

PRECISION LIVING

VOLUME 1 - ISSUE 11-24

PRECISION | RESOLUTION | INSPIRATION | MOTIVATION | EDUCATION



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WELCOME TO OUR

PRECISION LIVING ISSUE



Welcome to the inaugural issue of 'Precision Living', where we embark on an exciting journey towards mastering the art of living with precision. At Prime Precisions, our mission is to empower you with the tools and insights needed to navigate life with clarity, purpose, and exactitude.

In today's fast-paced world, precision is not just a skill; it is a way of life. It is about making deliberate choices, setting clear goals, and executing plans with unwavering focus. Our magazine is dedicated to exploring the myriad ways in which precision can enhance every aspect of your life, from personal development to professional success.

Each issue of 'Precision Living' will bring you thought-provoking articles, expert advice, and practical strategies designed to help you cultivate precision in your daily routines.

We believe that by honing this skill, you can unlock your full potential and lead a life that is not only successful but also deeply fulfilling.

As you turn the pages of this first edition, we invite you to join us in this pursuit of excellence. Together, let's discover how precision can transform your life and help you achieve your most ambitious dreams. Welcome to a world where every action is intentional, and every moment is lived with purpose.

Reuben Mueema

**Editorial Director
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“Precision is not just about doing things right; it's about doing the right things.”





MASTERING PRECISION

A BLUEPRINT FOR LIVING YOUR BEST LIFE

One sunny afternoon, Oliver and his father visited a local toy shop, a place brimming with every kind of toy imaginable. Oliver's eyes widened with excitement as they entered the shop, the shelves towering above him like a treasure trove of wonders.

His father, mindful of their tight schedule, gently reminded Oliver that he had only a few minutes to choose a toy. The boy nodded eagerly, his mind racing with possibilities. As he wandered through the aisles, Oliver was overwhelmed by the sheer variety of toys. There were robots that beeped and whirred, plush animals with soft, inviting fur, and intricate puzzles that promised hours of entertainment.

Oliver's heart raced as he picked up a shiny red fire truck, only to put it back moments later when a set of colourful building blocks caught his eye. He moved from one aisle to another, each toy calling out to him with its unique allure. The minutes ticked by, and Oliver found himself caught in a whirlwind of indecision, unable to settle on just one toy.

His father, initially patient, began to glance at his watch with increasing frequency. The shop was bustling, and they had other errands to run. Oliver, sensing his father's growing impatience, felt a knot of anxiety tighten in his stomach. He wanted to make the perfect choice, but the pressure of time made it difficult to think clearly.

Eventually, his father approached him, a hint of frustration in his voice. 'Oliver, we really need to go now,' he said, gently but firmly. Oliver looked up, his eyes filled with disappointment and a tinge of regret. He hadn't been able to decide, and now the opportunity was slipping away. His father took his hand, and together they left the shop, Oliver casting one last longing glance at the toys he had left behind.

This experience taught Oliver an important lesson about decision-making and the value of precision. He realised that sometimes, having too many choices can be overwhelming, and that being decisive is a skill that requires practice and focus. As they walked home, Oliver resolved to be more mindful in the future, understanding that mastering precision in his choices could lead to a more fulfilling and less stressful life.

It is unfortunate that many people navigate through life without a clear sense of direction or purpose. This lack of precision often results in a tendency to 'beat about the bush', where individuals engage in activities or make decisions without fully considering their long-term goals or the impact of their actions. This can lead to a life that feels unfulfilled or lacking in meaningful progress.

Living with precision involves being intentional about one's actions and decisions. It requires a clear understanding of one's values, goals, and priorities, and making choices that align with them. This intentionality can lead to a more focused and satisfying life, where each step taken is purposeful and contributes to one's overall vision.

The Bible offers wisdom on the importance of precision and intentionality. Proverbs 4:25-27 (NIV) advises, 'Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.' This verse underscores the importance of maintaining focus and being deliberate in one's actions, avoiding distractions that can lead one astray.



