

BASED ON A TRUE STORY



NO CONTROL

NO WORRIES

when life takes the bit between it's teeth
and takes over the reins

TE RAUMOA BAKER

KIA ORA! WELCOME!

Kō wai aū? - Who am I?

My name is Te Raumoa Baker from Aotearoa New Zealand and I was given a 50/50 chance of surviving my premature birth.

My Dad was asked to sign both my birth and DEATH certificate AT THE SAME TIME!

He refused and set the scene for me to fight for my life. Since the moment of my birth, it has always seemed like 'the horse had bolted' and I had no control of anything...

But, not only did I survive, I thrived and learned lessons I know will help others.

No control? No worries!

Te Raumoa



DEDICATION!

I have dedicated this book in honour and in memory of my Mum. Upon completion of this book my Mum passed away from a tough battle with Cancer.

The reason I dedicate this book to her is because she was the driving force and inspiration of how this book came to life and the life lessons that I share come from not only the lessons I have lived and experienced, but also the lessons, teachings and resilience I saw through my Mum's own battles.

My Mum was the one who encouraged me through everything I put my mind to. From the job that these lessons derived from to the journey that I now pursue, living to be the best version of myself.

The challenges of losing a parent or someone you are close to is something even for someone such as myself, I found it challenging and battled my way through it. I have a good support network, I have knowledge on how to deal with the many challenges we face in life, but this was tough! During my own healing and grief journey, numerous times I found myself returning back to these very same lessons I am about to share with you.

I share this with a humbled heart and speak from experience of knowing these lessons have helped me and I hope they can help you too. I am honoured and blessed to share these lessons with you, in the hope that you will find many benefits from my story and from these lessons.

Thank you, Mum for all you have taught me and helped shaped me into the man I am today. Your legacy will live on and it lives right now through this book and these lessons.



CONTENTS

1

MY STORY

Before you can ride the horse, you need to build a relationship of trust with the horse.

2

WALKING

Understand your start point. This is the safest stage.

3

TROTTING

Messy! Life is like that. Until you find your rhythm.

4

CANTERING

We have momentum now! It's easy to find your rhythm.

5

GALLOPING

The greatest feeling of freedom and the highest risk stage of life.



CONTENTS

6

BUCKED OFF!

Life will try and buck you off! You must get straight back on!

7

LOSING CONTROL

What do you do when life takes the bit between its teeth, and you can no longer steer or stop?

8

REGAINING CONTROL

Some tips to help you regain control of your thoughts and feelings.

9

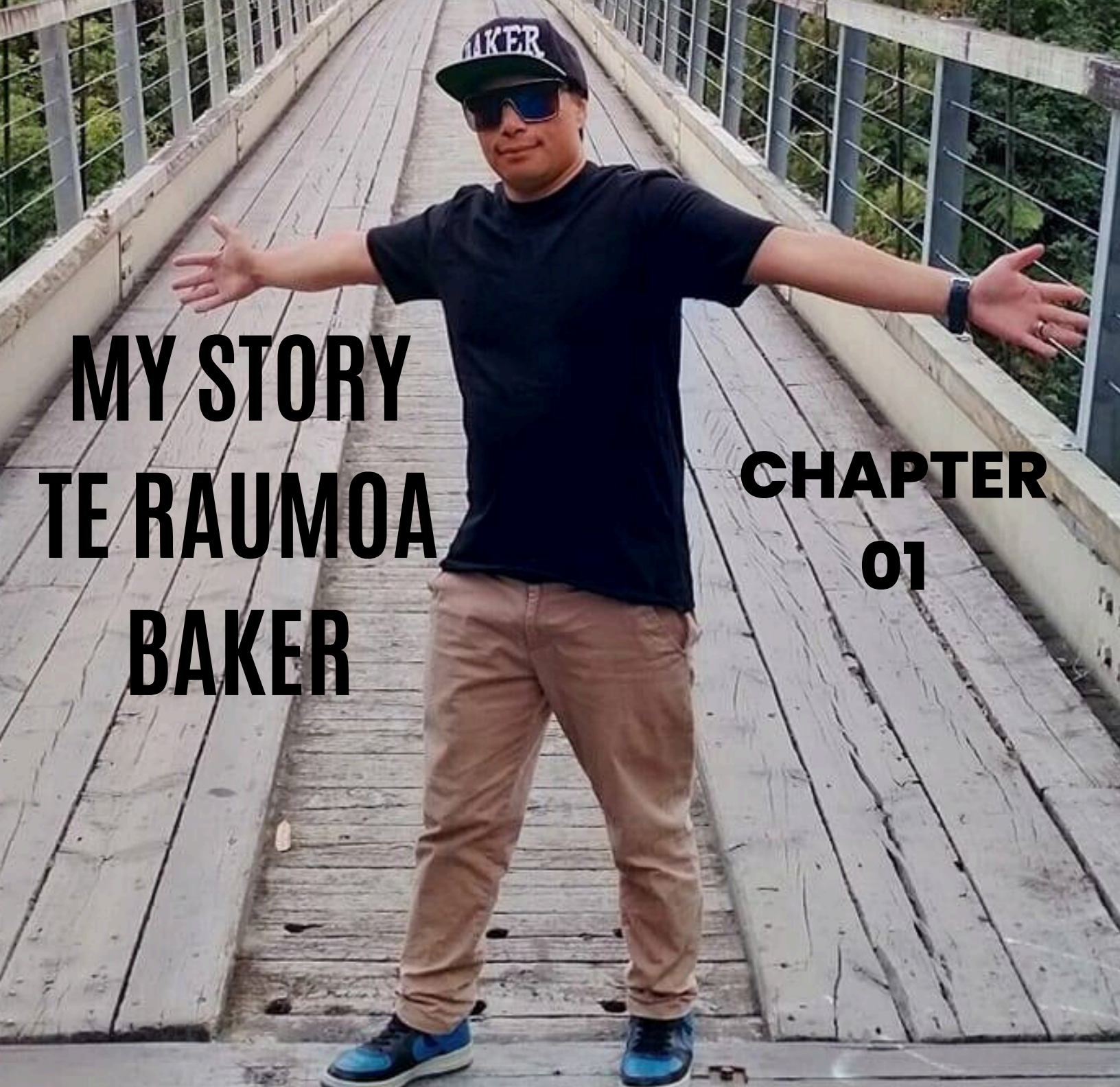
NOT HATING THE HORSE

When life knocks you down it is easy to become scared, bitter, or angry... but do not hate the horse.

10

KEEP THE LOVE OF RIDING ALIVE

How to not lose the love of life. Ride and enjoy it!



