

THE INSIGHTS WITHIN PODCAST

Episode #64

Your Leadership Medicine — Honoring Your Unique Essence

Resource Kit

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

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Welcome

to Your Resource Kit

Today's topic is a tender and powerful one: Your Leadership Medicine.

The unique frequency you bring to the world. The essence only you can embody.

Because while strategy, structure, and systems are helpful — they mean very little if they're not aligned with who you truly are.

Journal Prompts

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

1

What is the medicine I most naturally bring to those I lead?

2

How do others describe the way they feel in my presence?

Journal Prompts

- 3 Where in my leadership have I drifted away from my essence?
- 4 What would it look like to make decisions from my leadership medicine, not from fear or comparison?
- 5 How can I honor my medicine in the week ahead?

Reflection Exercise

Honoring My Medicine

At the end of each day this week:

- Sit quietly with your journal or place your hand on your heart.
- Ask: “How did I bring my medicine into the world today?”
- Write down one moment — big or small — where you felt aligned.
- Gently thank yourself for living in alignment.

End with this affirmation:

“My medicine is sacred. I lead with integrity, presence, and love.”

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