

# WHY NOT BE THE ONE?

THE SECRET TO BUILDING BOYS  
INTO STRONG MEN



By Quori Grands and Isaiah

# Why Not Be the One? The Secret to Building Boys into Strong Men

## Introduction

Throughout history—specifically Black history—certain teachings have been hidden, suppressed, and even ignored. For some, these teachings are instinctively known or psychologically passed down from generation to generation. For others, they are learned through exposure, association, or attraction. You don't have to beg anyone, stress yourself out, or compromise your integrity to obtain them either. The only requirements are that you are willing to learn independently, invest in yourself, have confidence, and—most importantly—**pay attention**.

Since the title of this book asks, "*Why Not Be the One?*", let's talk about **destiny**, its subcategories, and how it shapes our lives from a personal growth and development perspective. At some point, we've all heard—or said—the proverb, "*You reap what you sow.*" But if not, let me break it down: everything that happens in your future is a result of what you are doing currently or have done in the past, which gives life to your present. In a sense, you're living out your gift.

Yes, **your life is a gift**.

Although the gift is yours, it isn't yours to keep. Your gift is what you are equipped with to move humanity forward. Your body the packaging.

By a certain point in life, we should understand the concept that we get what we give, in terms of effort and results. If that's news to you—then good! You're in for a treat.

Let's go.

First, let me say: effort and results are often subjective. However, something meaningful always happens when momentum is gained or energy is exerted. The "laws" described in this book apply to all areas of life—from personal development to career and finances, and everything in between.

When we talk about **destiny**, we're talking about a predetermined or inevitable course of events that unfolds in our lives—whether we take action or not. Everything we do has either a reward or a consequence attached to it. Sometimes results are immediate; other times, they take days, months, or even years to appear. This is the **law of cause and effect**, also known as karma.

This is one of the most powerful laws. Whatever you do—or think—will always come back to you. So, make sure your moral compass is calibrated.

When discussing cause and effect, we must also consider its partner: the **law of creation**. This law says that life doesn't just happen—we must *make* it happen. If you haven't thought about what you're capable of creating, ask yourself: *Why should anyone call on me?*

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Everyone has something to offer. Every person is equipped with a unique trait or skill they can perform with excellence. For some, that trait is obvious. For others, it's hidden and waiting to be discovered.

Scientifically speaking, once something is created, it cannot remain in its original shape, size, or form forever. You'll see that I have a deep appreciation for science as you read. Think about it: ideas come and go. They can spiral positively or negatively depending on your mental state.

In other words, wherever you envision your future self, your present self can become that—based on the course of actions you take. That's why it's critical to align your thoughts and your actions.

Remember: **ACTIONS SPEAK LOUDER THAN WORDS.**

Just like a tree is judged by its fruit, *as a man thinks, so is he.*

Both of these principles emphasize the connection between internal beliefs and outward behaviors. In this example, *fruit* represents the result of one's effort. But beware—fruit can spoil if you neglect the process during the creation stage. If left unchecked, small issues can grow into major problems. We don't want that.

The mission is to grow and prosper. That leads us to the **law of growth**. Think about how much you've grown over the past few years.

Growth is inevitable—but the goal is to grow with **knowledge, wisdom, and understanding**. We should all strive to become better versions of ourselves. But not everyone does. The good news? You do. That's why you're reading this book. You'll appreciate it later on. Society will, too. Keep reading. Keep learning. And most importantly—**keep growing**. **Water your seeds every day.** That's your responsibility.

Let me explain why.

You are responsible because you will be held accountable for your life—not because I said so, but because that's how life works. By now, you have both the ability to respond and the ability to account for your actions. The **law of accountability** tells us that we shouldn't blame others for our transgressions. We must uphold honor and integrity—even when others don't. The ability to respond is...responsibility. The accountability to be accountable for your actions is...accountability.

If everyone took accountability and committed to personal improvement when needed, we would have stronger connections as human beings. Did you know that the past, present, and future are all connected? Everything that happened in the past affects your present. And what you do in the present determines your future. Let that sink in. Can you connect the dots?

Congratulations—you've just uncovered the **law of connection**.

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Once you see how everything is linked, you'll begin to develop a deeper awareness of your interests—and an appreciation for all things. That's when you begin to make conscious contributions to what moves you. You become more generous, more compassionate to the people and things around you. Those who are grateful for what they have and show generosity towards will be given more. They'll live abundantly. Those who focus on what they *lack* will stay in lack. This is the **law of gratitude**.