**MY STORY
TE RAUMOA
BAKER**

**CHAPTER
01**

**THEREFORE TAKE UP THE WHOLE ARMOR
OF GOD, THAT YOU MAY BE ABLE TO
WITHSTAND IN THE EVIL DAY, AND
HAVING DONE ALL, TO STAND.**

EPH 6:13

My journey of life's challenges started before I was born. I was born premature at 30 weeks gestation, which is about 10 weeks or 2.5 months earlier than normal. Weighing just over a pound of butter and as tall as a new pencil off the shelf.

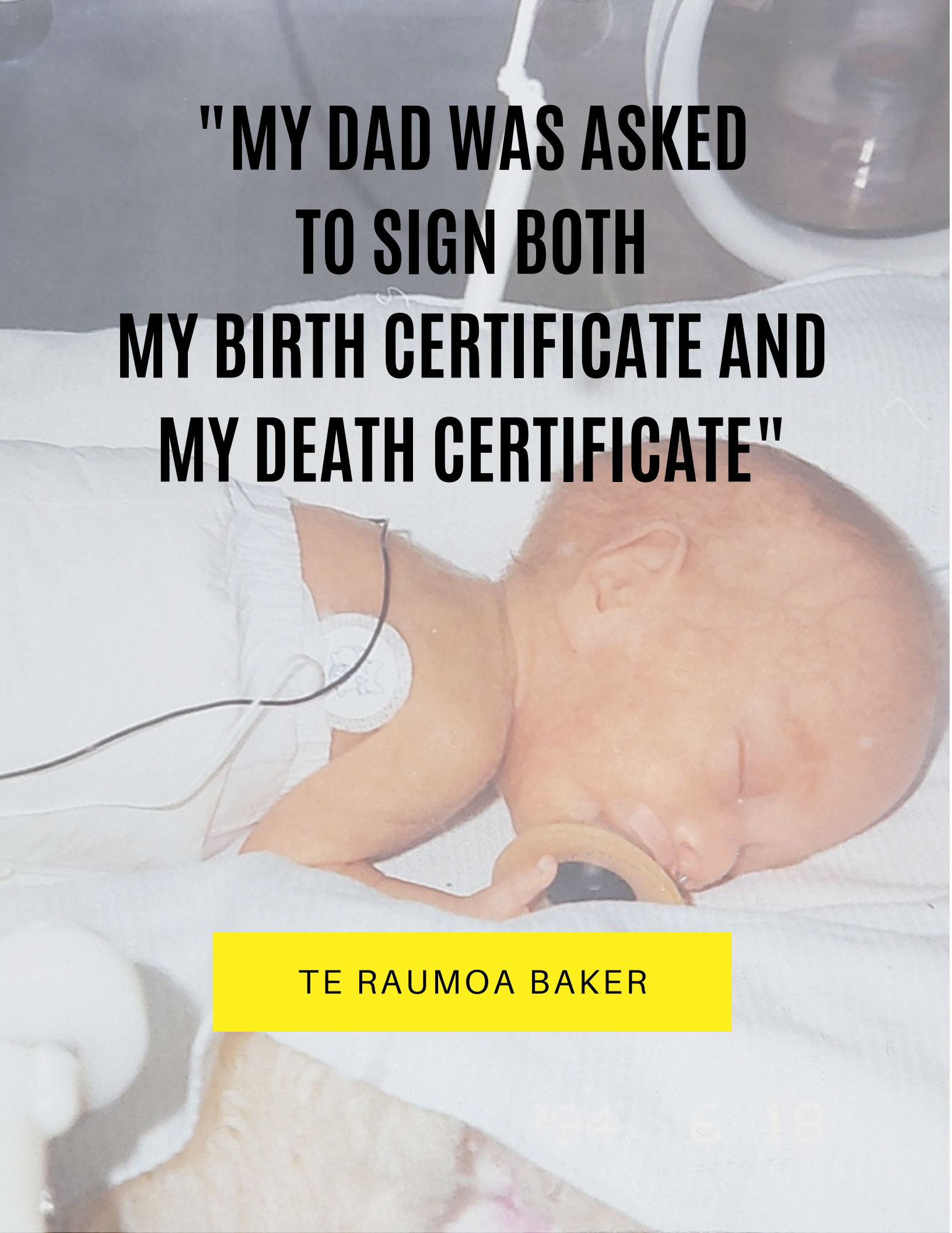
"LIFE HAS ITS CHALLENGES, BUT IT IS HOW WE DEAL WITH THOSE CHALLENGES THAT DETERMINES THE OUTCOME."

To this day one of my cousins still calls me 'Pata' (That is Butter in Te Reo Māori). I spent the first 3 months of my life in an incubator. My premature arrival was due to the lack of nutrition and growth in the womb and the doctors decided it would be best for me to come out, but that came with a price.

The price was 50/50.

Fifty percent chance of survival or 50% chance of not making it. The doctor had ordered my dad to sign both a birth and death certificate, but my dad would not allow it and refused to sign the death certificate. A fighter is what I needed to be, and a fighter is exactly what I was.

The reason I share this with you is because even though my mind will not comprehend or remember this moment. Photos, televised news reports and shared testimonies all combine to tell of the lived experience of my journey and entry into this world. Being small is something I could not change and refused to accept growing up. As much as I could hold it in and put on my brave face, it effected a great amount of my childhood and early teenage years.



**"MY DAD WAS ASKED
TO SIGN BOTH
MY BIRTH CERTIFICATE AND
MY DEATH CERTIFICATE"**

TE RAUMOA BAKER



"I HAD ABSOLUTELY NO CLUE OF WHAT I WAS REALLY GETTING MYSELF INTO."



To give you an idea of why I reference 'horsey' quotes or metaphors. My first job, I was sixteen years old working with racehorses in a racing stable. A bit of background information, I stand at 153cm tall or five feet, so as you could imagine, yes, not very tall.

Growing up there were strong influences from family on both my parent's sides who were into horse racing. The talk of horses on the odd occasions and the quotes of unintentional pressure saying, 'You should be a jockey, you are a good height for a jockey, you will be a good jockey.' These quotes surrounded my childhood growing up and always sat in the back of my mind.

The start of a new adventure and challenge in my life, would soon become one of my greatest teachings, lessons, and pivotal moments in my life to shaping me into the man I am today. The lessons I explain in this book are from the lessons of life I learnt by simply learning to ride a horse.

TRUST THE PROCESS

I was a jockey for many years.

To make our lessons easy to follow in this book, I have used the process of riding a horse to help you understand how to quickly go to the stage that you are dealing with right now! Trust the process!



WALKING/SAFETY

We always start and return to the walk, to a state of feeling safe and in control.



TROTTING/RHYTHM

Life gets messy and you can lose control, until you find your rhythm.