By embracing precision in life, individuals can cultivate a sense of clarity and direction. This involves setting clear goals, making informed decisions, and consistently evaluating one's progress. Such an approach not only enhances personal growth but also contributes to a more meaningful and impactful life.

Living your life with precision can often seem daunting, but with the right tools and mindset, you can achieve it with grace and ease. Precision is not just about being accurate; it's about being intentional and mindful in every aspect of your life. From managing your time effectively to making meaningful decisions, precision can enhance your daily experiences and lead to a sense of fulfilment.

Precision living is not merely about meticulous planning or rigid routines; it is about cultivating a mindful approach to every aspect of life. By focusing on what truly matters, individuals can align their actions with their values, leading to a more fulfilling and purpose-driven existence.

Precision living is a concept that can seamlessly integrate into different facets of our daily life. These include:

- **Time management:** By meticulously planning and allocating time to various tasks, individuals can maximise productivity and minimise stress. This involves setting clear priorities, creating detailed schedules, and adhering to them with discipline. Precision in time management allows for a balanced lifestyle where work, leisure, and personal growth are all given their due attention.
- **Financial management:** By maintaining detailed budgets, tracking expenses, and setting specific financial goals, individuals can achieve greater financial stability and security. Precision in financial planning helps in avoiding unnecessary expenditures, saving for future needs, and making informed investment decisions.




- **Health and wellness:** This includes following a precise diet plan, adhering to a regular exercise routine, and scheduling regular health check-ups. Precision in health management ensures that individuals maintain optimal physical and mental well-being, which is foundational to living a fulfilling life.
- **Communication:** By being clear and concise in expressing thoughts and intentions, misunderstandings can be minimised. This involves active listening, thoughtful responses, and careful consideration of the impact of one's words. Precision in communication fosters trust and understanding, which are essential for strong relationships.
- **Personal development:** Setting specific learning goals, choosing the right resources, and following a structured plan can lead to more efficient and meaningful growth. Precision in personal development ensures that efforts are focused and progress is measurable, leading to a more rewarding journey of self-improvement.

Ultimately, living with precision is about balance and adaptability. It requires us to be flexible in the face of change while maintaining a clear focus on our objectives. This approach not only enhances our ability to navigate life's complexities but also empowers us to live authentically and with intention.



People who set specific goals are 10 times more likely to achieve them than those who don't.





The agony of beating about the bush in life often stems from the frustration and inefficiency that accompany indecision and lack of clarity. When individuals avoid addressing issues directly, they expend unnecessary energy on peripheral matters, which can lead to a sense of stagnation and dissatisfaction. This indirect approach can prevent people from achieving their goals, as they become entangled in a web of distractions and unproductive activities.

Living without precision can lead to missed opportunities and regret. When people are unclear about their intentions or hesitant to take decisive action, they may find themselves stuck in a cycle of procrastination. This can result in a failure to seize moments that could have been pivotal in their personal or professional lives.

The emotional toll of not addressing matters head-on can be significant. Individuals may experience increased stress and anxiety as they grapple with unresolved issues. This can affect their mental well-being and overall quality of life.

Relationships can also suffer when people beat about the bush. Communication becomes strained as individuals fail to express their true feelings or intentions. This can lead to misunderstandings, resentment, and a breakdown in trust.

In the workplace, a lack of precision can hinder career progression. Employees who are unable to articulate their ideas clearly or who avoid taking responsibility may find themselves overlooked for promotions or new opportunities.



PURPOSEFUL *living*

Discovering your life purpose is more or less like prospecting for precious minerals.

It is foolhardy to start mining without prospecting. When prospecting, miners hunt for crucial leads on where to find the precious minerals.

In earlier times prospecting involved roaming around various places looking for clues that may indicate the presence of certain precious minerals.

Hunting for such clues would lead to discoveries of major mineral reserves

that no one would have thought they ever existed.

