

The Intuitive RETURN™

A Reflection Guide for Leading From Experience

Use this guide to pause, reflect on your story, uncover your wisdom, and recognize how your experiences continue to shape your mindset, leadership, and the business you are building.

You are not starting from scratch. You are starting from experience.



RECOGNIZE

"Sometimes we apologize for who we are because we've forgotten who we are."

01 What experience or season in your life came to mind while reading this chapter?

02 What strengths did that experience help you discover or develop?



EXAMINE

"How much energy have you spent seeking permission instead of trusting yourself?"

01 What beliefs about success, leadership, or yourself were shaped during that experience?

02 Which of those beliefs still serve you? Which ones are ready to be released?

Continue your RETURN

Let your experience inform your next move - with clarity, self-trust, and intention.



TUNE IN

"You can't hear your inner voice if you're constantly listening for everyone else's."

01 What is your inner voice telling you right now?

02 How can you create more space to listen to your own wisdom?



UNDERSTAND

"Your experiences have prepared you more than you realize. You don't have to apologize for the wisdom you've earned."

01 How has this experience shaped the way you lead, serve, or build your business?

02 How does it influence the value you bring to others?

Respond and Navigate

Choose the next move that honors what you now know.



RESPOND

"Responding from self-trust often means disappointing someone else's expectations."

01 What decision would look different if you responded from self-trust instead of fear, guilt, or obligation?

02 Who might be disappointed if you honored your truth - and are you willing to respond anyway?



NAVIGATE

"Every aligned decision becomes another way of leading with clarity."

01 What is one aligned action you will take this week?

02 How will this decision help you move forward with clarity and confidence?

HEALTHY CLARITY COMMITMENT

Because of this reflection, I choose
to lead differently by...

MY NEXT STEP

The next step I will take because of this realization is...

Target date: _____

My story is my strength. My leadership is my impact.

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