CANTER/MOMENTUM

Momentum is building and you are picking up speed. Your rhythm comes naturally.



GALLOP/FREEDOM

The greatest feeling of freedom and the highest risk stage of life. Enjoy it, but stay focused!



WALKING/SAFETY

We always start and return to the walk, to a state of feeling safe and in control.

CHAPTER 02

The WALKING stage of life is all about LEARNING and PREPARATION. 'We only become who we are; by how well we LISTEN and PRACTICE.' Then it's who we spend our time with.

Whatever part of your life you are in if you want to take your life to another level, surround yourself with people who are already where you want to be. Learn as much as you can about where you want to be in life. POSITION yourself to be where you want to be. Read books, listen to podcasts, create a vision board, write down everything you learn and start applying it to your life.

So, my journey, was figuring out who I was and who I wanted to be, and where I was and where I wanted to be.

I had to start WALKING towards that vision I had for myself...but that wasn't a clear path! Let me explain.

Your basic learning, training or teachings are what will help you the most. The reason is, that under pressure, you will default back to what you KNOW.

Trust me, when you learn to ride a horse, this is important.

Learning to ride a horse is like learning to find the rhythm of life, and we all know what it feels like when life is going too fast for you. My advice is to use this quote: **'Slow is SMOOTH, smooth is FAST.'**

The fastest way to achieve the best result is by taking it slow and steady.

This is incredibly important for you but more so for the horse. Be GENTLE with yourself as you are with the horse.

Good things take time so don't be in a hurry. Just like the famous children's nursery rhyme 'Row, row, row your boat, GENTLY down the stream.'

**THE FASTEST WAY TO
ACHIEVE THE BEST
RESULT IS BY TAKING IT
SLOW AND STEADY.**



YOU CAN LEAD A HORSE TO WATER...IF ITS THIRSTY...



At 16 years old halfway through the school year I decided I wanted to do something with my life, but I did not know what I wanted to do.

Like many of the random occasions I have, those same comments from my friends and family about me becoming a jockey, subconsciously came flooding back into my mind.

With nothing else to excite my mind, I decided to listen to those messages and become a jockey.

But I had absolutely no clue of what I was really getting myself into! I had never ridden a horse properly, apart from the community and school fairs where they had pony rides for \$2 to sit on and go around in circles.

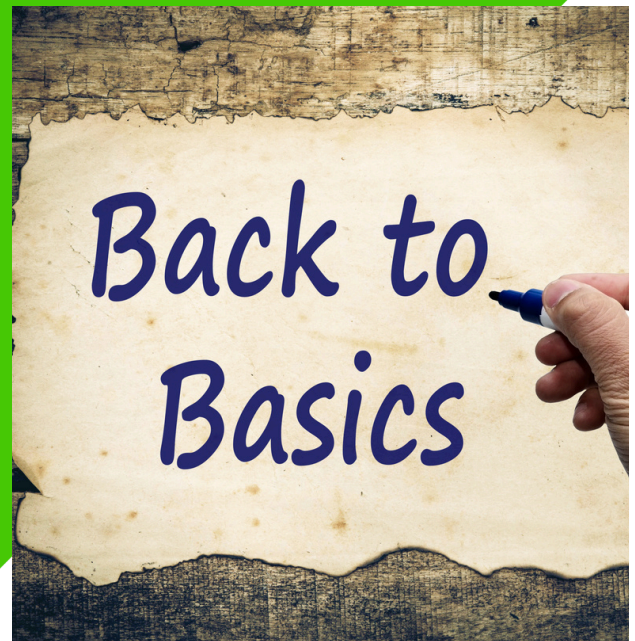
That was about all I knew of horses, but off I went, and started working towards becoming a Jockey.

What I did not realise was the impact this would have on my life, forever. The foundations and basics of overcoming life's challenges and any challenge you will face are simply about being prepared.

Jockeys encounter hours of training before they even get a chance to ride in a race. Hours spent riding horses, early mornings, long days, training in the gym. Doing everything to perfect their craft to be the best in every race. This is how they build, strength and endurance mentally and physically. Overcoming many challenges so life will not stop them from doing what many only stand trackside to watch.

But what do you do when life takes the reins, and you feel like you are **'BOLTING'**?

Answer the questions below, so you can join me on this journey.



Like any builder or contractor would know. Having a solid foundation is important to the structure of any building or road.

So, the key point to remember here is to never forget the basics and fundamental teachings to help you build a solid foundation.

After you learn to walk and master the basic commands, cues, and manoeuvres. It is time to move on to the next stage. Lets keep moving forward!

WORKSHEET ONE

WALKING

#1

Who are you and who do you want to be? (Know who you are wanting to become, so you can become that person)

#2

Where are you and where do you want to go? (If you don't know the destination, you will never get there)

#3

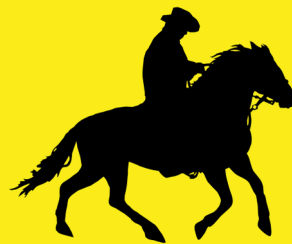
Where is your safe place? Where do you feel safe and relaxed, so you can actually learn, study and grow?

#4

What is it about your safe place that makes it safe? (These characteristics are qualities that you will leverage upon.)

CHAPTER

03



TROTTING/RHYTHM

Life gets messy and you can lose control, until you find your rhythm.

The trot is the most awkward natural gait and rhythm to accomplish when learning to ride a horse. But very crucial for development and being one with the horse.

The trot will help iron out butterflies from the foundational learnings as you pick up the pace a fraction. It will also help develop core muscles, strength and balance needed to stay on the horse and gain momentum.

This can also be the same with life. You can get so caught up with the world around you, that it consumes every part of your life. Early teenage years are a prime example. Dealing with many different emotions, feelings and behaviours and not knowing how to control them.

"Got to be in it, to win it"

Remember that it is a part of life and growing up. Without it, we would not be able to understand or comprehend why people behave or act a certain way. The rhythm of life starts by first understanding that life can be tough. You must be stronger than the challenges you are facing and work out how you are going to get through the other side.

The first step during any chaos is harder than it seems, that is to try and relax and breathe, take a deep breath, and relax! Re-centre your mind and your thinking, clear your mind to focus on what you need to do next.

The fastest way to achieve the best result is by taking it slow and steady.

focusing on the foundational principles and core fundamental teachings that helped you to get to where you are now. Back to basics!



Being committed is your guaranteed chance of survival

"Got to be in it, to win it". Never stop learning. Never stop asking questions. Learn as much as you can, from as many people as you can to position yourself to be unbeatable.

Here is another wise old saying "***You can lead a horse to water, but you can't make it drink it***".

In other words, People can tell you anything and everything there is to know about how to win, how to improve, best techniques, style, fitness, and diets.