A grateful mind doesn't take life for granted. And the best way to show gratitude isn't just to say it—but to **live it**. Every day. It's natural to want more—but first, be grateful for what you already have.

All of these laws work together in a cycle that determines our **destiny**. This cycle mirrors the natural seasons of the Earth. **We are the world.**

Now imagine the world without people. Civilization wouldn't exist. The **law of destiny** teaches that every person has a divine purpose. There is a space only *you* can fill. There is something only *you* can do. You have something good in you.

These seven laws represent a full cycle—a complete season. There is a time for everything, and a season for every activity. Just like the Earth, every season we go through has a pattern and a purpose. Our seasons help us evolve. They teach us who we really are—especially in unfamiliar circumstances.

So, with that being said, it's on *you* to use your experiences to become a better **hue-MAN**. This book is written and designed to raise the consciousness amongst my Brothers—but anyone can receive this message. That includes women, too. These principles apply to *everyone*. You don't have to read it in any particular order either. Just be prepared to challenge yourself and take notes.

**Empower yourself—then empower your Brother.**

**Why not be the one?**

# Why Not Be the One? The Secret to Building Boys into Strong Men

## 1

### The Feelings Factory

“If life doesn’t deal you the right cards, that doesn’t mean that you should throw your hand in. It simply means you have to put on your poker face when you sit at the table.” -Quori Grands

Just before you give up on something, think about why you started—or why the idea showed up in your mind in the first place. Life happens to all of us, just at different times and for different reasons. The events we experience can vary greatly, and unfamiliar situations can easily throw us off if we don’t know how to process what’s happening. These situations don’t discriminate based on age or economic background. What makes the difference is whether we have access to the right information and resources—and how well we use what we’ve learned.

That’s where this book comes in.

Our world is shaped from the inside out—meaning that what happens in our minds eventually reveals itself in the physical world. To change what’s on the outside, you must first shift what’s happening on the inside by adopting a new attitude toward the things that show up in your life. You have to be intentional with your thoughts, your words, and the things you expose yourself to, because they all influence your actions.

The recipe is simple: think before you act, watch what you say, and be mindful of the company you keep. Most importantly, stay aware of what’s happening around you.

Life doesn’t always unfold the way we expect or hope, and that can have a deep impact—especially if we’re not prepared for the unexpected. My goal isn’t to scare you, but to equip you with the knowledge you need to navigate this often-misleading world.

Life happens.

The key is having emotional intelligence—the ability to navigate uncertainty with clarity and self-awareness. There will be bumps and bruises along the way. But at the very least, be prepared. Stay ready so you never have to get ready. And that readiness begins with managing your feelings, your emotions, and your thoughts...

## **Why Education is Important**

“Because of knowledge, wisdom and understanding, I am an opening for the world.

Life educates me and uses me as a conduit for change, in return. Every day that I wake up I make it my personal business to make a change in the world that I live in.”

-Quori Grands

**E**ducation is more than the lessons taught in school. In fact, it begins before primary school and extends well beyond post-secondary education. There is a science to life—and one of the most important parts of it is teaching our young men who they are and how to conduct themselves in this amazing world we live in. When they discover who they are, and learn self-control, they can begin to focus on their “what” and their “why”—what they want to do with their life and why they choose to do it. We all have a purpose. Some of us find ours sooner than others, while many—far too many—never discover theirs at all.

Whatever the reason, only the person who fails to uncover their purpose truly knows why. But once you know who you are and what you want to do with your life, the “how” tends to fall into place. You’ll gain knowledge and understanding along the way, and the help you need will become available. The path will begin to clear, and you’ll be able to share your wisdom with those who need it.

Have you ever noticed how children who excel academically are often afforded opportunities that those who struggle don’t receive? Or how someone who is naturally talented in a particular sport performs effortlessly, often finding a team—or a career—aligned with their passion? Not only are they applying themselves, but they’re doing it in a way that draws attention to their effort and dedication.

Those are just two examples, but this principle applies to any area of interest or expertise.

Discovering who you are is one of the most important things you’ll ever do. It’s not just about your genealogy; it’s about understanding your strengths, your weaknesses, and how to carry yourself in a civilized manner—even in an often-uncivilized world—while respecting cultures and perspectives different from your own...

## Turn the TV Off (oh, and the phones and computers too) Unless You're Feeding Your Mind

“The television has always given us a broad view of how the world operates and smartphones have become the microscope.” -Quori

**T**elevision is a device used to control the mind. With social media and the internet as a whole, smartphones have given everyone the ability to virtually go anywhere and say anything in the process. With discipline, those same devices can be used as tools to increase productivity and elevate your life. Most of us have seen what happens when access to some of the most sophisticated technology in the world falls into the wrong hands. The effects can impact society as a whole—or strike on a cultural level.

