

# work on self



MIKE  
UDAM

# work on self



MIKE  
UDAM



**Copyright © 2025 by Mike Udam**

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher at the address below.

Publisher:  
Scholars' Spot  
(Centre for Research, Editorial and Publishing Services)  
Tai Solarin University of Education, Ijagun,  
Ogun State, Nigeria  
+234(0)7080030792

Printed in Nigeria by:  
Jerry Koncepts, Abak

**ISBN: 978-978-777-488-5**

For more information:  
Email: [mikeudeyudam@gmail.com](mailto:mikeudeyudam@gmail.com)  
+2348032496398

# Dedication

**T**o all men and women who are willing to work on themselves to be worthy of his calling

# Table of Content

Dedication	-	-	-	-	-	iii
Table of Content	-	-	-	-	-	iv
Foreword	-	-	-	-	-	vi
Preface	-	-	-	-	-	ix
Acknowledgment	-	-	-	-	-	x
Work on Self	-	-	-	-	-	1
Work on Your Heart	-	-	-	-	-	5
Managing Your Priorities	-	-	-	-	-	8
Managing Your Friends	-	-	-	-	-	12
Potatoes, Eggs and Coffee Beans	-	-	-	-	-	17
Managing Failure	-	-	-	-	-	19
Basic Truth from the Bible	-	-	-	-	-	22
Managing Criticism	-	-	-	-	-	24
Management of Success	-	-	-	-	-	28
Management of Contentment	-	-	-	-	-	31
Management of Greed	-	-	-	-	-	34
Managing Expectations	-	-	-	-	-	37
Management of Anger	-	-	-	-	-	42
Management of the Tongue	-	-	-	-	-	46
The Power of Appreciation	--	-	-	-	-	50
Managing Your Tongue Even in a Quarrel	--	-	-	-	-	53
Managing Your Online Presence	-	-	-	-	-	55
Management of the 21st Century "Side Chic"	-	-	-	-	-	60
The Power of Social Capital	-	-	-	-	-	64
The Nine Fundamental Laws of God	-	-	-	-	-	68

7 Essential Truths Every Christian Man Must Embrace - - - - -	73
Tracing the Root of the Sin in My Life - -	77
When the Last Curtain Falls - - -	81
The Power of Discernment in the Christian Life -	83
The Theory of the 2nd Address - - -	86
The Theory of the Back Pocket - - -	88
There is No Middle Ground - - -	91
Management of Contrary Wind - - -	94
It is My Timeline - - - - -	96
The Power of Prevention - - - - -	98
Becoming a Better Person in 2025 - -	101
Tell Yourself the Truth - - - - -	104
The Power of Restraint - - - - -	107
References - - - - -	110

# Foreword

There are few undertakings more noble, more necessary, and more demanding than the intentional work a person commits to doing within himself. In a culture obsessed with appearances, achievements, and external accolades, the call to *work on self* stands in stark contrast. It is a quiet, often unseen labour. It requires humility, honesty, and a deep hunger to be shaped, not by trends or applause, but by truth.

When Dr. Mike Udam handed me the manuscript of this book, I sensed immediately that it was not merely a collection of lessons but the fruit of years of lived experience, ministry, personal wrestling, and spiritual clarity. *Work on Self* is not theoretical. It is not an attempt to impress. It is a practical, passionate, and piercing guide for any believer, especially the Christian man, who has grown tired of spiritual stagnation and is ready to live authentically and powerfully under God's instruction.

This book confronts the reader. Gently at times, boldly at others. It will not let you hide. It will not flatter. Instead, it asks the most uncomfortable and yet transformative questions: How is your heart? What are your true priorities? Who speaks into your life, and how do you respond to failure, criticism, or temptation? These are not questions for the faint of heart, but they are essential for anyone who desires to grow in grace and truth.