But at the end of the day, it is up to you to decide what information you want to take on board.

Be committed! As a jockey there is truly little room for fear. Being committed is your guaranteed chance of survival. You must be all in! On the horse or not on the horse. All or nothing!





When you let fear, doubt and pressure undermine your ability to be successful, to be the best, to be whatever you want to be. You put yourself in a vulnerable position to not give it 100%.

Answer the questions below, so you can join me on this journey.

I was that person, I allowed the insecurities of my life and the pressure of the job to overshadow me and could not for any given reason output 100% of commitment, effort, and willingness to be where I aspired to be. I let a lot of people down, including myself.

This is the harsh reality of life, you cannot let the pressure of the world around you, overshadow you and stop you from being the best you can be. Keep going! It will only get better from here.

WORKSHEET TWO

TROTting

#1

How do I typically react when I feel pressured, and what does this reveal about my underlying insecurities?

#2

What specific insecurities cause me to doubt my abilities, and how can I begin to challenge or reframe them?

#3

How can I better manage external pressure without compromising my well-being or self-worth?

#4

In what ways do my insecurities drive my actions or decisions, and how can I shift toward more self-empowered choices?



CANTER / MOMENTUM

Momentum is building and you are picking up speed. Your rhythm comes naturally.

CHAPTER 04

Congratulations! You have come this far; I am beyond proud of you. You have come too far to give up now and turn back around.

Momentum is gaining, your confidence is building, and you are ready to pick up the pace and work towards galloping away to freedom. But hold your horses, there is still work to be done!

Like riding a bike, a bit of speed helps build the momentum to stay balanced. Once you learn that, and build confidence, then you will naturally find your rhythm and riding a bike will become second nature.

The lesson we can learn from riding a bike or a horse is that no matter how many times you fall, get back up and keep trying.

What works for one person, does not mean it will work for all. There are lots of ways of dealing with challenges in life, find out what works best for you.

One conversation I had with a trainer that I hold dear to my heart and never forgot, was about 'Not giving up and following your dreams.

Do not worry about what people say about you or how much they put you down.

Just focus on yourself and never lose sight of what matters to you in your heart.

As long as you keep moving forward and believe in your heart you can do it, then you will.'

There is no such thing as failing or giving up! The acronym of FAIL: First Attempt In Learning.

This is one acronym I have used to remind myself that it is ok if something does not work out, you will find a way.

The acronym of FAIL: First Attempt In Learning

YOU 
BECOME
WHAT YOU
BELIEVE.



“



**”WINNERS NEVER QUIT;
QUITTERS NEVER WIN!”**

-VINCE LOMBARDI-



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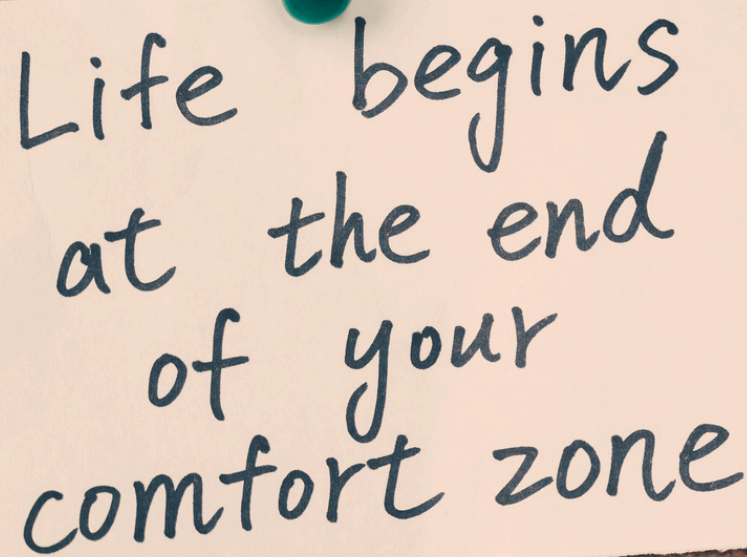
**“I have not failed.
I've just found
10,000 ways that
won't work”
-Thomas Edison-**

Fun fact: it took Thomas Edison 10,000 times of trial and error to create the lightbulb. You now have 10,000 reasons to keep going, keep chasing your dreams, visions and goals and do not stop until you have tried 10,000 times!

“Winners never quit; Quitters never win!” -Vince Lombardi. A quote that was sign written on one of the trainer's horse floats and a quote I never forgot. The more you stay focused on the task at hand and persevere with the challenges you are facing, the more likely you are to overcome it and not be defeated or quit.

Making life changes can be scary. Too often many people will find favour and comfort in doing what they always do or are resistant to doing something different. This is what we call the comfort zone.





Life begins
at the end
of your
comfort zone

Imagine yourself at your favourite restaurant, on the menu in big bold letters is a new menu item, highly recommended by the head chef. Do you dare to try it, or do you revert to your usual menu order and stick with what you know?

**STEP OUT OF THE
COMFORT ZONE!**

If you stick with what you know, chances are you are sitting in your comfort zone and reluctant to change.

If you want to progress in life and take your life to another level or grow to be a better person, better role model or better leader, then you are going to have to adapt to change take that leap of faith and step outside of your comfort zone. Because it is when you step outside of your comfort zone that you begin to grow, stretch, and break.

Any horse rider knows that, for a horse to be tameable and rideable, it must first be broken in.

In the process of breaking in, the horse learns trust, obedience, control, connection, and growth.

This is the same with your life. In the process of change and stepping outside your comfort zone you learn to trust yourself to make wise decisions.

You learn to be disciplined, to stay focused on where you want to be in your life.

You learn self-control to not backslide and turn back to old habits.

You learn self-awareness, to know everything you are currently doing is helping you to become a better person.



While enduring all these challenges, you experience growth in becoming who you want to be and set your life up to be everything you wanted it to be.

When I left my career and hung my boots as a jockey. I must honestly say it was one of the hardest decisions I had to make. Everything I worked for, the only job I knew how to do.



But I knew I had to do it for the benefit of myself and for the benefit of those I worked for.

Many life events that had happened in the years before I left, had all flooded back to me, as I shared in the previous chapter the result of this was that I was not able to commit and give 100% to doing my job.

I realised the change was beneficial to finding out my passion and going after what it was that I was truly passionate about.

at the time of authoring this book I can say I have achieved more than I thought I would.

I found my passion for speaking, helping, motivating, inspiring and empowering people to chase their dreams, visions and goals and never give up.



The process of change was scary, there were many highs and lows, and mountains to climb, but it is what was necessary to help me get to where I am today. I believe you can too!

Answer the questions below, so you can join me on this journey.

