

SUMMARY

Chapter 1: Where it all began

So much of our patterns of behaviour are laid down in our early years, creating the lens through which we see the world. I believe more is caught than taught. Navigating seven schools, three homes, shifting a life in town to one in the country on an equestrian yard are all part of the story. In this chapter, seeds of faith were sown here, opening the doors to a positive “I can do all things” attitude. The freedom in this chapter is The Great Exchange—how to have peace, love, patience, kindness, gentleness, goodness, faithfulness and self-control in our lives every day.

Chapter 2: Looking back to move forward

Understanding our genealogy and our family history opens massive doors to compassion and empathy, breaking chains on generational pain, reflection and hurt, releasing forgiveness and bringing joy. Navigating my teenage years, my sexuality, my loneliness and the holes in my heart I was trying to fill are all shared here. The freedom to wipe away the tears of pain and to replace them with tears of joy in God/tissue box in this chapter is a game changer for L.I.F.E.

Chapter 3: Lost and found

Stepping out into the unknown after high school was one of my biggest steps of faith. After failing my university entrance exams, I was completely lost. I had to carve my own path and create a life for myself outside of all I knew: my home, school and the university I had planned to go to. If it was meant to be, it was now up to me; it was time to leave the comfort of the familiar and go out into the big wide world and make a go of it. Freedom comes from living L.I.F.E. in the right priority. This helps in reducing stress, anxiety and overwhelm and exchanging them for peace, rest, clarity and purpose.

Chapter 4: Carving my own path

This time in my life, between eighteen and twenty four, was filled with so much adventure, learning and rapid growth. The challenges of finding the right mate, buying my first property and climbing the career ladder are all part of this chapter's rich flavour. Freedom comes when we master the internal battle of L.O.V.E. over F.E.A.R. This is the call to adventure in this chapter.

Chapter 5: You are not alon

Living the dream that everyone talks about, working for some of the coolest people on the planet, learning to be self-sufficient, single but unavailable, living the high life. I was nailing it—and then I wasn't. This chapter of my life was one of real reflection. Who was really on the journey with me, and who was not. People come into our lives for a reason, a season or a lifetime. Life is not linear, and the freedom in this chapter is seeing who has sown into your life in the past, present and future.

Chapter 6: Onwards and upwards

The only way is up, especially when you are unemployed and technically homeless. It doesn't matter how many times we fall, it's how many times we get back up that counts. And in this season, everything started to fall into place. All my dreams were coming true. I couldn't have wanted for more. I was home, I had happy, healthy relationships, I was learning to let go and leave the past behind to walk

into a bright new future. The freedom that came from tracking my wins, gains and learnings were a massive key to the treasure within at this time.

Chapter 7: Forging ahead

I was on fire, on a mission and nothing was going to hold me back. I was ticking all the boxes, I had a fabulous team, a great partner with prospects, a beautiful home and hope for a fantastic future. I had it all sorted in my head, which overruled my heart. My fiancé's and my values were out of alignment, and I was totally unaware of them and the impact this was going to have further down the track. And who cared? I was on fire. Freedom came later when I learnt about values rules and the application of the Pareto Principle, which are shared in this chapter.

Chapter 8: A perfect day

For many women, their wedding day is their perfect day; I was no exception. The joy of two years of preparation and of everything and everyone coming together so beautifully was the next level. Overcoming some of the bittersweet hurdles and having a family honeymoon in the Lake District was something only seen in the movies. Freedom came in the reflection on this day; it was where I found my true identity, my real reason for being on this planet, my why and purpose. Enjoy this chapter's call to adventure; it's fun.

Chapter 9: Living life by design, not by default

Being married, buying a second property as well as moving up the property ladder. The joy of starting a family. I had the challenge of letting go of it all to live on the other side of the world in New Zealand. This was another season of exponential learning and growth, of carving a path with a clear future ahead. The freedom of working through the S.M.E.R.T.I.E. format brings the process of this chapter to life and puts the keys to your happiness safely in your hands.

Chapter 10: L.I.F.E. Alignment

The joy of having all your ducks in a row, where everything you could ever have dreamed of and more was given to me: The family I never had, the community I had loved in England was here in New Zealand, along with beautiful sunshine, warm weather and an outdoor lifestyle. I was in my element, having so much fun. The freedom of having my priorities in order and living my adventure.

Chapter 11: A life filled full or a life fulfilled?