The same way miners cannot begin to dig after something before they are sure it exists, we cannot begin to live our life purpose unless we are first discover what it is.

Each one of us was created and placed on earth at such a time as this for a particular purpose. You are not a mere fluke of nature. You are the only you on Earth, and you have a divine mission to accomplish. You were created on purpose, for a purpose.

Waking up and feeling purposeless can be incredibly frustrating. The emptiness, confusion, aimlessness, lack of sense of direction preoccupies the heart of a person who is yet to find what they were created for.

We must understand what we are on earth for at this precious moment in time if we are going to live fulfilling lives. The sense of direction that emanates from understanding our life purpose compels us to hop out of bed each morning with venturesomeness and walk with a spring in our steps.

Understanding our life purpose, has however been made to sound like rocket science to many people. Most people never get to know what their life purpose is because they are looking for it in the wrong places. No one wants to work so hard and at the end realize that they were backing up the wrong tree.

God wants us to understand why we are on earth today and at such a time as this. The Holy Spirit is here to guide and teach each one of us that believes so that we will not operate like the world does. Whatever you need to know, He will make it known to you.

John 16 verse 13 says, "Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come."

We have received the Holy Spirit so that we might no longer walk in darkness, beat about the bush or operate through trial and error.

Proverbs 20 verse 27 says, "The spirit of man is the candle of the LORD, searching all the inward parts of the belly." When a person gets born-again, they are made alive in the spirit. The inner man, who is the hidden man of the spirit carries the purpose of God in us.



The Spirit of God whispers to our spirit of the purpose that is ordained of God for us. It is therefore impossible to find our life purpose without focusing on the man of the spirit.

Many people lose direction in life when they begin to look for their life purpose while relying on things, clues and signals out there instead of listening to the witness of the Spirit of God whispering on the inside of us.

In Jeremiah 1 verse 5, God speaks to Jeremiah and says, “Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.” As the Word of the Lord came to Jeremiah, He was made to understand what He was created for.

We have all been created for different responsibilities in the Kingdom of God. As we fellowship with the Spirit of God, we begin to hear Him witnessing on our inside about what we ought to do at any point in time.

The Bible in second Corinthians 12 verse 12 says, “For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.” The different members of our human bodies serve different purposes but altogether they are working towards one ultimate goal, the edification of the whole body.

Whatever your purpose is, it is crucial and required for the edification and elevation of the body of Christ and the advancement of the Kingdom of God on earth.

Around the world, many people are living and sitting on treasures without their knowledge. What we do not discover, we lose. Many people have lived and died before they understood why God placed them on earth at that particular point in time.

First Chronicles 12 verse 32 speaks, "Of the tribe of Issachar, men who understood the times, with knowledge of what



Israel should do..." Today many people are walking in emptiness, confusion, aimlessness because they lack the the understanding of what they ought to do hence they operate most of the times outside God's purpose for their lives.

Nothing beats the beauty of being where God wants you to be. A great lot of people again are still lost because they are relying too much on human guidelines in trying to discover their life purpose. Any guideline that seeks to help people discover their life purpose must always point them to God.

It is because most people are looking at the wrong places as they work to discover their life purpose, that they end up never finding it.

When you discover your life purpose and begin to live it:

- **Your life will be full of joy and excitement.**
- **Whatever you do will bring you fulfillment.**
- **You will no longer feel stuck in life.**
- **You will have fervor to live even when you are going through challenges.**

You may be asking, "How can I discover my life purpose?" Here's how:

Pray for Direction:

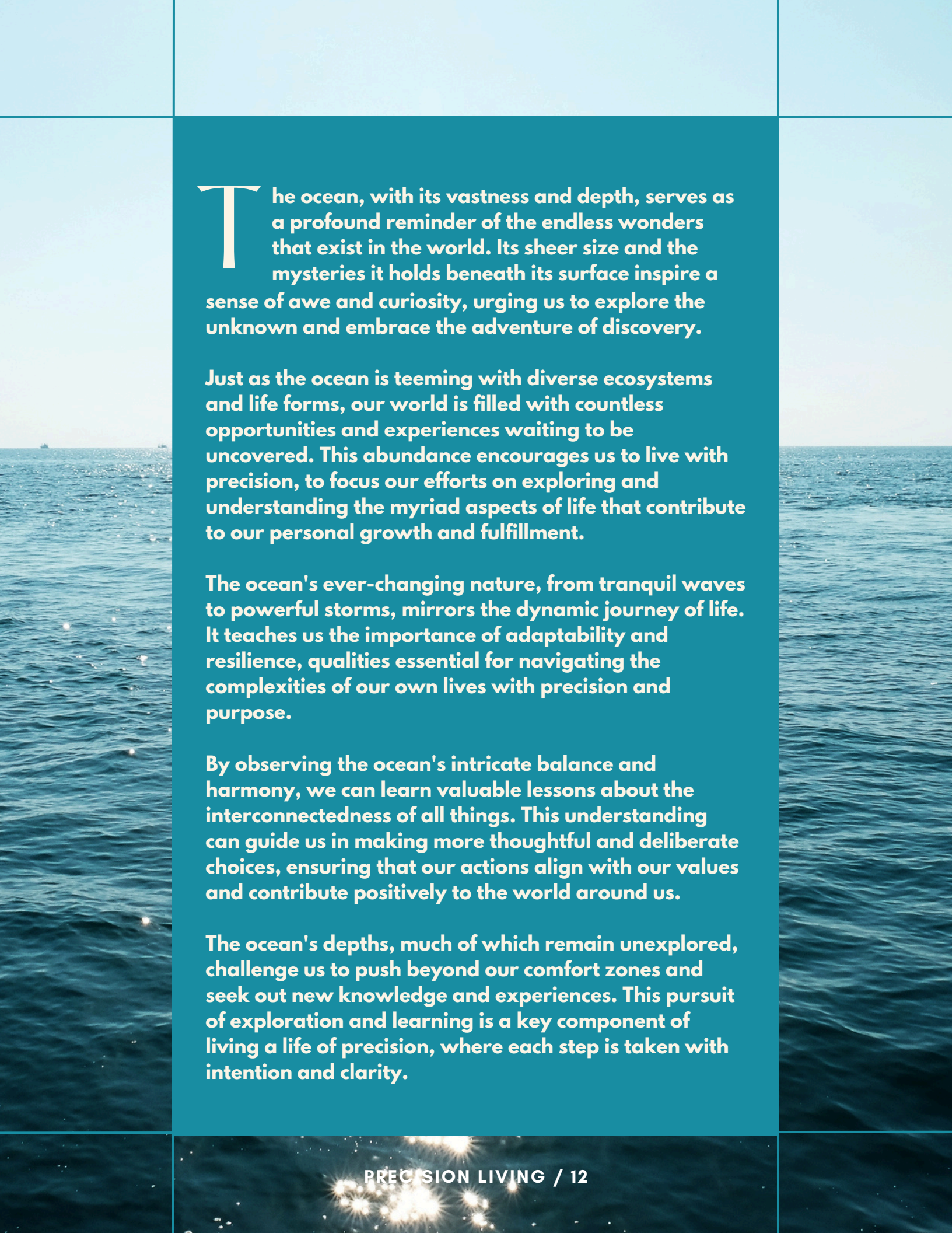
If you feel purposelessness, ask God for guidance on what you ought to be doing. He desires you to have a joyful, ambitious, purposeful life.

Delve into the Word of God

God continuously speaks to us through His word. As you spend time prayerfully studying the Word of God, the Holy Spirit begins to reveal certain things to you that you need to know.

Psalm 119:105 says, "Thy word is a lamp unto my feet, and a light unto my path." The reason why most believers struggle with direction is because, they never spend time in prayer and the word.