When life is looking like there is no chance of making it through the storm. When life has taken the reins in its teeth and stepped up from a canter to a gallop, remember.

"The challenges you face today, will help you, equip you and prepare you to be stronger and greater for the challenges that await you next".

There is no limit to stopping you from being who you want to be.

WORKSHEET THREE

CANTER

#1

What fears or limiting beliefs are holding me back from taking risks and trying new experiences?

#2

What small, manageable steps can I take today to challenge myself and step outside my comfort zone?

#3

How have I grown or benefited in the past when I faced situations that made me uncomfortable?

#4

What is the worst-case scenario if I fail when trying something new, and how would I handle it?

CHAPTER 05



GALLOP / FREEDOM

The greatest feeling of freedom and the highest risk stage of life. Enjoy it, but stay focused!

WATCH YOUR GATES! Pure adrenaline as you feel the power of a horse underneath you take off from a stand-still to a gallop in a matter of seconds.

Exhilarating indeed! but yes, the risk of injury is at its highest.

Life can be fast too. Momentum can come quickly when you are trying to get ahead in life, sometimes too fast to manage and keep up. Always stay focused and in control.

A lesson I was lucky enough to learn early was this; you cannot and will not stop a half-tonne beast by pure strength; It is a combination of strength and technique.

If you have ever had the pleasure of being on a horse when it is 'Bolting' or out of control. Then you will understand exactly what I am saying.

The first time it happens, yes indeed very scary. But the more you learn, the stronger you get, the better equipped you will be when it occurs again.

ALWAYS STAY FOCUSED AND IN CONTROL!

As a horse rider, you learn to know the cues, characteristics and behaviours of each horse both on and off the horse.

If you do not quit the unhealthy habits in your life, you know you should not be doing, you will become addicted to that habit and potentially lose everything, depending on the habit and the people around you who are supporting you.

The moment you sense a horse is about to bolt, you ease it back before it gets past the point of not being able to control it.

The same is with your life. If you do not have control of your life and you let life start running away, you will end up in a position you do not want to be in and you will get hurt or hurt someone else.

Let me highlight my point here; If you do not manage your time between work and life, you will get fatigued, tired, and burnt out.



Never be afraid to admit you are struggling and need help!



Anything that can negatively affect the well-being of your life is a potential threat to you losing control of your life and your house, car, friends, family, or children.

When life starts trying to bolt, ease it back, breathe and relax. Find a way to gain the upper hand and get help if you need help.

Never be afraid to admit you are struggling and need help!

If I did not control my unhealthy habits as a teenager, I would not be where I am today and be able to share my journey with you.

When you are at the point in life where you can accept your life for what it is or was and accept that you need to change things up for the good. You will find a big release of heavy burdened weight lifted off your shoulders. You will find peace in accepting that you cannot do it alone and if you valued your life, you would make those changes.



That feeling of peace and acceptance is that rush of adrenaline and feeling the wind as you pick up the pace. You feel the freedom, the victory of knowing what it is like when you have control of a half-tonne beast at a powerful speed.

Then you will know that you have mastered and conquered the beast.

As I mentioned at the start of this book. Being small is something I could not change and refused to accept.

As much as I refused to believe this, bullying affected my life far greater than I wanted to believe. There was only one way to FREEDOM!

**Answer the questions
below, so you can join
me on this journey.**

The moment I chose to ACCEPT, I am who I am, and I cannot change that. ACCEPT my life for what it was. ACCEPT MY LIFE and LOVE THE MAN IN THE MIRROR!

That is when my life went from feeling LOST to feeling LOVED!

I was no longer a slave to judgmental emotions and feeling DE-VALUED.

I became renewed and empowered by a new outlook on life and I am GRATEFUL for the man I have transitioned to be.


LOVE YOURSELF BECAUSE THERE IS NO ONE ELSE LIKE YOU! Accept the challenges life throws at you. Empower yourself to be everything you believed you could not be. Because YOUR LIFE is GREATER than the CIRCUMSTANCE.

WORKSHEET FOUR

GALLOP


#1

How do I speak to myself during difficult moments, and does that language reflect a high sense of self-value?




#2

How do I define my self-worth, and is it influenced more by external validation or my internal beliefs?




#3

What parts of myself have I struggled to accept, and how can I begin to embrace them with compassion and understanding?

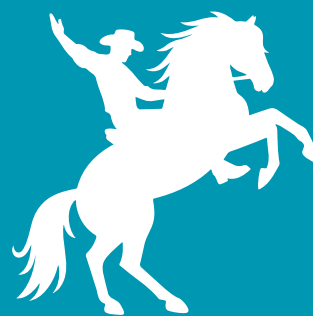


#4

What areas of my life have I resisted accepting because they feel uncomfortable, and how can I reframe my perspective to foster growth?



CHAPTER 06



BUCKED OFF!

Life will try and buck you off! You must get straight back on!

Can you recall a time when something in your life has made you angry and it does not matter what anyone does, you know your 'bucked off'. When life bucks you off, you must rise to your feet and get back on. It is not about swallowing your pride and carrying on. But knowing that whenever life wins the battle over your mind. It can be scary and intimidating to want to get back on. The fear of failure is a good example of this. When you experience challenges in your life that cause you to make critical decisions that will affect your next step in life. It can be scary to take that leap of faith.

Life will challenge you in many ways. There will be times when you will get 'Bucked Off' and not like it. Sometimes you may not be able to get back up in that very moment, and that's ok. Know that you have the strength, determination and will to overcome any challenge that you face. Be bold, courageous and never give up of what is possible.

The best gift you could give to yourself in this moment is the gift of love.

Has there ever been a time in your life when you have felt like you do not fit in? Do you feel like nobody else values you?

Do you ever recall a time in school when it came to playing team games with the class and the teacher would pick two team captains who were responsible for picking their team one by one? Have you ever been the one who was last to be chosen? That feeling of being put in a team 'just because' was never a nice feeling. Because you were the last one left, they had no choice but to take you on their team. But for the one that was left last, there was always a feeling of hopelessness, not being liked, not feeling valued or included. Sometimes we would not even know why.

*“DON'T LET THE
VALUE OF THE
WORLD,
DETERMINE THE
VALUE OF YOU.*

*THE VALUE OF
YOUR LIFE IS
DETERMINED BY
THE VALUE OF
YOUR HEART”*

-TE RAUMOA BAKER-



As I mentioned earlier in this book. Being small or short was something I could not and would not accept. The effects of bullying and countless jokes I encountered about being small, as much as I wanted to believe that it did not affect me, the truth is that it did. The raw emotions hidden deep within my heart and mind over the years as a teenager grew stronger and stronger my anger and hate towards myself grew stronger, and my anger and hate towards others grew stronger.

