

THE INSIGHTS WITHIN PODCAST

Episode #63

Leading from Vision – The Power of Inner Guidance

Resource Kit

Mini-Series: The Aligned Leader: Leading with Heart, Boundaries & Vision

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Welcome

to Your Resource Kit

This has been a journey of softening, remembering, and realigning. During the past weeks, we've spoken about leading without losing yourself, setting boundaries that honor your energy, holding space without absorbing it all, and reclaiming your own unique frequency.

Now, we come full circle.

Today, we explore the luminous heart of sacred leadership

Journal Prompts

These are designed to gently deepen your reflection and anchor the episode themes.

- 1 What does inner vision mean to me right now?
- 2 Where do I feel most aligned in how I lead — and where do I feel a disconnect?

Journal Prompts

- 3 What are the whispers I've been hearing that I haven't yet followed?
- 4 What old blueprint or story might I need to release to fully lead from within?
- 5 What is one inspired step I'm being called to take next?

Reflection Exercise

Tune In to You

At the start or end of your day, light a candle or sit in silence for 5 minutes.

- Place one hand over your heart, the other over your lower belly.
- Breathe deeply into your body, anchoring into your inner world.
- Ask: “What part of my vision wants to be revealed to me today?”
- Journal, sketch, or sit in quiet contemplation as the answer gently arrives.

End with the affirmation: “I lead with my light. I trust the vision that is mine to carry.”

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Thank You