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Crown With a Purpose

Written by Rita Roland

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DEDICATION

This book is dedicated to everyone who has ever been told that their dreams were too big, too unrealistic, or simply impossible to achieve.

It is dedicated to those who have faced disappointment yet found the strength to rise again. To those who have experienced setbacks but refused to let failure define them. To those who have continued believing in themselves, even when the path ahead was uncertain and the destination seemed far beyond reach.

This book is for every person who has had to begin again. For those who have adapted to unexpected changes, overcome difficult circumstances, faced moments of self-doubt, and discovered the courage to walk a path that others could not understand. Your journey matters. Your perseverance matters. Your story matters.

May these pages remind you that every challenge carries within it the opportunity to grow, every obstacle holds a lesson, and every ending has the potential to become the beginning of something extraordinary.

I also dedicate this book to my family, whose unwavering love, encouragement, patience, and support have been a constant source of strength throughout my journey. Your belief in me has carried me through moments of uncertainty and reminded me that no dream is ever achieved alone.

To my beloved son, thank you for inspiring me every single day to become a better person. You have given my life deeper meaning and greater purpose. Your love reminds me why perseverance matters, why hope should never be abandoned, and why every challenge is worth overcoming. I hope this book encourages you to dream boldly, live courageously, and always believe in the incredible potential within you.

Most importantly, this book is dedicated to anyone who is still writing their story.

No matter where you are today or what your circumstances may be, remember that your current chapter is not your final chapter. There is always room for growth, healing, transformation, and new beginnings. Your past does not define your future, and your present does not determine your destination. May these pages encourage you to embrace discipline, build resilience, and pursue your purpose with confidence. May they remind you that courage creates opportunity, perseverance builds character, and purpose gives meaning to every step of life's journey.

Above all, never stop believing in the possibilities that exist within you. Continue to dream. Continue to grow. Continue to become the person you were created to be.

With love, gratitude, and hope.

ACKNOWLEDGEMENTS

I would like to express my heartfelt gratitude to everyone who has been part of my journey.

To my family, thank you for your love, encouragement, and unwavering belief in me. Your support has been a source of strength through every season of my life.

To my son, thank you for being one of my greatest inspirations. You remind me every day of the importance of perseverance, hope, and unconditional love.

To my friends, thank you for your encouragement, your honest advice, and for standing beside me during both the joyful and challenging moments.

To my mentors and teachers, thank you for sharing your knowledge, wisdom, and guidance. Your influence has helped shape the person I have become.

To the Make-A-Wish Foundation and all those dedicated to bringing hope to others, thank you for your compassion and commitment to making a difference.

To the pageant directors, coaches, and mentors who encouraged me to step outside my comfort zone and embrace new opportunities, thank you for believing in my potential.

• Pageant Directors and Mentors

- Annick Eycken
- Quek Siew Bee Justina
- Taschke Pitteman
- Guy Desmedt

And finally, to every reader who has chosen to spend time with my story, thank you. My hope is that these pages inspire you to believe in your own journey, trust your purpose, and never stop pursuing your dreams.

Your support means more than words can express.

With gratitude,

Rita Roland

About the Author

Rita Roland is a writer, international pageantry coach, and empowerment advocate whose work is rooted in purpose, personal transformation, and the belief that every individual carries the potential to rise beyond their circumstances.

Born in Nigeria, Rita attended Ambrose Alli University in Edo State Nigeria. Where she earned her **bachelor's degree in Theatre Arts**. Her academic background in performance, storytelling, and creative expression laid the foundation for the work she now does across writing, pageantry, and mentorship.

Now based in Belgium, Rita's life journey across cultures has given her a unique perspective on identity, resilience, reinvention, and self-discovery. Through courage, faith, and a willingness to embrace new beginnings, she has transformed life's challenges into opportunities for growth and impact.

Her journey into pageantry began later in life, becoming a powerful testament that dreams can unfold at any stage when we choose courage over fear. Through international pageantry, she discovered a platform for leadership, confidence-building, and inspiration. She later became an **international pageantry coach**, mentoring contestants as they prepare for global competitions and helping them develop confidence, stage presence, communication, and purpose.

Beyond the stage, Rita is actively involved in charitable initiatives, including her support for the **Make-A-Wish Foundation**, where she helps create moments of joy for children facing serious illnesses. Inspired by her own transformation journey, she also founded **Crowned with a Purpose**, an empowerment initiative dedicated to helping individuals discover their passions, develop their talents, and create meaningful impact in their communities.