The build-up of tension and emotions started to create an eruption effect. The metaphor of the volcanic eruption was how I described my behaviour. There were times when I would 'Lose my lid,' 'Blow my top' or 'Erupt.' Because let us face it we are all human, we are not built and designed to hold in pressure and emotions. When the pressure is too much to manage, that pressure must release out somewhere, somehow, or explode and erupt, that is what happened to me.

Allow these small moments good or bad to reflect the beauty of who you are today.

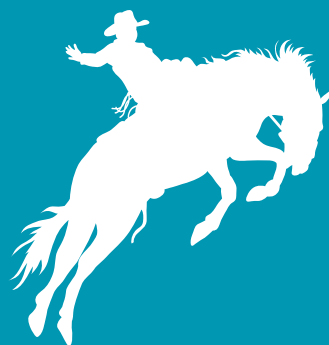
Life is going to feel like a rodeo and there will be times when you will get bucked off. You must get straight back on! You must remain strong and know your values, know who you are, know what triggers will set you off and deal with them, do not allow them to affect you.

You must know that it is ok to let off some steam, and release some pressure, but do it safely. Do not take it out on others, friends, family, spouse, children, or anyone, that is not ok! even if they are the cause of the pressure. Remember you are better than that. Be the bigger person in the room, take a walk, exercise, swim, shower, listen to music, read a book, or listen to a podcast. Whatever it is that helps you to relax, do that! Remove yourself away from the environment.

Life is made up of millions of tiny moments, that you creatively piece together in the mosaic of your life story. Allow these small moments good or bad to reflect the beauty of who you are today.

When life catches you off guard, jumps sideways and bucks you off. Look back, smile and laugh a little. Say "That was good", but there won't be a next time. These are the teachable and reflective moments we can learn from and stay alert to. Learn to know and predict when they are going to happen. Your chances of staying on will be greater.

CHAPTER 07



LOSING CONTROL

What do you do when life takes the bit between its teeth, and you can no longer steer or stop?

As you have just discovered the frustration of what happens in life, when life bucks you off. This next chapter is where you will learn to recognize the small moments in life that lead to getting bucked off.

This is a completely normal process in our life. It is how you learn to regulate your emotions and frustrations so life will not be able to buck you off.

You must understand that in life we all face challenges at some point. Some may feel bigger than others, depending on the level of connection that challenge has and affects your personal life. A challenge you might find not so difficult to handle may be something greater and bigger to someone else. We all interpret life differently. You must understand that we are all individually unique and respect others in their circumstances even if it seems easy for you to deal with.

There will be times in your life when you will feel like life has 'Bolted' or taken off and you are losing control with no way of stopping it. For me, this challenge in life came at an unexpected time in my life. I was not long into my job and apprenticeship.

There were many pressures I was dealing with, all in one moment: the pressure and effects of bullying, family moving away, being in a home by myself, looking after my dog at home, school, work, and bills. You may think well that's life we all deal with that.

Yes, indeed that is correct, but at 17 years old life is still young there is still a lot of learning to do, growth to happen and life to see. This sent me into a Mental Health frenzy. I was losing control of my life very quickly. Depression set in and set me on a path of low self-esteem. While I felt particularly good hiding it, the effect and toll it had on me mentally was far from what I imagined.





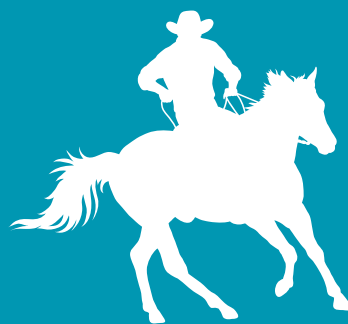
I came to a point in my life of not wanting to exist, not wanting to be here, and feeling like no one valued me. I tell you this not for your sympathy, but for you to understand that the life experiences I share are real and from lived experiences. It is ok if you feel this way right now, it is ok to ask for help, there are people out there who want to help you. One lesson I learnt from Dion Jensen who calls it 'calling for back up or reinforcements' in military terms. Something I was too afraid to do, was 'ask for help.'

Losing control of life can be scary, lonely, and daunting. When you can identify that your life is heading in a downward spiral, stop yourself immediately and regain control and focus.

Keep reading to learn how I did it.

CHAPTER

08



REGAINING CONTROL

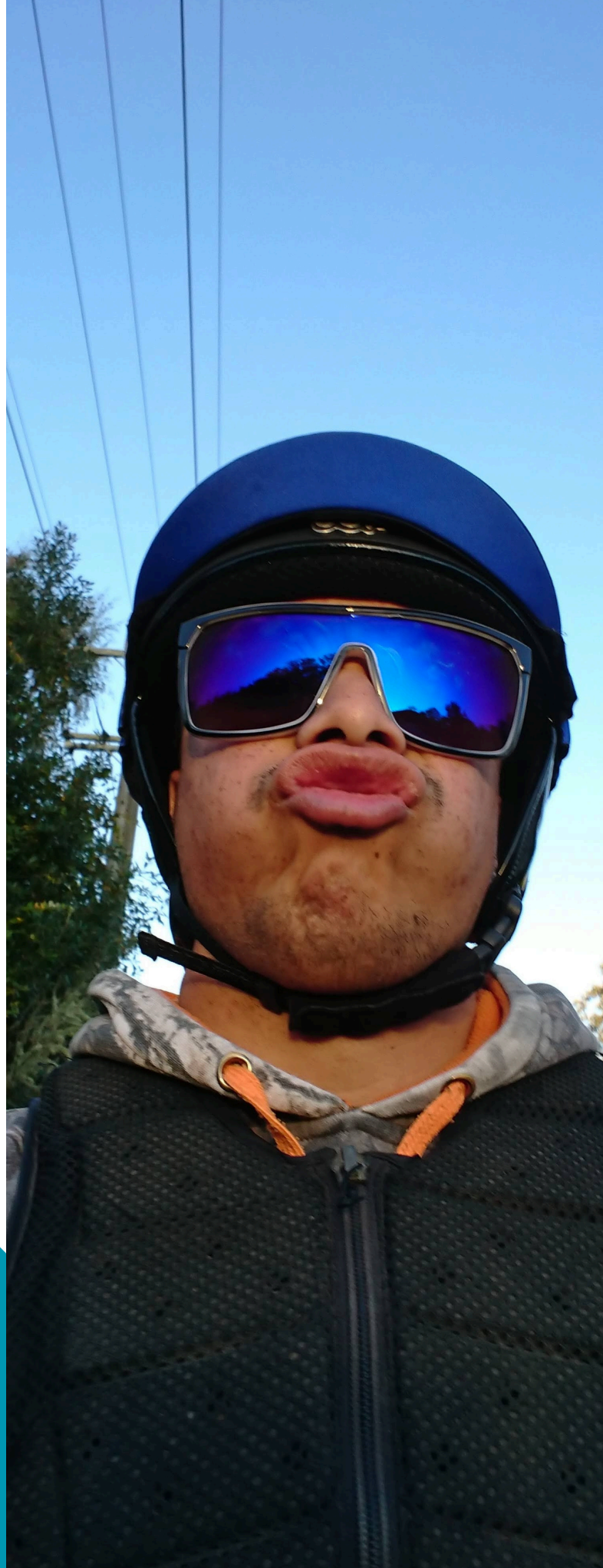
Some tips to help you regain control of your thoughts and feelings.

