

FROM THE CREATOR OF MYNINE WAYS

# WHOLLY NAOMI

**BY LOUISE GILBERT**

*One Woman, Nine Numbers,  
and a Cat Looking for Love*

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A heartwarming tale of one woman's quest to become her best self and live her best life



# Wholly Naomi

LOUISE GILBERT

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## DEDICATION

To those in pursuit of becoming their best selves and living their best lives: may you make this world a better place simply by being who you truly are.

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# INTRODUCTION

Welcome to “Wholly Naomi.” This book is not just a story, but an invitation for you to start your journey with *MyNine Ways*, guided by the experiences of Naomi.

Life, with its inherent complexity, is a rollercoaster of experiences and emotions. On one hand, we encounter moments brimming with joy and pleasant surprises, filling our days with happiness and a sense of fulfilment. Everything seems to align, and our spirits are high. We feel motivated, energised, and in tune with our surroundings and our inner selves. These moments are the highs of the rollercoaster, where we feel on top of the world.

However, life isn’t always smooth sailing. Just as we reach these highs, we also face the lows; periods marked by sadness, disappointment, and unexpected challenges. Things don’t go as planned when our best-laid plans fall apart, leading to feelings of frustration and despair. It might be a personal setback, a professional failure, or an unforeseen circumstance that throws us off course. These moments represent the downward spirals of the rollercoaster, where everything can seem daunting and overwhelming.

With this constant ebb and flow, it’s not unusual to feel a sense of disillusion. The continuous effort to achieve our goals, coupled with the daily obstacles we face, can take a toll on our mental and emotional wellbeing. There’s often a feeling of being stuck in a rut, going through the motions without purpose or direction. This disenchantment can lead to a disconnection from our deeper selves. We may forget what drives us, what we value, and what brings us genuine happiness.

This disconnection can make the challenges of life feel even more insurmountable. We might question the point of our efforts, leading to a lack of motivation and a sense of overwhelm. It can become a cycle where the more disconnected we feel, the harder it becomes to face life’s challenges, and the more challenging life seems, the more disconnected we become.



I believe that the greatest work of our lives is to get back to who we are and become all that we can be—to be our best selves and live our best lives. Or, perhaps better said, to do the work of *becoming* our best, leading to better, happier, healthier, wealthier, and more successful lives, as the word “best” implies a definitive peak or finality often associated with achieving something.

Life will continue to do what it does, and the ups and the downs will continue too. But we can change how we journey through it. With each passing day, we can gradually transform our dreams into tangible realities, growing into the very lives we had once envisioned for ourselves. Life provides an ongoing process of becoming, not just a series of destinations.

I am excited to introduce you to MyNine Ways, a pathway comprising nine key numbers, from 1 to 9, that serve as guides to help you become the best version of yourself and lead a life you love. This process is more than just a method; it’s a symbolic language designed to lead you towards a happier, more fulfilled self. MyNine Ways encapsulates a holistic approach to personal growth and fulfilment, offering you the tools and insights to enhance your journey to a better life.

If you are a life coach you can use it to facilitate and guide your coaching conversations, with the same goal in mind; to empower others to become better versions of themselves and lead happier, more fulfilling lives. As a coach, you will want to apply MyNine Ways, gaining first-hand experience of their effectiveness. This practice not only enhances your understanding of their impact but also allows you to embody the values and behaviours associated with them. By doing so, you become a living example of what it means to operate at your best, demonstrating these principles to those you coach and support. Why is this important?

When we are at our best, we give our best, and we change the world for the better. Investing in our personal growth and wellbeing will not only benefit us, but also make the most positive contribution to the world. We become the change-makers, the inspirers, and the uplifters in our communities and beyond. We are then the models of the compassionate, driven, and empowered individuals the world needs. By creating a ripple effect of positivity that touches the lives of those around us, we lead lives we love and help others to do the same.

So how do we embark on this transformative journey?

It begins with seeing—recognising what’s working well, what’s not, and identifying opportunities for improvement. Assessing each area of our lives is the starting point. It’s like taking a compass reading to navigate through uncharted territory.