The ocean, with its vastness and depth, serves as a profound reminder of the endless wonders that exist in the world. Its sheer size and the mysteries it holds beneath its surface inspire a sense of awe and curiosity, urging us to explore the unknown and embrace the adventure of discovery.

Just as the ocean is teeming with diverse ecosystems and life forms, our world is filled with countless opportunities and experiences waiting to be uncovered. This abundance encourages us to live with precision, to focus our efforts on exploring and understanding the myriad aspects of life that contribute to our personal growth and fulfillment.

The ocean's ever-changing nature, from tranquil waves to powerful storms, mirrors the dynamic journey of life. It teaches us the importance of adaptability and resilience, qualities essential for navigating the complexities of our own lives with precision and purpose.

By observing the ocean's intricate balance and harmony, we can learn valuable lessons about the interconnectedness of all things. This understanding can guide us in making more thoughtful and deliberate choices, ensuring that our actions align with our values and contribute positively to the world around us.

The ocean's depths, much of which remain unexplored, challenge us to push beyond our comfort zones and seek out new knowledge and experiences. This pursuit of exploration and learning is a key component of living a life of precision, where each step is taken with intention and clarity.



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FAITH & FITNESS

PROMOTING PHYSICAL FITNESS

Thousands of sermons have been preached about the soul, spirit and the mind, but you can hardly hear preaching about the body.

I frequently come across people who believe that a Christians should not bother about physical fitness because exercise is worldly.

I have personally met believers who have tried to discourage other believers from taking time for physical fitness.

What does God say about our bodies?

First Corinthians 6 verse 13b says, “... Now the body is not for fornication, but for the Lord; and the Lord for the body.”

Many believers ignore their bodies as if they don't matter. However, everything God created has a purpose. God created our bodies and He intends to make use of them.

Jesus had a body, not accidentally or incidentally but because God has a purpose with our bodies.

On earth, it is impossible for us to operate unless we are in this physical bodies. It is what God has created for us to use as we interact with our physical world in doing what He formed us to do.

Unless you are in this physical body, you cannot be of use for the Kingdom of God on earth today.

As good stewards of what God has given us, we must also work to keep our bodies in the best form.

In first Corinthians 6 verses 19 and 20, He proceeds further to say, “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”

God has come to dwell in our earthly bodies by the Holy Ghost and we must therefore take care of our earthly bodies because they serve a godly purpose on earth.

We are caretakers, stewards and managers of our God given bodies in which God has come to make a dwelling.

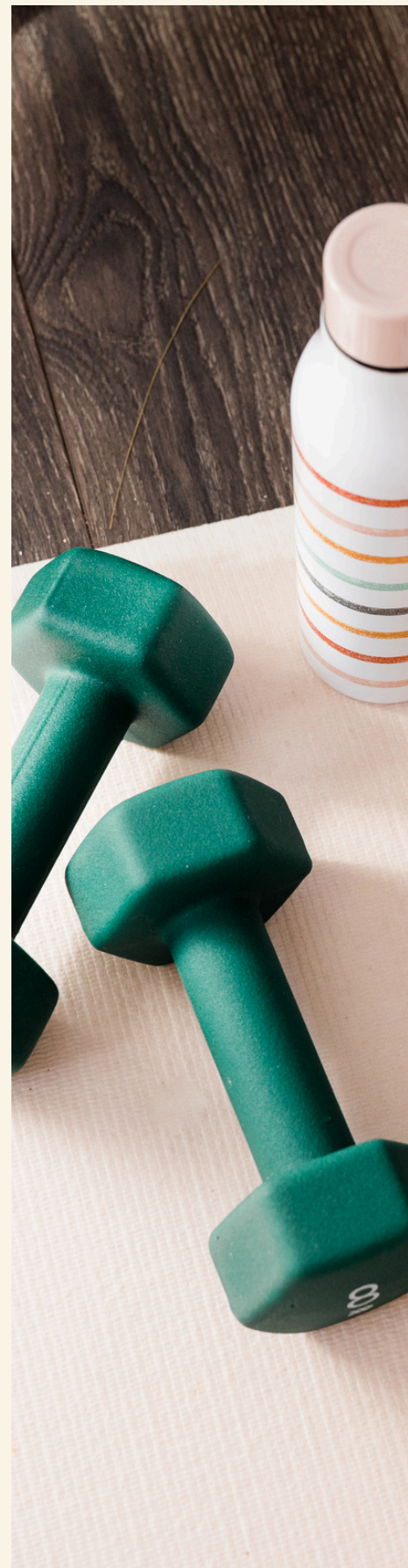
Physical fitness is one of the ways to the ways through which we can take care of our bodies and keep them in the best form.

