



CHAPTER 1

WHY I WROTE THIS BOOK

I believe we all have our own book and story we are writing, and I thought why not share mine with the world. I personally strive to live every day as if it's my last because one thing we all should remember is that there's no such thing as perfect timing.

Before reading I would encourage you to pray and ask God to shift your PARADIGM so that you can gain as much from this book as possible.

I wrote this book to inspire not only the youth but everyone out there, to the best of my ability. I want to encourage you to do better and become an even higher version of yourselves holistically no matter your age or gender. If I can strive to change and better myself along the way, so can you, no matter where or who you are or what you went through. It all starts with believing in yourself, having UNSHAKEABLE faith and working hard on yourself

daily. I have observed for a few years regarding WHY we as humans stay in lack and just drift along through life without reaching our true potential. I have concluded that the problem is our MINDSET.

I hope the small lessons I have learnt and which I am still working on will help you guys for the season you find yourself in, whether it's your high or low season.

The meaning of the name 'Caden'
English version 'Warrior' and 'Fighter'
Welsh Version 'Spirit of battle'