

Why the Title Mops, Brooms and Dreams?

This title signifies humble beginnings. Mops and brooms are everyday cleaning tools, symbolising the humble start of my journey – tools which represent how I began my cleaning business with small steps but big dreams.

Growing up, my parents faced many financial challenges, especially after both of them became pensioners. It was hard just to put food on the table, it was never enough.

Not having enough as a child impacted me deeply in several ways. It shaped my sense of security, making me more anxious about the future and often feeling like I had to work harder than others to achieve stability. It taught me to value what I have now, but also made me more cautious and sometimes hesitant to trust that things will work out. I carry a constant reminder of what it was like to go without, and that influences the way I approach challenges and opportunities today.

Despite the struggles, my mum instilled in us a love for each other and love for God. Our small cottage was filled with the sound of laughter and joy, while my family's resilience and strength inspired me every single day. I remember sitting on our cottage patio everyday with my sisters and mum, sharing our dreams, laughing, praying and motivating each other. Today, I'm proud to say we have broken the cycle of poverty and are dedicated to helping others do the same.

Humility is key. Starting with simple tools like mops and brooms taught me the value of humility and hard work. Building something from scratch, starting small and growing gradually.

Humility is essential.

Stay humble, stay grounded.

Humility is the foundation.

Humility comes before honour.

The reward for humility and fearing the Lord is riches, honor, and life. – Proverbs 22:4 AMP

Cleaning up life's messes. Mops and brooms are used to clean up messes and make things tidy. This book is about overcoming life's challenges and cleaning up the mess that comes our way. Cleaning up physical messes with mops and brooms symbolises cleaning up emotional messes in our lives.

Accumulating clutter overwhelms and stresses us, both physically and emotionally. Physical clutter includes

disorganised spaces, while emotional messes include unresolved issues and toxic relationships.

Hidden dangers: Physical messes can hide tripping hazards, mould, and the like, while emotional messes can conceal underlying issues like trauma and resentment.

Sweeping changes: Brooms are used to sweep away the old, and make room for the new. About making significant changes and pursuing new dreams. God's grace and guidance helped me navigate challenges, just as a broom sweeps away dirt. Mopping up mistakes helps clean the floor, while at the same time allows one to take mistakes and failures as opportunities to learn and grow. Use the broom as a symbol of discernment, helping you sweep away negative thoughts and habits.

Dreaming big: Despite the mundane nature of mops and brooms, by adding "and Dreams" into the title, indicates that even in the most ordinary circumstances, we can have extraordinary dreams and aspirations. Life is messy, but God's got a plan. The messy nature of life can be cleaned up with God's guidance, just as a mop cleans up spills.

Personal growth journey: The title of this book represents my personal growth journey, from cleaning people's houses to owning my own business, from cleaning up life's messes to pursuing my dreams. Mops, and brooms symbolise the tools I have used along the way.

The most significant emotional messes I have faced include procrastination, avoidance of emotional pain and confrontation, fear of saying no or setting boundaries, lack of purpose, low self-esteem, fear of imperfection, and vulnerability. For years, I carried around a heavy burden of emotional clutter, when self-doubt became a constant companion, influencing every aspect of my life. My emotional mess became a physical reality, manifesting in cluttered spaces, disorganised habits, and a perpetual sense of overwhelm.

The turning point came when I realised I couldn't keep living in this state. I was exhausted, anxious, and feeling lost. It was time to confront the emotional chaos head-on. I began by talking about it and seeking God. Speaking with God provided a safe space to unravel the tangled threads of my emotions.

One of the most significant steps in my healing journey was practising self-love and self-compassion. I learnt to treat myself with kindness, and to allow myself to express my emotions without judgement. As I worked through my emotional clutter I started to notice changes in my life. Because of that I established boundaries with toxic relationships and prioritised nurturing relationships and connections that uplifted me.

Forgiveness was another crucial step. I learnt to release the anger and resentment towards those who had hurt me, recognising that holding on to these emotions only

perpetuated my suffering. Through forgiveness, I reclaimed my power and freed myself from the weight of resentment.

The aftermath of cleaning up my emotional mess has been nothing short of transformative. I have discovered a sense of purpose and clarity, allowing me to pursue my passions with renewed energy. My relationships have deepened, and I have attracted people who support and encourage me.

This journey has taught me that emotional resilience is not about avoiding challenges, but rather facing them head-on. It's about acknowledging vulnerability as a strength, not a weakness. I have learnt to prioritise self-care, recognising that my emotional wellbeing is essential to living a fulfilling life.

In sharing my story, I hope to inspire others to embark on their own journey of healing and self-discovery. Remember, emotional clutter is not something to be ashamed of – it's an opportunity for growth and transformation. By confronting our emotional messes, we can create space for God to speak in our lives, getting clarity of things and a more authentic, meaningful life.