It's no coincidence that words like “channel,” “program,” “web,” “show,” and “net” are used to describe the “media” today. *Media* comes from the Latin word *medius*, meaning “middle.” Anything in the middle of something either prevents a connection through separation or binds things together by way of a controlled variable. Now, back to my point: take a moment to look up the definitions of the words I quoted above, and you'll see how they are all connected. The definitions further explain why it's no accident that these terms are used when describing the electronic instruments that entertain us throughout the day.

As nouns, these words may seem harmless. But when used as verbs, they can become quite manipulative. As a result, many people's minds are being finessed by that little rectangular device they can't seem to live without. They're everywhere—on the walls of your home and the dashboards of modern cars. In the palms of 90% of the world's population and on the desks of almost every business. The question is: who's to blame?...

## **Release the Shackles of Mental Slavery**

“Slavery leads any-body to physical destruction. The temple that doesn’t get renovated will eventually deteriorate.” -Quori Grands

**E**nslavement was how the Africans who were brought to the Western world “took care” of their families. The post-traumatic mental stress brought on by the inauguration of slavery hundreds of years ago still has a serious effect on many people today—and it continues to damage some of our boys. However, it wasn’t all physical. Slavery originated in psychological and emotional forms long before it was ever enforced physically. This anxiety has been passed down through ideologies from one generation to the next. Sadly, it still exists today—in several ways, by the way.

We have all, at some point, subconsciously subscribed to or contributed to the reality of mental slavery. In fact, the strong desire—or desperation—to be accepted is often at the root of mental slavery, especially when acceptance requires compromising your integrity. To alter your consciousness, you must change the information being transmitted to your mind. It’s possible. We are an ingenious people. Humans have the intelligence to advance civilization, while every other life form operates instinctively and solely for survival.

As human beings, our limitations exist only in what we lack physically. Many people are truly unaware of who they are or what they’re capable of contributing to society, so they settle. While it is a personal choice to be satisfied with where you are, it is neither a wise decision nor an advisable one. And I’m not talking about material possessions. I’m speaking from a developmental standpoint...

## Acknowledge the Culture, Keep the Peace

“True culture dwells in the hearts of the people. You can acknowledge one’s culture by appreciation and without appropriation. Culture is not restricted to race but race relations help many cultures thrive.” -Quori Grands

**P**ace is the absence of chaos. If there is no chaos, then that indicates some form of order has been established—which means rules or laws are being obeyed. To acknowledge something simply means to no longer be ignorant of it, or to accept the truth or existence of a thing. It doesn’t mean that you have to agree with it or support how it functions, but at the very least, the state of confusion or unawareness no longer exists.

This is why I always say: when you know better, you should do better—especially when it involves traditions, cultures, and customs. Culture is the shared beliefs, values, and practices of a group of people. When there is peace or understanding amongst people, nations, or cultures, more can be accomplished. If everyone understood that peace is a gateway to understanding, many of the issues we face today would not exist. This shouldn’t be a secret.

Every business has a set of expectations for how its employees should conduct themselves. Schools have distinct cultures amongst the student body. Culture provides context for religious beliefs. Even pop culture has become increasingly prominent and influential in political arenas. No doubt, we are multi-cultural beings! The question is: how do you represent your culture? Notice the question didn’t ask how you feel about other cultures. The question was redirected to *you* on purpose.

If there is self-respect and decency within, it will reflect on the exterior...

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**What's Feeding You?**

“Managing your appetite is the first element of self-discipline. If you can control what you consume then you can control everything else.” -Quori Grands

We all rely on someone or something for information at some point or another. Children need their parents for support. Healthy family dynamics are necessary for a home to function effectively, but I know this is something unfamiliar to a lot of people. This is what feeds me—sharing information with others and learning new things as I continue to live. Being of service to others is fulfilling to me. So, I ask: what are you eating (food consumption), and who's feeding you (friends and entertainment)?

Take inventory of what you're putting into your body and the activities that take up your time. How do those things serve you? Do you feel good at the moment, only to later realize you were wasting your time? Don't allow negative thoughts and rhetoric to take shape in your life and leave you living out your days with a grown boy complex.