Dr. Udam addresses subjects many would rather avoid. The subtle deceit of greed. The hidden grip of anger. The silent destruction of comparison. He goes further to explore the role of friends, the power of speech, the spiritual dangers of our digital presence, and even the contemporary complexity of managing relationships in an age of moral decay, including the 21st-century "side chic" phenomenon. These are not mere chapter headings; they are battlegrounds. And in each of them, the author provides not only biblical guidance but also real-life context that is refreshingly relevant.

There is a profound respect for Scripture in these pages, not as a religious ornament, but as a compass. From Judas to Peter, from David's repentance to Paul's endurance, *Work on Self* grounds its insights in the lives of men who succeeded and failed, who fell but rose again. The book doesn't just preach, it teaches, corrects, exhorts, and builds. Whether it is the wisdom of contentment or the courage to confront one's online life with integrity, the reader is constantly pointed toward godly self-mastery.

One of the most striking aspects of this book is its unapologetic tone. It does not sugar-coat the truth. It does not shy away from the hard edges of Scripture. And yet, it never strays from love. Dr. Udam writes like a shepherd who has wept over his flock. Like a father who longs to see his sons stand upright. Like a man who has seen what happens when we neglect the hidden parts of our lives, and what can happen when we finally give God full access to them.

In my years of ministry, I have met many who wish to change the world but haven't first changed their own hearts. *Work on Self* reminds us that public influence

without private integrity is a recipe for collapse. That true leadership begins with self-leadership. The work of transformation must begin in the mirror before it can move to the platform.

This book will challenge you. But more than that, it will equip you. You'll be reminded that managing your emotions, your time, your relationships, your words, your spiritual disciplines, and your desires is not optional; it is the foundation of your testimony. Dr. Udam does not claim perfection, but he does offer something far more valuable: faithfulness. And from that place, he writes as a man who has walked the journey and now invites others to do the same.

To the reader: open this book with an open heart. Be honest with yourself as you turn each page. Don't rush. Let the Holy Spirit convict where conviction is needed. Let the Word of God renew where wounds have lingered too long. And let this be the moment when your journey inward becomes the Launchpad for a life that brings glory to God.

I believe with all my heart that this book will be a guide to many, especially Christian men navigating the complex, distracted, and demanding terrain of our time. And I am honoured to commend it to you, not as a scholar, but as a fellow pilgrim who believes that the greatest revival we need is not in the world around us, but in the man within.

Let the work begin. Let it begin with *you*.

**Obeten Okoi Oka, Evangelist, Ph.D**

# Preface

**I**n a world teeming with distractions, temptations, and relentless demands, the journey of self-management stands as both a necessity and a challenge. This book, *Self-Management*, is born out of a deep conviction that true transformation begins within. It is a call to introspection, discipline, and alignment with divine principles—a roadmap for those who desire not just to navigate life but to master it with wisdom and purpose.

The pages that follow are not mere theories but timeless truths rooted in Scripture and tested by experience. From the battlefield of the heart to the pitfalls of unchecked anger, from the seduction of greed to the discipline of priorities, each chapter addresses a critical facet of personal growth. The stories of biblical figures like Moses, David, Peter, and Judas serve as mirrors, reflecting both the consequences of failure and the power of redemption.

This book is for the Christian who longs to rise above mediocrity, for the leader who seeks to steward influence wisely, and for the individual who understands that spiritual maturity is the foundation of every lasting achievement. It is a manual for those ready to confront their weaknesses, refine their character, and embrace the narrow path that leads to life.

As you embark on this journey, may you be challenged, convicted, and ultimately transformed. For only when we manage ourselves can we effectively lead others toward Christ.

**Mike Udam. Ph.D, Ogoja, Nigeria**

# Acknowledgement

I thank my wife Alice for always taking care of me to be strong to wake up and write in the night.

I thank Dr Obeten Okoi for taking out time to write the forward.

I appreciate my dad and mum for checking up on me daily and asking how I am faring without knowing a book is in the offing.

I am grateful to Diane and Doug Wheeler and his Mother Jeanne Wheeler for supporting me to get this book out of the press.

I almost forgot to cheer up my children NT-Rose, Desuok and TrustGod the game changer for their wishing me the best while writing this book.

Glory be to God for making this book a reality.