First Timothy 4:8 says, “For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”

The above verse emphasizes the benefit of godliness above bodily exercise but it does not insinuate that it is useless to exercise. Exercise is valuable but of course its value can never be equated to the value of godliness. Physical exercise is of benefit on earth but godliness is of benefit both in this life and the life to come.

Ephesians 5 verses 28 and 29 says, “So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:”

As Paul taught on how men ought to love their wives, he used an allegory of how we ought to nurture and treasure our bodies.



Today, it is easier than ever to eat unhealthy foods and not exercise. Majority of believers do not exercise regularly nor take the time to prepare healthy meals. All these acts take discipline and self-control to accomplish.

We must maintain our physical fitness for us to be able to properly do what God wants us to do.

Some of the leading cause of ill health and death are related to lack of exercise.

The benefits of physical exercise in our lives can never be ignored.

Physical fitness helps to:

- Control body weight.
- Lower risk of heart diseases such as high cholesterol, coronary artery disease, high blood pressure and heart attack.
- Manage blood sugar and insulin levels.
- Improve mental health.
- Improve the structure and function of the brain.
- Strengthen our bones and muscles.
- Improve quality of sleep.

As we exercise, we should never idolise our bodies but our intention should be to glorify God in them.

First Corinthians 10:31 says, “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” Therefore, as we exercise, we must only do it for the glory of God.

“Jesus had a body, not accidentally or incidentally but because our God has a purpose for our bodies.”



In the Christian perspective, physical fitness can be likened to the discipline of prayer. Just as prayer requires consistency, dedication, and a focus on spiritual growth, maintaining physical fitness demands regular exercise, commitment, and attention to one's physical well-being. Both practices aim to strengthen and nurture different aspects of the human experience—spiritual and physical—ultimately contributing to a balanced and fulfilling life.

Consider the body as a temple, a concept highlighted in Paul's teachings. Just as one would care for a sacred space with reverence and responsibility, physical fitness involves honouring the body through healthy habits and exercise. This analogy highlights the importance of stewardship, where maintaining physical health is seen as a form of respect for the life and body given by God.

Physical fitness can also be compared to the Christian journey of faith. Both require perseverance, patience, and a willingness to overcome challenges. In the same way that faith grows through trials and steadfastness, physical fitness improves through overcoming obstacles and pushing beyond comfort zones. This parallel underscores the idea of growth through effort and resilience.

The relationship between physical fitness and Christian values can be seen in the concept of balance. Just as Christians strive for a balanced life that includes prayer, work, and rest, physical fitness involves balancing different types of exercise—strength, flexibility, and endurance. This balance is essential for holistic health, mirroring the Christian call to live a well-rounded and harmonious life.



CHOOSING THE RIGHT CAREER PATH

MAKING A CHOICE THAT FITS YOUR PERSONALITY

Choosing the right career is a pivotal decision that can significantly impact one's life satisfaction and overall well-being. It is not merely about selecting a job that pays well or is in high demand; it is about aligning one's professional path with personal values, interests, and innate strengths. A precise career choice can lead to a fulfilling and rewarding life, where work becomes a source of joy rather than a mere obligation.