What aspects of your life are thriving, bringing you joy, and aligning with your values? For these are pointers towards your true self. What’s not working as well as you’d like it to? For awareness is the first step toward change. What are the opportunities for your personal growth? These are the stepping stones to becoming your best; being better and happier. What no longer serves you? For letting go of old ways provides new space for change.

I’ve written this book with one heartfelt aspiration: a hope that you’ll embark on your own journey of change through Naomi’s story. A hope that not only you connect with the significance of each number associated with MyNine Ways, but also be inspired to continue your learning and application of those Ways in your lives with me. Over more than a decade has passed since I have been working with MyNine Ways and have become skilled at applying them to any challenge or opportunity on my way to leading to a better, happier, healthier, wealthier, more successful life. A life I love to lead.

As you start this adventure, I want to ensure you get the most out of your reading experience. Wholly Naomi is to be read sequentially, with each chapter building upon the one prior. This life is a continuous journey of growth, and so too is Naomi’s story. It’s possible that you’ll find aspects of her character and circumstances that resonate with you, and as she embarks on her journey of MyNine Ways and transforms her life, you too may experience many of those changes.

So, while you may go back to the previous chapters, I encourage you to resist the temptation to skip ahead; at least, not until you have read the entire book once. Embrace the story unfolding in front of you with an open heart, chapter by chapter, and immerse yourself in this journey.

Have a journal or a notebook ready as you read. This will be your space to capture your insights and reflections. Wholly Naomi isn’t just about reading, it’s about engaging with the content on a deeper level. Your journal will become a repository of your thoughts, allowing you to track your own growth and discoveries. It will give you insight into what you want more or less of as you travel alongside

Naomi, helping you to maintain or adjust your path accordingly.

Each chapter holds a unique perspective and a distinct lesson. They are crafted to guide you through MyNine Ways, providing you with thought-provoking insights that encourage self-reflection and introspection. Think about the nine numbers, their meaning, what they symbolise, and have to teach you about yourself and your life.

As you delve into the pages of Wholly Naomi, you may notice that not every exercise undertaken by Naomi is explicitly detailed in the book. This approach is intentional. Some exercises are highlighted for sharing Naomi's story, while others need to be done under further guidance. The focus of this book is to capture the essence of Naomi's encounter with MyNine Ways and for you to be introduced to them.

In the story, I've shared the link to my website [www.mynine.co](http://www.mynine.co) where you can download the MyNine Ways Wheel, a tool to help you visualise and assess nine crucial aspects of your life. It's like a compass that guides you on your journey to self-improvement.

This wheel offers a visual representation of MyNine Ways, each marked by a number. It aims to prompt you to assess your happiness levels and be more mindful of your present circumstances. It will also help you work better in any of the Ways that need more effort.

In coaching circles, we often use the measure of satisfaction with one's life. Satisfaction commonly refers to the fulfilment of our desires or expectations. It's a sense of contentment that arises when you achieve a goal, meet a need, or experience something positive. Satisfaction can be more specific and tied to achievements or circumstances.

While satisfaction is valuable for specific goal attainment, assessing the level of happiness provides a more comprehensive and enduring perspective on wellbeing. It encourages us to consider the broader aspects of our lives that contribute to a fulfilling and meaningful existence. Happiness is an all-encompassing feeling that is not dependent only on specific achievements or events.

Assessing your happiness encourages you to consider the lasting impact of your choices and lifestyle, promoting sustained wellbeing. While satisfaction and achieving goals contribute to leading better lives, our emphasis here is on the holistic view of our wellbeing—placing happiness at the forefront. Happiness is tied to the quality of your relationships and social connections. Happiness is aligned with engaging in activities for their intrinsic value and joy, prioritising the

experience itself over external rewards or achievements. We'll take a holistic approach to assessing your life, the happy way.