And then performance culture, keeping up with the Joneses and living up to everyone else's expectations started to take its toll. I was the fix-it queen, trying to be all things to everyone, filling everyone else's holes while not looking at the cavern in mine. God is the creator and answer to all things, not me. I was in the thick of thin things, being a "Jack of all trades and master of none." Freedom came when I understood my brilliance, my gifting and which lane was mine to own and run in.

Chapter 12: The bottom of the pit

The death of my dad, the breakdown of my marriage, the battle of trying to keep up appearances, and what for? This season was a real awakening for me. I often say how sad it was that it took my dad to die for me to be set free. However, this is exactly what this lived experience brought. I started to come alive to the person I really was and discover a hidden power and treasure within. Freedom came as I activated E.L.A.T.E. and turned my heart towards God.

Chapter 13: Hurt people hurt people

The domestic violence, verbal abuse and the struggle to hold on was a tug of war I would not wish upon any human being and is a massive driving force for the work I do. Saving marriages before they get to this stage is now the gold that this lived experience has brought. Out of the ashes we rise. I was supernaturally covered in this season and had no idea. Your words have power. Freedom came when I turned my words of hate, grief, sadness and failure into words of love, peace, joy and encouragement.

Chapter 14: Grace upon grace

Healed people heal people. Grace upon grace. Blessing after blessing. I am and will be forever grateful to those who stood with me in this season. So many people loved on us. The hands and feet that came to help upheld me through this storm so I could come out the other side a better not bitter person. I started to discover my secret place. The freedom of a personal relationship with God, Jesus and the Holy Spirit started here, away from religion and the crowds.

Chapter 15: No turning back

Two part-time jobs became one. Both children were secure in their schooling going forward. I had a healthy return to the property market and was mortgage-free. Connecting with a man of God, and waking up the fact that there was more to life than the material things we own. These were all part of this chapter. Freedom was finding the missing peace in my L.I.F.E.

Chapter 16: Fitting together not fitting in

This was another steep learning curve as Kev and I began to blend a family that were complete opposites. One side had everything anyone could possibly want and the other appeared to have very little. A honeymoon with three teenagers and two quite different families and friends. The freedom here is knowing your why. When your why is strong enough, you'll find any how.

Chapter 17: Right alignment

Letting go of a job that didn't work for either me or my family, opened up a whole new world of opportunity. Many thought I was mad, giving up a great job and salary. I was relieved and released into my calling, my gifting and my best L.I.F.E. Starting my own business, hanging out in a happy clappy church. None of that was on my agenda and yet both brought me so much joy. The freedom that came when I gave my life to Jesus. I stepped into a life where the best days are ahead of me, and I invite you to do the same.

Chapter 18: We are better together

T.E.A.M. work (Together Everyone Achieves More) really does make the dream work. As Theresa Cooke shared in *Brilliant School of Leadership*, “If you want to go fast, go alone. If you want to go far, go together.” (Cooke, 2024). Launching and growing a business took a team of mentors, supporters, family and friends. It was all about relationships. Church isn’t a building; it’s the people. A people who know there is more to life than to exist. The journey of adventure and discovery God has and is taking me on is more than I could possibly imagined, dreamed or have ever hoped for. And it’s all open to you too. The freedom to have fun and play games and take the pressure off has awakened a love fulfilment in me that I never knew existed let alone was possible. Enjoy.

Conclusion: Time to stand

It’s time to be measured on results, on the positive impact on the lives of the people who are around you. I love how those I work with discover a power within that gives them a true meaning and purpose, producing some outstanding results. For me, it is all about the fruit and the outcomes. We can have all the qualifications on the planet and all the money in the world, but does it make us truly happy? I believe I have found and stand in my missing peace and invite you to discover and stand in yours.

Endnotes

How to read this book

Leaf, C., Dr (2013). Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health. Brilliance Audio.

Chapter 2

Hartley, L. (1953). The Go Between. Naxos.

Chapter 3

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Chapter 4

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[Dr Gabor Maté]. (2023, November 1). How Your Emotions Can Literally Make You Sick! [Video]. <https://www.youtube.com/watch?v=L7zWT3l3DV0>

Chapter 13

Unknown (n.d.). Nails in the fence story. Ripple Kindness. <https://ripplekindness.org/nails-in-the-fence/>

Chapter 15

Saxton, T. (2017, January 7). Prophecy [Lecture].

Chapter 16

Warren, R. (2013). The purpose driven life. Zondervan.

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Cooke, T. (2024, September 1). *Brilliant School of Leadership* [Lecture].