Emily had always been fascinated by the world of architecture. From a young age, she would spend hours sketching buildings and imagining the stories they told. Her parents, however, were keen on her pursuing a career in law,

believing it to be more stable and prestigious. Torn between her passion and her family's expectations, Emily faced a pivotal decision after completing her High School.

Emily decided to take a gap year, hoping that some time away from academia would provide clarity. During this period, she interned at a local architectural firm, where she was immediately captivated by the creative process and the tangible impact of design on people's lives. She found herself thriving in the environment, her sketches evolving into more sophisticated designs under the mentorship of seasoned architects.

Despite the pressure from her family, Emily chose to follow her heart and enrolled in an architecture programme at the university. Her decision was met with scepticism, but she was determined to prove that her choice was the right one. Throughout her studies, Emily excelled, earning accolades for her innovative designs and dedication to sustainable architecture.

Upon graduation, Emily secured a position with an architectural firm. Her career flourished as she worked on projects that not only challenged her creatively but also aligned with her values of environmental responsibility. Her work was recognised in industry publications, and she shares her journey to inspire others to pursue their passions.

Years later, Emily reflected on her decision. She realised that choosing a career aligned with her interests and values had been crucial to her happiness and success. Her story is a testament to the importance of making career choices based on personal passion rather than external pressures. By living with precision and staying true to herself, Emily not only built a successful career but also crafted a fulfilling life.

Prime Precisions leverages its Career Test to guide individuals towards career paths that resonate with their personality, ensuring they make the choice with precision. By evaluating various aspects of your personality, the Prime Precisions Career Test delivers actionable insights designed to empower you to embark on a path that truly fits.

Whether you're looking to make a significant career shift or fine-tune your current trajectory, our approach supports you in making choices that reflect both your ambitions and lifestyle. Trust in a system that focuses on precision to forge a path to career satisfaction.

The Prime Precisions Career Test is a tool designed to aid individuals in making informed career decisions. This test is grounded in the VISTA Model, a comprehensive framework developed by Reuben Muema.



The model emphasizes the importance of understanding and integrating five key elements: Values, Interests, Strengths, Talents, and Abilities.

By evaluating these components, the test provides insights into careers that align with an individual's unique profile.

- Values are the core principles and beliefs that guide an individual's actions and decisions. In the context of career choice, understanding one's values helps ensure that the work environment and organizational culture resonate with personal convictions. This alignment is crucial for long-term job satisfaction and motivation.
- Interests refer to the activities and subjects that naturally captivate an individual. When a career aligns with one's interests, it fosters engagement and enthusiasm, making work feel less like a chore and more like a passion. Following one's interests directs individuals towards professions that they are genuinely excited about.
- Strengths are the inherent qualities and skills that an individual excels at. Recognizing these strengths is vital for choosing a career where one can thrive and contribute effectively. The VISTA Model encourages individuals to focus on their strengths, ensuring that their career path leverages these attributes for maximum impact and success.
- Talents are the natural aptitudes or abilities that a person possesses. They are often innate and can be honed over time. Incorporating your talents in your career choice ensures that they are utilized and developed, providing a sense of accomplishment and growth.
- Abilities encompass the learned skills and competencies that an individual has acquired over time. These abilities, when combined with values, interests, strengths, and talents, create a comprehensive profile that can guide precise career choices.





The interplay between Values, Interests, Strengths, Talents and Abilities in the VISTA Model ensures that individuals choose career paths that best fit their unique personalities. A career that suits your unique personality, will allow you to achieve success while thoroughly enjoying what you do.

Precision in making the choice, ensures that one is content and committed in their chosen career paths. You might wonder how to begin this transformation journey, a journey where career choices align seamlessly with who you are at your core. You can access our career test by visiting this URL:

<https://primeprecisions.org/index.php/career-test-2/>

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