I encourage you to complete the MyNine Ways Wheel as and when prompted in the book. It's an opportunity to engage with the story more actively and absorb its significance. As you journey alongside Naomi, make notes about your thoughts, reflections, and updates. As your understanding deepens, so will your assessment. The MyNine Ways Wheel and corresponding journal notes will become a personal record of your insights, serving as your guide on your path of self-discovery.

As you turn the pages, remember to approach each chapter with an open heart and mind. Allow yourself to resonate with Naomi's experiences and pause and reflect on how her journey relates to your own. Take the time to jot down your thoughts, questions, and moments of clarity. By recording your impressions, you'll be able to revisit and track your growth. Should you have questions, or wish to share your experiences with me, I'd love to hear from you. Please email me at [louise@mynine.co](mailto:louise@mynine.co) or contact me via my website.

I believe that the pages ahead hold not only Naomi's story but also the potential for your own discovery. I wish you a better and happier life; one that feels more balanced, beautiful, and whole; one that I know you deserve and are worthy of. I wish you will help and inspire others to discover the same.

Yours,  
Louise Gilbert  
Auckland, New Zealand

## DARKNESS FALLS

In a moment of indecision, Naomi's heart was in fear of breaking. She had just returned home. On autopilot with the thoughts of Friday night drinking after a week at work, she ascended the steps to her front door, her glossy black heels stepping around a small, twitching body.

Naomi identified the bird as a small finch, its delicate feathers a blend of yellow and green.

While inserting the keys into the lock, she glanced down at the fragile bird lying on her doorstep. Its wing was severely twisted, and its rapid, shallow breaths seemed to silently cry out for help. *How did this happen?* She wondered; her heart was heavy with sorrow.

Naomi thought it had probably been suffering for hours, yet it continued to live. She rushed in, so as only to bear as a swift witness to its unwavering fight for life as she closed the door.

Would it be kinder if she killed the bird, or should she allow nature to take its course? *I don't know what to do*, Naomi thought. The choice was difficult, causing her agony and likely even more so for the finch. After ten minutes, she opened her door, holding a wine glass, to check if it remained. It did.

She looked around, expecting a solution to appear, then shut the door, taking in the safety of her home.

Naomi's townhouse was on the outskirts of Cambridge City, England, a place steeped in history and renowned for its prestigious university. Her home offered an escape from the bustling city centre. Its historic architecture, scenic riverbanks, and cobblestone streets characterised Cambridge City, known for its world-famous University of Cambridge.

The city was notable for being a centre of academic excellence, a hub for innovative research, and a cultural hotspot. The city's stunning colleges, including King's College and Trinity College, projected an air of intellectual sophistication. Punting on the River

Cam, surrounded by weeping willows and picturesque gardens, was a quintessential Cambridge experience.

The late Stephen Hawking had a strong and enduring relationship with the city, one that, the papers would say on upon his death, would leave an indelible mark on the world of science. While working there, he conducted pioneering research and made significant advancements in the fields of cosmology, black holes, and the nature of the universe. His work not only reshaped understanding of the cosmos, but also solidified the city's reputation as a hub for intellectual brilliance and scientific innovation.

To Naomi, the relationship between Hawking and Cambridge bore deep personal significance. In this city, she first encountered Ethan, a self-proclaimed follower of Hawking's work, and their differing perspectives on life ignited their initial bond. While Naomi's interests extended beyond the confines of science, venturing into the world of mystery where facts held no dominion, Ethan remained steadfastly rooted in the scientific method, concerned only with what could be reduced, repeated, and refuted. He lived for the process of simplifying complex questions, testing ideas through experimentation and observation, and remaining open to the possibility of changing or discarding theories based on fresh evidence.

Naomi kept herself receptive to what she perceived as divine intervention, believing in inexplicable, serendipitous events that couldn't be explained. For her, divine intervention meant twists of fate, the uncanny sense that something greater might nudge life in unexpected directions, often revealing itself through synchronicities or personal revelations. Ethan regarded mystery only as something where science had yet to provide an explanation.

Their relationship had embodied a striking yin and yang dynamic, where the contrast in their worldviews became brilliantly showcased through spirited debates. Paradoxically, their shared love for a good argument forged a connection between them, where every late-night discussion over pizza and wine unveiled a new level of understanding.