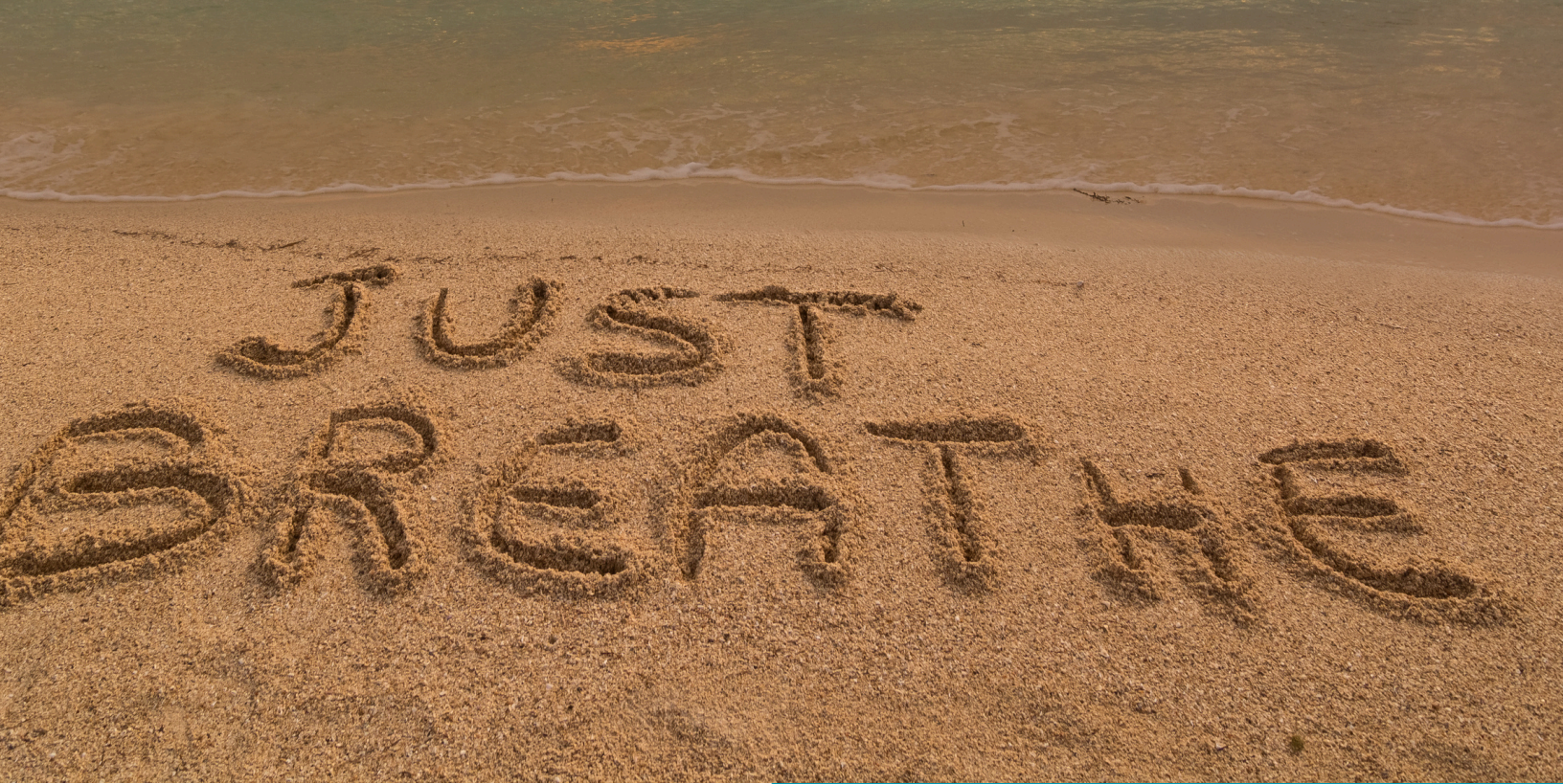
Understanding that a change is needed is important to helping you regain control, helping you bring life back underneath you, so you have full control. Whether that is a change mentally, spiritually, physically, or emotionally, all these aspects of life influence your overall health and well-being. When any one of these aspects starts developing a negative impact in your life, this will bring on a negative influence in that area and your life will no longer be balanced or in harmony. This will lead to significant impacts on your thoughts, feelings, and behaviours.

When I was at rock bottom in my life, I realised the only person responsible for me being where I am right now is me. The only person who can help me right now is myself. I was the reason I was feeling the way I did and distancing myself from society and the world. I learned to stop hating and blaming the world for the situation I was in, I learned that for me to get out of the pit I was in, I had to change.

The start of my healing journey started with accepting that I needed to change. "When you are sitting at rock bottom, the only way left to go is up!" This is exactly what I did. I started with my mindset, I started thinking more positively about myself, learning to love who I was in the mirror, this was a tough lesson to learn and deal with, but it was essential for me to begin the process of healing. I started speaking words of affirmation over my life, I started reading books that would help me to understand who I was. 'The Five Love Languages' by Gary Chapman was an extremely helpful book and a useful tool to help me improve my outlook on life and understand what it was that I needed in my life to feel valued.

Sometimes in the chaos of life when we are in shock, we forget to do one of the most essential exercises that keeps us alive! That is, BREATHE. Breathing exercises are one of the most beneficial ways of releasing tension, improving blood flow, and relaxing the mind and body.





Box breathing or 4x4 breathing, is a useful and simple exercise to start with breathwork. How to do it: Breathe in for Four seconds, Hold for Four seconds, breathe out for Four seconds and Hold for Four seconds. Do this for Four rounds or until satisfied.

Another good task to help you regain control of your life and one that I personally use and can testify to say it helps, is a Māori wellbeing framework called 'Te Whare Tapa Whā' developed by Sir Mason Durie. Looking at four pillars in health and wellbeing as a wharenuī or meeting house and the whenua or land as the connection to who we are.

