someone from anywhere else has no chance: the chance is there for everyone who acts, wherever they were born.

> **If they could overcome the systems and their circumstances, you can too, the moment you remove the excuses and reject the poison of a mindset of lack!**

## The excuses we call enemies

Let us return to the basic truth and lay bare the excuses we call "enemies" every day:

NO ENEMY CALLED
**the government**

The political and economic climate has its challenges, but the right knowledge lets you see an abundance of opportunity and build your life.

NO ENEMY CALLED

### a former companion

Parting from a friend, a business partner or a loved one is part of life; letting yesterday's pain ruin tomorrow is failing to control your emotions.

NO ENEMY CALLED

### a neighbour

Hatred, noise or street talk have no power to stop your steps, unless you give them room in your thoughts.

NO ENEMY CALLED

### lack of capital

The first and greatest capital of all is a solid idea, trustworthiness and the knowledge in your head.

NO ENEMY CALLED

### missing out on university

Ignorance is not wiped out by college alone; self-study and the skill of solving problems are what lift you up.

NO ENEMY CALLED

### a fellow trader

Competition is not hostility or a cut in your livelihood; it is the spur to drop old habits and start being creative.

NO ENEMY CALLED

### a colleague or your boss

Office intrigue or a harsh leader must not be an excuse; professionalism, discipline and the value you add will carry you through.

NO ENEMY CALLED

**a small salary**

See it with the eye of lack and you will complain; see it with the eye of knowledge and you will build money discipline and new sources of income.

NO ENEMY CALLED

**"I have no time"**

Every human being has been given 24 hours; having no time means having no priorities and no plan.

NO ENEMY CALLED

**"a poor family"**

Success begins with a change in your thinking, not with the history of your parents' shortfalls.

NO ENEMY CALLED

**"witchcraft"**

We often blame witchcraft, when what we really lack is knowledge and the right plans.

NO ENEMY CALLED

**"having no connections"**

Knowledge, professionalism and trustworthiness build a stronger bridge than waiting on who you know.

NO ENEMY CALLED

**"too old" or "too young"**

The right time to learn and to act is now.

NO ENEMY CALLED

**"bad luck"**

Luck is where the right preparation meets opportunity. [2]

NO ENEMY CALLED

**"technology, or a changing world"**

Clinging to habit and refusing to learn is what leaves you behind, not the change itself.

Stand firm. Every excuse, and everyone we call an enemy, comes from one enemy:

**Enemy No. 1: IGNORANCE**

## The light of knowledge



When you gain the right knowledge, the light of understanding, you defeat Ignorance's weapon of seeing lack:

- You see the abundance of what is possible instead of what is missing.
- You know how to care for your health and avoid disease.

You know how to use the little you have to start something big.

You learn to control your emotions.

Stop fighting shadows. Invest in knowledge, be grateful for what you have, and break the chains of habit today. **Once you defeat the enemy Ignorance, all the others lose their power over your life!**

## You have been given abundance

Before we complain about what we lack, let us count what we have been given. Every human being has been given the tools to change their reality:

**A mind that thinks and creates**

**24 hours a day, the same as everyone**

**Health and hands to work**

**The power to learn anything, at any time**

**People: family, friends and community**

**The land, the sea and the opportunities of our country**

We do not need everything to begin. We need to begin with what we have, and add knowledge every day. If we leave it sleeping, it rots:

that is Part 2, Decision. And without attention, even seeing it is hard: that is Part 3, Attention.

## The whole picture: three enemies, three strengths

The three enemies work together, each feeding the next. Each piece of this message is a strength that defeats one of them.

**Piece 1 · Wealth**

### Enemy: the eye of lack

✕ We look at what we are missing. Excuses are born, and we fight shadows.

✓ **Strength: Wealth. See what you have.**

↓ Once we believe we have nothing, we do not decide.

**Piece 2 · Decision**

### Enemy: not acting

✕ We give what we have no work. It rots in silence: disorder (entropy).

✓ **Strength: Decision. Give it work today.**

↓ And that disorder gets into the head too.