The front door of Naomi's townhouse, a work of craftsmanship, had secured her decision to purchase it. The door panel was a stunning pane of glass with vibrant hues. At its centre, a mandala formed the focal point, adding a sense of sacredness and majesty with its burst of rich cobalt radiating outward, gradually evolving into deep emerald green and fiery crimson. These colours wove in a rich

display, creating a circular pattern reminiscent of a blooming flower. Around the mandala, delicate tendrils of gold and silver intertwined, their metallic sheen catching the sunlight and casting a shimmering glow across the entrance of her home.

The door came alive when the sun's rays danced across the stained glass, painting the entryway with a dazzling display of colours. Light and shadow, these shades would shift throughout the day in a welcoming array of patterns on the floor and walls inside. The beauty of this door was not only in its design but also in the way it invited the outside world in. It stood as a remarkable piece, intended to make a lasting impact on those who came across it. Almost acting like a portal to a world of elegance and promise that began even before anyone could even step inside. Though few did.

And that was where the beauty ended. The air inside was cool and the rooms were a touch sterile with none of the splendour of the door. Very few personal touches marked the surfaces. On entering, a glance to the left revealed Naomi's shoes, perfectly arranged in a rack.

A hallway leading straight to the back of the house to a small, stoned courtyard divided the ground floor. A living room was to the left where a comfortable armchair rested near the window, with a worn throw blanket folded on one of its arms, a hint of relaxation and contemplation. Next to it sat a two-seater grey leather couch, with one end moulded from her frequent use and the other nearly pristine since the day she purchased it. A stark dark wood coffee table centred the room, and a bookshelf lined the back wall, holding a selection of genres, showcasing her interests from classic literature, self-help, memoirs, biographies to modern fiction. In the far-right corner, a side table and a lamp with no discernible features were partnered by a collection of artificial potted plants.

On a dresser in the hallway, under a small mirror affixed to the wall, stood a vase with fresh white roses. To the right, there was a kitchen painted in white. The space was generous, with a single-drawer dishwasher below the large window that overlooked the main street. Naomi would often savour a glass of wine there as the sun melted into the trees. Cabinets, also white, spanned the other three walls, while the speckled grey countertop was bereft of any culinary activity.

Naomi's generous, shapely figure, in a tight pencil skirt and ruffled white top, alluded to a penchant for indulgence, yet the refrigerator

held only a jar of passata, some probiotics, milk, and a bottle of chardonnay with just a smidgeon drunk from the top. Sometimes, while nursing a hangover, Naomi would pour the rest of the wine down the sink, out of a steadfast commitment to not drink again, only to get tempted by its allure the next weekend, out of a steadfast commitment to not drink again, only to get tempted by its allure the next weekend.

Upstairs, a bathroom and bedroom to the right, and to the left a room that spanned the front and rear of the house, a conversion made by previous owners, which she made into the office. The room, which was minimally furnished like the rest of the house, had a skylight that flooded it with natural light. A large wooden desk, its surface unblemished, gave her a view outside. An ergonomic chair, designed for comfort during long hours of work, was pushed in.

Looking out from the rear window, Naomi could see her immediate neighbour's courtyards followed by an expansive sea of red, green and grey tiles extending far into the heart of the city. At night, the view expanded further as the city's lights came to life.

Nothing in her house would help her decide what she should do with the bird. She opened the door an hour later and stared at it. Nudging the motionless body with her fishnet toe, she thought it to be dead, only to find it release a feeble squawk that conveyed its agony. Her heart wrenched.

Naomi deliberated over her options, which were two. She thought about leaving it there, incapacitated on her doorstep, while she transformed into a warm, alcohol-infused glow on the couch. Opting for this would undoubtedly distract her from her planned evening, pulling her away from the solace she sought in her Friday night routine. In her mind, she pictured her therapist's eyebrow arching with curiosity as she mentioned her second choice—taking a common street bird to a veterinarian. She found herself with an impossible decision. That she might just have to kill it.