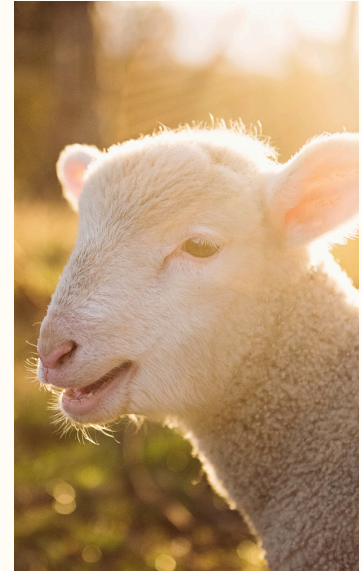


HE FOUND HIS FLOCK. AND YOU CAN TOO.

I heard a **story** this week that stayed with me - after I cried on my way to work that is. I didn't cry because I'm unhappy but because it resonated with me, so hard, I felt the emotion rise through me in an instant. I have been through this process, and it is like a rebirth, an awakening.

It was about a man - Stephen Keighley - who left a 25-year career in London to become a sheep farmer on Dartmoor. No big plan. No perfectly mapped-out future. Just a sense that the life he was living wasn't the one he wanted anymore.

Back home in the West Country, unsure of his next step, he was given an orphaned lamb named Benny. That one tiny moment, a lamb named -Benny- needing care, turned out to be the start of everything. A flock followed. And so did a slower, more meaningful life. **He found his flock.**



MORE THAN JUST A FARMING STORY

This isn't just a lovely tale about sheep (though it is lovely).

It's a reminder that sometimes we have to come back to ourselves, even if that means stepping away from the life we thought we wanted. His story is about paying attention to what matters. Choosing purpose over pressure. Being open to a different kind of success.

And for me, the phrase "he found his flock" kept echoing long after the interview ended and I don't even think this phrase was used, it just echoed in my own mind.

What Does Finding Your Flock Look Like?

It doesn't have to be dramatic. You don't have to pack it all in and move to the moors. Most of the time, finding your flock happens in small, honest steps:

- Saying yes to the right people
- Saying no to what no longer feels like you
- Slowing down enough to hear what your life is trying to tell you

Maybe it's a community you've found.

A calling you're just starting to trust.

Or a way of living that feels like home again.

Whatever it is, it's yours. And you're allowed to follow it. Read [more](#).

A Gentle Nudge for You (and Me)

- If this resonates with you — share it.
- Use the hashtag **#FindYourFlock**
- If you feel comfortable, complete this thought:

"I knew I'd found my flock when..."

It could be the start of something real — for you, or for someone else who needs to hear