As an author, Rita has written the fashion series ***Style and Concept by Rita Roland, Volumes 1–5***, where she explores confidence, personal style, and identity through fashion. ***Crown With a Purpose*** is her **first memoir**, a deeply personal story of courage, reinvention, motherhood, pageantry, and purpose.

She is currently working on her next book, **a romantic thriller More Than Horsepower Volume 1-3** expanding her storytelling into a bold new literary genre.

Rita's message is simple yet powerful:

True success is not measured by titles or recognition, but by the courage to become who you are meant to be and the willingness to uplift others along the way.

Guide to the Book

Each chapter in this book represents a stage in a journey of growth, resilience, and self-discovery. While the story unfolds through real experiences, each chapter also carries a deeper message that reflects the lessons learned along the way.

Chapter 1: Discipline is a choice, and consistency builds confidence over time.

Chapter 2: Courage is revealed when you act despite fear, not when you feel ready.

Chapter 3: Sometimes your future is hinted long before you recognize it.

Chapter 4: Growth requires adapting, and identity evolves through new environments.

Chapter 5: Persistence can transform rejection into opportunity.

Chapter 6: True strength is choosing yourself, even when it requires letting go.

Chapter 7: Discipline and preparation turn uncertainty into confidence.

Chapter 8: Under pressure, your preparation becomes your greatest strength.

Chapter 9: Confidence grows when you continue showing up, even when it feels uncomfortable.

Chapter 10: Growth requires stepping beyond your comfort zone and embracing visibility.

Chapter 11: Consistency in small actions leads to powerful transformation.

Chapter 12: Reflection allows you to see how far you have come.

Chapter 13: Your experiences gain purpose when you use them to guide others.

Chapter 14: Leadership begins with self-mastery and responsibility.

Chapter 15: True freedom comes from living in alignment with your authentic self.

Chapter 16: The crown is not the beginning it is the result of who you have become.

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The lights were brighter than I expected.

Standing on the stage, I could feel their warmth against my skin as they reflected from the golden fabric of my dress. The audience sat in darkness beyond the lights, their faces barely visible, but I could sense their presence. The room was filled with anticipation.

Music echoed softly in the background.

Around me stood the other finalists, each of us carrying our own stories, our own hopes, and our own journeys that had led to this moment. From the outside, it might have looked like a glamorous evening: a stage, elegant gowns, cameras flashing, and the promise of a crown.

But standing there, I knew something the audience could not see.

The crown people were waiting to see placed on someone's head was not the beginning of the story.

It was the end of a much longer journey.

A journey that had started many years earlier was far from this stage, far from the lights, and far from the world of pageantry.

As I stood there wearing the sash across my shoulder, I felt calm not because the moment was easy, but because I understood something important.

Whatever happened that night, the real victory had already taken place.

It happened in classrooms where I learned discipline.

In a crowded hostel hall in Nigeria, where girls laughed and called me "Miss World."

In a small apartment in Belgium, where I rebuilt my life after divorce.

And in quiet moments of doubt, when I chose to keep moving forward.

The audience could see the dress, the stage, and the confidence.

What they could not see were the years of preparation that had built the foundation beneath this moment.

I realized then that the crown that people admire is only the visible symbol placed on top of something much deeper.

Discipline.

Resilience.

Purpose.

And none of those things begin on a stage.

They begin long before anyone is watching, long before the applause, long before the spotlight.

They begin quietly, in moments when no one notices the work you are doing to become the person you are meant to be.

Standing there under the lights, I closed my eyes for a brief second and allowed myself to breathe.

Then I opened them again and looked out at the audience.

Because the story they were about to witness did not begin on that stage.

It began many years earlier.

In a classroom.

In a family home.

In a country where the sun shines almost every day.

It began with a young girl who believed that discipline mattered.

And that is where this journey truly begins.

A Story Behind This Story

There is a story behind the writing of this book.

When I first completed the initial version, I felt proud simply to have finished it. Writing a book is already a journey, and I believed I had told my story in a clear and honest way. Wanting a fresh perspective, I shared the manuscript with a close friend and asked him to read it.

After some time, he came back to me with thoughtful feedback that would change the direction of the book.

He told me that the story was interesting, but that something was missing. In his words, the book needed more depth and more emotion. He encouraged me to go beyond simply describing events and instead reveal the feelings, struggles, and personal moments that shaped the journey.

At first, I hesitated.

Telling the story in that way meant opening parts of my life that I had not planned to share. It meant writing without filters and allowing the reader to see the experiences exactly as they happened. That kind of honesty can be uncomfortable, because it requires vulnerability.

Yet the more I reflected on his advice, the more I realized that he was right.

