

The power of attitude, what attitude can do

[Government](#), [Military](#)



Indeed, a journey of a thousand miles starts with a single step. It all started way back in October, 2015, a journey to this noble profession, a peculiar profession in which one puts the interests of his/her own country first above all, a profession in which one is entrusted with the responsibility to defend his/her country, to protect the sovereignty of the Republic of Kenya. It calls upon integrity, loyalty and selfless service, among other core values of Kenya Military Academy to for the military profession.

The process began by converting civilians to junior military officers and leaders in the Kenya Defense Forces at the Kenya Military Academy, Lanet, the best military training institution in East and Central Africa where best officers of good character are produced. Thanks to the Almighty God for the enduring spirit that he gave us throughout the training period, I could not visualize myself completing the 3-year course. It was not easy at all. ' The only easy day was yesterday' was my training principle, as every training day appeared a new day to me. I hated each minute of training, before I fully adjusted and owned the training.

Among the pillars of training was good soldiering, this formed almost every aspect of professional training. One must just become a soldier first before officership. I had never been in any military institution before, neither had I been raised from a military family. Therefore, I had no prior knowledge on what soldiers do and what cadet training normally entails. To me, I knew I was going to be given an office and assume duties immediately.

One funny thing I learnt during my early stage of training was the limited space to neither think nor express your thoughts either verbally or in written.

This disturbed a lot, it took me time before I came to understand that in the military culture, there was no room for personal opinions instead the role of a soldier is to take lawful orders and execute them and not to question them. This was the basis for training. This aspect of training helps a soldier observe the chain of command in the military while addressing issues. This promotes cohesiveness and order in the military and that is what makes us a disciplined force.

Among all the principles of training, interesting and challenging, motivation kept me going through pain, but also there was assurance of gains at the end of it in terms of physical fitness and body conditioning. I joined the cadet training when I was almost overweight, but through daily exercises, kept me fit physically. The sleepless nights in LISIMBA BLOCK, doing concurrent activities of training after a hard day's training session instilled an enduring spirit without knowing.

In weeks, training the going was getting tougher, training related injuries were normal. Personally, I experienced a hip joint, which was uncommon among the male. This made life more difficult for me. Despite this, I could not be left behind during any physical training exercise. I passed through agony the Physical Training Instructors (PTIs) seemed relentless. I reflected on the sweet life I left on campus. I reflected on how life was before joining the cadet training, the privileges accorded by my family, friends who were always there for me in all situations. Tears uncontrollably kept rolling down my eyes. My colleagues could not laugh since we were all in the same predicament. Several questions came into my mind, and soul searching. At

wanyororo hill climbing exercise with tyres, my mood immediately instead I concentrated on the exercise, I changed my perception about the training I forgot about everything and the hip joint mysteriously disappeared. I realized that am in a military profession, am soon becoming an officer to command men in the battle. It all requires patience and calmness in all situations to stand above the rest in making sound decisions above all attitude is all that counts. Attitude determines one's altitude. The success of an individual is all about the mind set and the perception that one has towards that task.