

## **Conversation 15: Your Emotional Freedom Plan**

### **A Personal Roadmap For Moving Forward.**

You made it to the final conversation. Congratulations - that's a huge achievement.

This work isn't leaving you where it found you, but I want to give you something to guarantee you stay on your own side and keep building a life that's got your back.

Imagine you're about to leave for the biggest journey of your life. You wouldn't set off without a map - not because you're expecting to get lost but because you know there will be moments when the journey is hard. Life is like that. Not because it's cruel but because it keeps presenting us with new challenges. People leave. Jobs end. Health changes. Dreams evolve. People get older. The future refuses to stay still. The question has never been whether life will change. The question is: **who will you be when it does?**

Most people think an emotional freedom plan tells you **what to do** if life falls apart. I think an emotional freedom plan tells you **who you'll be** if life falls apart. Those are two completely different things.

None of us gets to choose when or whether we'll experience disappointment, grief, fear, loss, rejection, failure, or uncertainty. Life may eventually place all those things on your path but here's what it can no longer take from you: **the person you choose to be when those experiences present themselves.**

For years, your emotional life was probably being directed by fear, approval, conditioning, shame, and other people's expectations. Every difficult situation arrived carrying the same silent question, **who gets to decide who I am today?** Until now, the answer wasn't you. It was your past.

These conversations have quietly been changing something far more important than your circumstances: **they've been changing your brand of leadership.**

- ♥ Fear no longer leads.
- ♥ Shame no longer leads.
- ♥ Your childhood no longer leads.
- ♥ Other people's opinions no longer lead.

You do.

That doesn't mean fear disappears; it means it's been demoted.  
**Fear still has a voice, but it no longer gets the final vote.**

There will still be days when fear tells you not to apply, not to leave, not to love, not to begin again. Listen if you want. Then vote for someone wiser to make the decision: **yourself!** That's emotional freedom. Not a life without fear, **but a life where fear is no longer in charge.**

Here's what I think is the greatest misunderstanding about healing: people believe healing is a destination. I think it's a qualification. It prepares you for the life you were always capable of living.

Think about everything you've learned:

- ♥ You look for evidence before believing old stories.
- ♥ You stay on your own side.
- ♥ You trust yourself to recover from imperfect decisions.
- ♥ You build a life that builds you right back.
- ♥ You recognise your own courage instead of giving it away.

Those aren't lessons; they're ways of living. They're no longer things you practice; they're becoming the person you are - which means you'll never need to remember every conversation we've had. You only need to remember three things:

**1. Trust the person you've become.**

**2. Always vote for yourself.**

**3. Never abandon yourself again.**

Will you always get it right? No.

Will you sometimes doubt yourself? Of course.

Will life still surprise you? Absolutely.

But you'll never again face those moments as the person who began this journey of conversations and emotional unfolding. That person has gone. In their place stands someone who asks better questions, makes better decisions, returns to themselves more quickly, builds rather than breaks, creates rather than copes, leads rather than reacts. That's the difference.

So, before you move on, I'd like to leave you with one final thought: **there will come a day when life catches you completely off guard.** You'll feel the old fear. The old uncertainty. The old temptation to abandon yourself. When that

day comes, don't regress to what the old you would do. Ask instead, **what would the person I've become choose next?** Then trust the answer.

That person knows something the old you never did.

- ♥ You Don't Need Certainty To Move Forward.
- ♥ You don't need permission.
- ♥ You don't need rescuing.
- ♥ You don't need to become someone else.
- ♥ You've already become the person you've been waiting for.

So go build.

Love. Risk. Rest. Laugh. Create. Speak Up. Leave. Stay. Begin. Begin again. Live a life so fully aligned with who you are that your past eventually struggles to recognise you. And whenever life asks who is writing the next chapter, smile, pick up the pen, and keep writing.

The story belongs to you now.