Setting myself a vision and goal of where I aspired to be in life helped me to zoom in and focus on Improving my life. It gave me a stepping stone to set my life up for success. It is what I used to help me not lose focus on what I wanted to achieve, and where I wanted to go, and I started designing who I wanted to be. "If you can't define your life, design your life.' Te Raumoana Baker.

“When you come out of the storm, you won't be the same person that walked into it, that's what the storm is all about”.
-Haruki Murakami-

I wanted to change my life to be a better role model not only for myself, but for those around me, for my family, friends, community, and those who looked up to me. I am a believer in 'it does not matter what age you are, you are always influencing someone, there is always someone around you that looks up to you.' You are a leader, so lead by example.

Any negative impact in your life will weigh you down. When your mind is not healthy, the way you feel about life will not be healthy, leading to negative and toxic behaviour and a dis-satisfied outlook on life.

Accept that a change is needed and start living a better life one stride at a time.

CHAPTER

09



NOT HATING THE HORSE

When life knocks you down it is easy to become scared, bitter, or angry, but do not hate the horse

When you come across hurdles and steeples in your life, it is easy to be scared when you are unsure of what to do, how to jump it, know how much speed you need to clear the jump, the right timing to take off for the jump, how will you land on the other side? Many questions may pass across your mind when uncertainty strikes. This may make you angry and increase your anxiety to not knowing what lies ahead. But the truth and reality are, that this is all a part of learning and a part of life. You must accept that hurdles and challenges will come. The more hurdles you face and overcome in your life, the more confident you will get.

This is one way you can develop confidence and learn to overcome your fears of uncertainty by always staying focused on being the best version of yourself and doing the best you can, with what you have, the best way you know how.

When you stop focusing on the outside influence of your circumstances and think about the inward gratification you will get from being the best you can be, there will be nothing more left for you to think about. When you realise the biggest hurdle you face is 'Yourself,' then only will you know how to overcome it. You can get so caught up in worrying about what everyone else thinks of you, or who they want you to be, that you will never find time to think about who you want to be, what you want to do or where you want to go.

It is easy to get angry and blame everyone else when life is not going the way you planned. But only you can control that, if you let the words of others affect your emotions and how you feel, life will always feel that way.





If life knocks you down, get back up. If you need support to help you up, never be afraid to ask. But whatever you do, do not hate others when you fall, instead learn to be humble in defeat and get up stronger. The world will always find a way to hurt you and cause you to stumble or fall, but this will only happen if you allow it.

The greatest lesson you can learn from setbacks is that it will bring out your true colours in who you are in your heart. How you respond, react, and behave. One of the most powerful quotes I have ever heard was from a man named Haruki Murakami but was spoken by Inky Johnson and it says, "When you come out of the storm, you won't be the same person that walked into it, that's what the storm is all about. When you can't control what's happening to you, you control how you respond to it. That is where your power is".

**"Don't live the life
others want for you,
live the life you want
for yourself"
-Te Raumoia Baker-**

So, when you learn that the storm is there for your growth and transformation, you can rest assured and have faith that you will come out better and stronger. You can be confident and know that life's challenges are there for a reason to build growth, confidence, and character. You can sit back and be certain that a gallop is now possible and freedom to overcome your challenges is only a step away. Growing confidence in being yourself is the best step forward to creating change.

I have faced many highs and lows in my life, and I can only imagine you have too. My personal experience of setbacks and low self-esteem dawned on me the moment I knew and felt in my heart that I was not where I needed to be in my career as a Jockey and my heart and fire for the love of riding was burning out. As I mentioned earlier, it was the hardest challenge I faced, but the most beneficial for allowing me to be who I needed to be and go where I needed to go. To follow my heart and chase my dreams, visions, and goals.

You can do anything you set your mind to, be bold, be brave and be you! Not worrying about other people's opinions of you, is the ultimate step to becoming the best version of you and a step towards living a life with no control, no worries.

CHAPTER 10



KEEP THE LOVE OF RIDING
ALIVE!

How to not lose the love of life.
Ride and enjoy it!

Trust yourself! You owe it to yourself to trust yourself that you can do whatever you set your mind to and do what it is you desire to do. Dream big or someone else will dream it for you and live the life for which you were destined. Life is what you make it, dream it, design it, live it! Do not let the fear and thoughts of others stop you from becoming who you were created to be. Fear is the destroyer of confidence, the destroyer of growth, the destroyer of dreams.

False. Evidence. Appearing. Real. You can use this acronym of 'FEAR' to help you understand that the reality of what you think may happen, may not be the outcome of what you thought because you pre-determined the outcome. Fear only exists in something that you are uncertain about. Because when you know the outcome of a situation or circumstance, or you have control over the situation. You will not fear it because you know the result of what is ahead and what is needed to achieve it, therefore it does not worry you.

Public speaking is named the number one fear in the world- I do not think because people are afraid to speak, I think because people are too insecure about making mistakes or worried about what others will say about them or criticise them for speaking. Fear will only exist if you let it. When you can learn to trust your instincts, trust yourself and not fear about what the world says about you. Then you will build self-growth and confidence to know life is not as bad as you thought.

One of the hardest challenges I faced was Forgiveness. I want to be honest and say, forgiveness was HARD! But forgiveness was what I needed to do. Forgive those who hurt me, even if it was unintentional. Forgiving others not because I was weak, but because I needed validation in my heart, mind, and spirit to know I could see past the pain, forget the pain, and move on. Forgiving others so I can be the best version of myself, without letting anything hold me back.

Forgive me for being hard on myself and doubting I can be better. Forgive me because I cannot change who I am. Forgive myself for lashing out in anger because of the pain I held inside. FORGIVENESS is what led me to ACCEPTANCE and PEACE.

Forgiveness and acceptance. Two of the most powerful actions that you can do to heal. Forgive to let go of what hurt you, traumatised you or caused you pain. Accept and acknowledge that these things have happened so you can move forward and not allow your past to define you. For me, these two internal actions are what led me to internal freedom.

“If you can’t define your life, design your life” -Te Raumoia Baker-

When you can be free in your heart and mind, you can live a life worth living, a life of self-satisfaction and gratification of knowing you are a champion in anything you put your mind to, you are un-beatable and only you can change that.

Never give up! Keep working on your, vision, dreams, and goals. Never let anyone stop you from doing what you love. "Don't live the life others want for you, live the life you want for yourself" - Te Raumoia Baker. Another quote of mine that helped me work towards my vision is this,

“If you can’t define your life, design your life”- Te Raumoia Baker. The ultimate freedom and peace in life is when you realise your greatest strength is the power of self-belief and knowing that you can do anything you set your mind to.

If you can do this well, I guarantee, you will be galloping away into victory, knowing that there is nothing that can stop you from being whatever you want to be and being who you want to be, **not even life when it seemed like there was no control.**

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