While this is not a certified mental health diagnosis, the term most accurately describes adult men who demonstrate behaviors and emotions that are immature for their age. These are the men who avoid responsibility, fear commitment, or struggle to maintain healthy relationships. In most cases, this is the result of boys being raised primarily by women, the influence of ignorant or emotionally weak men, or the complete absence of a male presence in their lives.

That's one of the reasons I wrote this book—to serve as a roadmap for the young man that needs direction...

## **Why Should They Call on You?**

“You have at least one great gift within you. Your job is to bring that greatness that’s on the inside to the outside and share it with the world.” -Quori Grands

**E**veryone wants something from life, but the real question is: what do you have to offer, and what are you willing to give up? We all want to be successful, but many people overlook what they already have within them in search of a treasure buried somewhere else—often because of what they see others doing or what someone else has. Comparison is the thief of joy. Don’t look to be a success; instead, aim to be of value to your family, your culture, and the world you live in. Anything that holds value naturally becomes valuable to others and is often shared or spoken of with high regard. On the other hand, one can become a successful miscreant. They, too, are talked about—but not in a good way.

When you have value, “they” come looking for you. When you have value, people recommend your services to others. Your professionalism and expertise can work for you in remarkable ways when you focus on adding value to society or solving the problems of the world. Historically, people have always found ways to make life simpler. And as time progresses, others continue to improve those ideas. Success was merely the result.

The skill you develop with intention and discipline will make you valuable to the people who need it. Don’t try to be a master of all trades, only to master none. You don’t have to be everything to everybody. Establish something that is unique to your gift. It’s possible to share the same gift or talent as someone else, just like we can resemble others in appearance. Your job is to add your own spin—to leave your fingerprint on it...

**Who Ya' With?**

“Ain’t no such thing as a long trip when you’re in good company.” -Quori Grands

**G**rowing up, I was never one of the massively popular kids in school. Being part of the “in-crowd” was just never my thing. Even today, I’m grateful for how that shaped me as an adult. That includes how I parent and how I carry myself in my line of work. You see, everyone seeks status in life, and the desire to be accepted or fit in can be one of a child’s biggest pressures. When you’re on the outside looking in, it’s natural to wish you had a seat at someone else’s table.

As time goes on, you begin to see how building your own table—and inviting the right people to sit with you—is far more liberating. Realizing that you were in the wrong environment, or surrounding yourself with the wrong people, can leave a mark. And not in ways you’d like to remember. But there’s one person who can really clean it up—and that’s you. Without constant validation from a large group of friends, I learned to be self-reliant. That doesn’t mean I could do everything on my own. But being forced to find my own strength and make my own way showed me what I was capable of when my back was against the wall. From that point forward, I made a vow to never ask for help until I first saw what I could do on my own. People are more likely to help you when they see you that you have tried.

When faced with difficult decisions or challenges, I soon realized that I could trust my own reasoning instead of relying solely on my peers' logic. After all, we shared the same classes and spent time with the same people. That meant I didn’t know any less than they did—and they didn’t know any more than me. I became very intentional about who I listened to. Most of my knowledge came from my parents and older people who genuinely cared about my future. The rest came from personal experience. One thing I never liked as a child was going through a painful experience more than once. So, I paid attention—and I learned from my mistakes...

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**Get Your Money Up**

“The best math you can ever learn is how to calculate the future cost of your current choices.” -Quori Grands

Why isn't comprehensive financial literacy prioritized more in the American school system? Think about it. The benefits of knowing how money works—and how to get it to work for you—can lead to generational wealth. Instead, we are conditioned to work at least a third of our day for most of our lives. Now, there's nothing wrong with hard work, but if you're going to trade your precious time for money, then at least do something you enjoy. Time is the one thing we can spend and never get back.

John D. Rockefeller once said, “I don't want a nation of thinkers. I want a nation of workers.” He was also the man who helped shape the American education system—with one goal in mind: to create reliable, obedient, and productive workers. Despite changing times, the problem still exists—outdated grading systems, unfair student grouping, and poor educational standards for children. These factors lead to a lack of individualization, low morale amongst students and some teachers, and decreased enrollment. Why isn't this elephant in the room ever addressed? If the world is constantly evolving, why haven't schools and their curricula evolved too?

We're still following the same tired template: get your degree, find a good job, pay bills, and retire. While there's nothing inherently wrong with that path, our children aren't being shown how to think outside the box, how to pursue better opportunities, or how to generate wealth. That's what separates the indigent from the affluent. One group understood the assignment—they never stopped learning and adopted a growth mindset. The other group set a goal, reached it, and became content.

Just remember: traditional education can make you a living, but personal education, experience and self-development can make you a fortune...