

*"Why doesn't the government help me, as happens in other countries. Why is my government so corrupt and uncaring?"*

One way to improve a government is to improve its citizens. If I can become a better person, then that will have a ripple effect and help my country to become a better place, even if I don't see any immediate short term effects.

If enough ordinary people practise self-improvement, society itself will gradually be improved and transformed.

One practical thing I can do: be punctual! In many places, people don't care about showing up on time for appointments, even for work (... "Africa time" ..).

How can a business, a country, progress if no one cares about being on time? Punctuality is one practical way of self-improvement everyone can achieve.