A story becomes meaningful when it is told with authenticity. It is not only the successes that matter, but also the doubts, the challenges, and the quiet moments of reflection that shape who we become.

So, I decided to rewrite the book and tell the story the way it truly unfolded.

There were moments during this process that were not easy. Writing about real experiences meant revisiting emotions that I had long kept private. Allowing myself to be that open on the page required courage. At times it felt like I was exposing parts of myself that I would normally protect.

But I also discovered something powerful in the process.

By allowing myself to write honestly and without hiding behind a perfect image, the story began to feel more real, more human, and more meaningful. What once felt difficult slowly became freeing.

This book is therefore not only a story about events and achievements. It is also a story about learning to speak openly about life's experiences and embracing vulnerability as a strength rather than a weakness.

I hope to continue writing in this style as I move forward with future chapters and projects. Telling stories with honesty and emotion creates a deeper connection with readers, and that connection is something I truly value.

I would also like to express my gratitude to the friend who encouraged me to take this path. His thoughtful insight helped me see my own story from a different perspective and gave me the courage to write more openly.

He prefers to remain anonymous, but his influence on this book is something I will always appreciate.

Sometimes it only takes one honest piece of advice to transform a story and perhaps even the person writing it.

"Some stories are written in ink, but the most important ones are written in courage"

Courage is not the absence of fear. It is the decision to move forward despite fear. It is choosing authenticity over comfort, growth over familiarity, and purpose over perfection. Every chapter in this book requires courage to write. Some memories brought joy and gratitude, while others reopened wounds I thought had long since healed. Yet I have come to understand that our most meaningful stories are often hidden within the experiences we hesitate to share. Looking back, I no longer see vulnerability as exposing weakness. I see it as an invitation for connection. It reminds us that behind every achievement is a human being who has struggled, learned, failed, grown, and continued moving forward.

If this book encourages even one person to believe in themselves more deeply, to persevere through adversity, or to embrace a new beginning with confidence, then every vulnerable page has been worthwhile. To every reader, thank you for allowing me to become part of your journey. It is my sincere hope that these pages offer encouragement, reflection, and the reassurance that you are never alone in your struggles, your dreams, or your pursuit of purpose.

No matter what chapter of life you are in today, remember that your story is still being written. There is always another page to turn, another lesson to learn, another opportunity to grow, and another reason to hope.

Thank you for trusting me with a part of your time, your heart, and your journey. I hope that when you close this book, you do so believe a little more in yourself than when you first opened it. Because every extraordinary story begins with one simple decision to keep going.



Prologue: The Beginning of a Journey

Every journey begins long before we recognize where it is leading us.

The moments that shape our lives often appear ordinary at the time: quiet experiences, small lessons, or passing words that seem insignificant. Yet with time, we begin to understand that those moments were part of something larger, a story slowly unfolding.

Looking back on my life today, I realize that many experiences that shaped me had little to do with the dreams I would later pursue. As a young girl growing up in Nigeria, I never imagined that one day I would stand on international stages, write about my journey, or guide others as they followed their own paths.

At that time, my life was centered on something much simpler: learning the values that would guide me through the years ahead.

In the environment where I grew up, discipline, responsibility, and perseverance were not just ideals, they were part of everyday life. These early lessons quietly shaped my character and taught me something I would later understand more deeply: success rarely comes by chance. It grows from commitment, courage, and the willingness to keep moving forward even when the path ahead is uncertain.

Life, however, had many lessons waiting for me.

Some came through challenges.

Others arrived through unexpected opportunities.

One of those moments occurred during my youth service year in Nigeria, when someone jokingly called me “Miss World.” At the time, it was simply a playful remark, and I laughed along with everyone else. The idea that those words might one day carry deeper meaning never crossed my mind.

To me, the thought of wearing a crown felt distant and unrealistic.

Yet life has a way of revealing possibilities when we least expect them.

Years later, when I moved to Belgium, my life entered an entirely new chapter.

Building a life in a different country brought both opportunities and challenges. I had to adapt to new environments, confront difficult experiences, and rediscover my sense of identity in ways I had never imagined.

Those experiences were not always easy.

But they became part of the process that strengthened my resilience and shaped the person I was becoming.

Over time, I rediscovered parts of myself that had been quietly waiting in the background my love for fashion, my appreciation for creativity, and my desire to encourage others to believe in themselves.

What I did not realize yet was that these passions would eventually lead me toward an entirely new direction.

Pageantry entered my life not as a childhood dream, but as an unexpected opportunity. What began as curiosity soon revealed itself as something deeper, a platform for growth, purpose, and inspiration.

