

WHERE WILL I BE IN 10 YEARS?

I will be 48 years old and in the best shape of my life. I have taken excellent care of my self and can still do all the things I love. My energy is through the roof. My life feels like a vacation not one I need a vacation from

Rochelle is with me. She is happy and we still have the type of relationship they write about in romance novels. Our relationship remains my single greatest accomplishment.

Leah is 17. She is strong, smart, and confident. By now she has probably already started a business or is fighting for some cause she is passionate about.

Zoe is 15. She is still social, happy, and still has that same laugh that lights up an entire room. I imagine she is involved with animals in some way. She has always loved them.

Our girls are still best friends. They have always been and will always be inseparable.

The bond we have within our family is what I'm most proud of. We chose to win privately. We pull together when shit gets hard we don't pull apart. We are real.

Our kids understand who they are and know how to make good decisions. They know they are free to be themselves without expectation or judgment. There is no pressure to be who we want them to be. They know every minute of every hour of every day mom and dad love them.

My friends make jokes about scaring off boys but I don't have to do that. I trust them. I know they'll make good



decisions and bad ones. I know they will come to me when they need me. They will know I have their backs and won't fear telling me when they're in trouble.

We are either warnings or examples to those we love and I choose to be an example of the five tenants we based our parenting on.

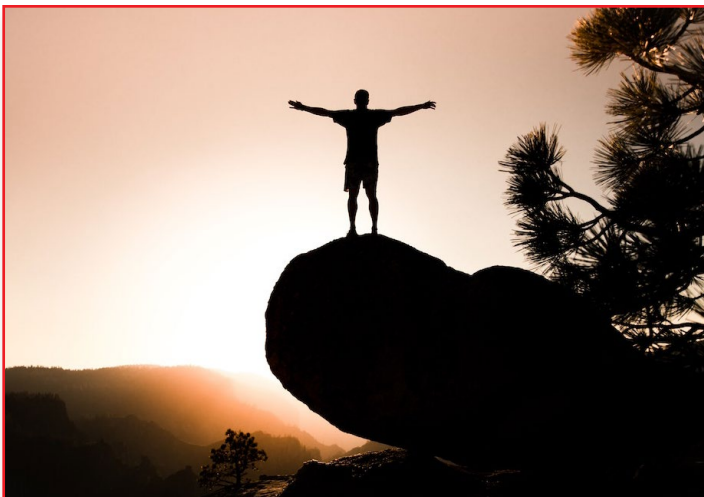
1. Have the courage to follow your heart and live a life by design. Don't let making a living keep you from creating a life.

2. You will get knocked down. You will fail your way to success. That's ok. You're a Freed. You're expected to get up. Deal with it and move on.

3. Life isn't fair. Stop expecting it to be. When you complain no one wants to help you. Be strong. Be tough.

4. Don't mistake attention for love. The most important relationship you'll ever have is the one you have with yourself. You'll never outgrow the opinion you have of yourself. It will manifest in every relationship you have. Start with you. Commit to self-mastery.

5 It's OK not to know what you want. Travel, eat, explore. Not all who wander are lost and you'll find your way if you never stop searching. Sometimes the only way to find what you want is by going through what you don't want. Remain curious.





I hope my mom and dad are still with us and enjoying a high quality of life. I am happy that I am able to provide the best care for them and the most comfortable life they'll allow me to give them.

My sister Joanna and her husband Mark have kids and are doing well. I'm so glad I was able to pay off their house and have financially set them for life. They are free to live on their terms without financial hardship or worry.

We have finally moved out of Kansas. We live in the mountains home of the Freed Immersion Center. It is a center dedicated to helping people from all walks of life build stories that empower their greatness. Thousands of people from around the world have joined us there to better their lives. The stories they share of the changes they've made and the lives they've built are my most prized possessions. We teach people how to tap their

inner wisdom, how to find live their own advice, and how to lead themselves at the highest level.

I am a best-selling author, speaker, and coach who has made a global impact by sharing simple ideas that allow others to awaken to their best lives. My book *Best Advice Best Life* has sold over a million copies and made it to The NY Times bestseller list. I have developed relationships with the best in the world and have a network that is dedicated to saving it. My heroes have become my colleagues. I can't believe it all has finally happened.

The Chiefs have won the last 10 Super Bowls and Tom Brady promises says he might retire next year. The Cowboys still suck and that makes me happy.

The last 10 years have been better than I could have imagined. I can't wait for the next 10 years.