**Piece 3 · Attention**

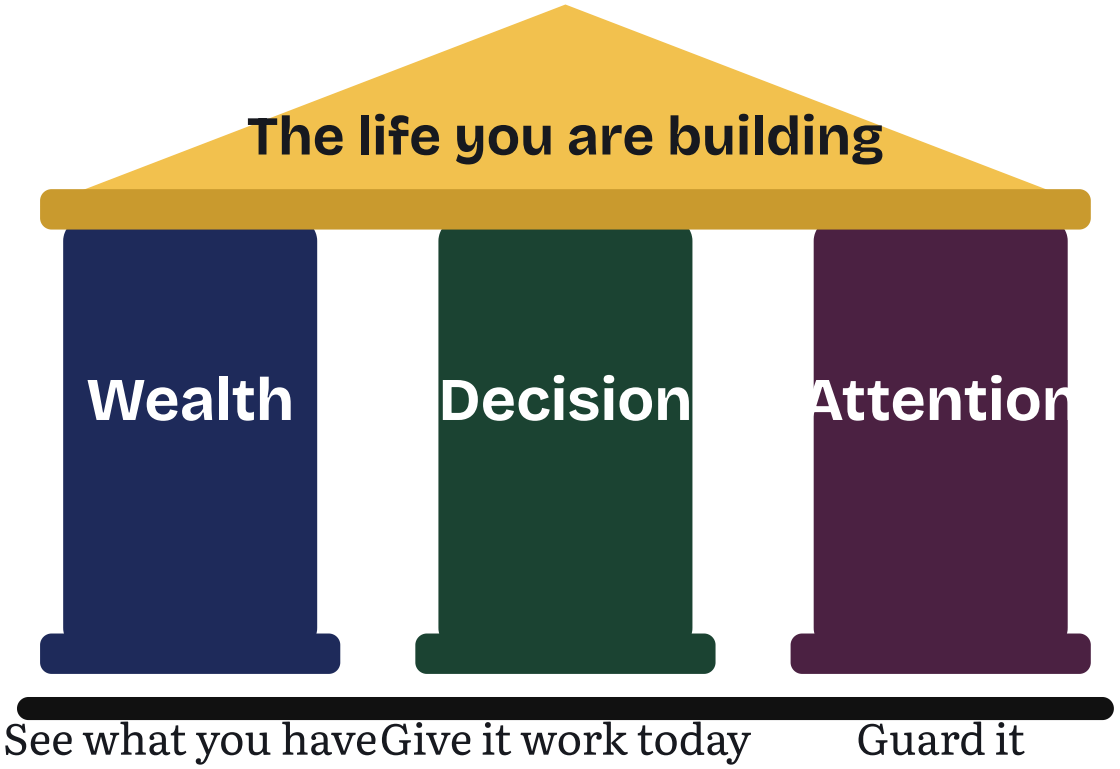
### Enemy: scattered attention

✕ A mind left unguided scatters and leaks, drop by drop.

✓ **Strength: Attention. Guard your attention.**

**The enemies' loop:** once attention has scattered, we go back to looking at what we lack, and the trap starts again.

### Three strengths, one structure




**You are here: Part 1. The other two pieces complete the picture.**

## Start today: three steps

1. Learn one new thing every day, even for 30 minutes.
2. Write down ten things you have today, and how each one can produce for you.
3. Take one small step towards your goal today, with no excuse.

## Choosing is not deciding

> **There is a difference between choosing and deciding.**
> **Make a decision now.**

Seeing the wealth you have is only the beginning.

To decide is to choose one thing among many, leave the others, and then hold to it because you understand it. Part 2 explains this in depth.

Human beings have the capacity to design, build and live extraordinary lives, **if only they believe it is possible**.

## Are you ready to change your outlook and begin to see the abundance of opportunities all around you?

There may be someone you love who is stuck today, blaming the government, their salary or the lack of capital, without knowing that their real enemy has a name. **Now you know it.** And knowledge is the only wealth that grows when you give it away.


FOR OWNERS OF BUSINESSES AND INSTITUTIONS

### You cannot use what you cannot see.

Many institutions have their abundance scattered: money in one book, people in another, and skill in one person's head. The whole system shows you what you have, in one place.

Your learning, your business, your people: one system.

See the whole system →

## Share this message

If this message has benefited you, send it to others as your thanks to the author.

That is the first step in removing ignorance for the people you care about.

**Share it in your family, work and friends' groups.**

This part is one piece of the whole picture. You have now seen the abundance you have. Part 2 shows why you should not let it sleep; Part 3, how to guard it.

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### Sources


1. Mwalimu Julius K. Nyerere: the nation's three enemies (poverty, ignorance and disease), from Tanganyika's independence, 1961.
2. An old saying, often attributed to the philosopher Seneca.
3. Studies of these places: the coffee and banana gardens of Kilimanjaro and young people moving to towns (FAO; IIED); avocado and trees in Njombe and Iringa (AJEMPR; International Journal of Forestry Research, 2021); coffee in Mbinga (Rural Planning Journal); cloves and migration from Pemba (Zahor, 2009; Hamad, 2023).


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