Standing on a stage was never simply about appearance.

It was about confidence.

It was about discipline.

And it was about discovering the strength to represent something greater than myself.

Looking back now, I understand that every experience from my early years in Nigeria to the new life I was building in Belgium was preparing me for a journey I could not yet see.

Each step was part of a story still unfolding.

A story of transformation.

A story of purpose.

And a story about discovering that the dreams we never planned for sometimes become the ones that shape our lives the most.

This book reflects that journey.

Because sometimes the path that changes our lives begins quietly long before we realize where it will lead.

Chapter 1: Early Lessons in Discipline

Discipline was never something I learned because of pressure. It began much earlier than that.

Even as a child, I understood one simple truth: effort creates results.

Whenever I gave something my full attention, I felt a deep sense of satisfaction. It was never about being perfect. It was about knowing I had done my best and completed something with care. That quiet feeling stayed with me, and over time, it became the beginning of discipline in my life.

Back then, I didn't call it discipline. I simply saw it as being responsible for my own potential.

I noticed early that when I studied well, my grades reflected it. That connection between preparation and outcome became one of the first lessons that shaped how I approached life. What started as a desire to do well slowly became a habit, and that habit became a mindset.

Discipline was never forced on me. It was something I chose.

Being the Best Student at School

As a child, I truly cared about doing well in school. Good grades meant more to me than numbers on paper. They represented the quiet work behind the scenes the studying, the focus, the patience, and the effort.

I still remember the first time I ranked first in my class.

The moment itself was simple. My teacher read the results aloud, my classmates clapped, and within seconds the classroom returned to normal.

But inside me, something changed.

I realized that achieving success once is exciting but maintaining it requires intention.

That understanding didn't scare me. It sharpened my focus.

From then on, I studied not just to finish assignments, but to truly understand what I was learning. When something felt difficult, I stayed with it until it became clear. When I made mistakes, I went back to them instead of avoiding them.

Mistakes became lessons.

Little by little, my confidence grew not because success was guaranteed, but because I trusted the work I had put in.

That was when I began to understand that excellence needs maintenance.

The Power of Repetition

One of the most valuable lessons I learned early was the difference between learning something once and truly mastering it. Many students would read their lessons once and move on. I developed a different habit: I returned to the same material repeatedly.

I reviewed my notes, repeated exercises, and tested myself until the information felt natural.

With every repetition, difficult things became easier. What once felt confusing slowly became familiar. Familiarity builds confidence, and confidence makes learning enjoyable.

More than anything, repetition taught me patience.

I learned that mastery doesn't happen quickly. It grows through consistency.

That lesson stayed with me far beyond the classroom. Even later in life, whenever I faced something unfamiliar, my first thought was never fear. Instead, I asked myself:

What preparation does this require? That question changed everything. It turned challenges into opportunities to grow.

Choosing Study Over Distraction

There were many afternoons when other children played outside while I stayed inside with my books.

I could hear their laughter through the windows, and yes, sometimes it was tempting to join them. But I had already made a quiet promise to myself: if I wanted to maintain excellence, I had to respect what it required.

No one forced me. My parents valued education, but the commitment came from within me. At first, those choices felt like sacrifices. Over time, they became part of my rhythm.

What I gained from those moments was bigger than good grades. I was building concentration, patience, and the ability to stay focused until something was done well.

Eventually, I no longer felt like I was missing out.

I understood that while others were enjoying the moment, I was building something lasting.

Consistency Over Talent

One of the most powerful things I noticed as a student was that talent alone was never enough.

Some students understood things quickly and seemed naturally gifted. At first, that impressed me. But over time, I saw that when subjects became harder, talent without discipline often began to fail.

Consistency, however, kept producing progress. That realization changed how I viewed success. I no longer saw achievement as something reserved for the naturally gifted. I saw it as something built through daily effort.

That truth was empowering. It meant progress was not something I had to wait for. It was something I could create.

Looking back now, I realize those early habits were preparing me for much more than academic success.

They were shaping the foundation of leadership. Leadership does not begin with a title. It begins with self-discipline, the ability to guide yourself, stay committed to your standards, and remain consistent even when no one is watching.

The habits I built as a child stayed with me as life became more demanding.

The principle remained the same: prepare well, stay calm, and reflect honestly.

That rhythm-built self-trust.

And self-trust became confidence. Over time, I came to understand that the crown is never the beginning. It is simply the visible symbol of years of quiet preparation.

The real foundation is built in small daily decisions: choosing focus, over distraction, preparation over procrastination, and consistency over comfort.

That is where purpose begins. That is where the crown is formed.