



DIANE BOLDEN

LEAD BETTER, LIVE BRIGHTER

# The Real Leader's Guide to Freedom & Flow

## Introduction & Overview



**Welcome to the first week of *The Real Leader's Guide to Freedom & Flow*!** I'm so delighted to have you in the course.

**The participant materials are designed to capture the essential elements from each lesson in a format that you can keep and reference often.** To increase the level of insight and enhance your own personal transformation through the program, the materials also include questions intended to help you reflect on the teachings and integrate them into your own life.

Taking the time to check in with yourself and answer these questions honestly will strengthen your connection to your true self, a powerful source of wisdom that many of us never take the time to tap into. Doing this on a regular basis will strengthen your connection and allow you faster and fuller access to this wisdom.

Below are some recommendations to maximize the power of these materials in supporting you through the process of personal and professional growth you have just embarked upon:



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- **Approach the course exercises in a light and playful manner.** Do not stress too much over what you want to say. Just let it rip. Resist the tendency to edit your responses and speak from your heart.
- **BE SURE TO SAVE EACH PDF TO YOUR OWN COMPUTER BEFORE YOU BEGIN ENTERING YOUR RESPONSES!** Unfortunately, the course platform does not have the ability to store your work. It will important to take this first step before you begin completing the worksheets, and again after you have finished them to ensure your work is saved and retrievable when you are offline.
- **I recommend that you print each of your completed lessons and place them in a special three ring binder** designated just for the *Freedom & Flow* program. I have even included a special cover page you can download and place in the front cover, to make it more visually appealing.
- **Feel free to revisit each week's lesson materials, adding any new insights that come up.**

**This first course exercise will help you to set a strong foundation for the learning you are about to engage in.** They will help you to make a commitment to yourself on what you will do to get the most out of the program. If you would like to make your commitment public by sharing it with other *Freedom & Flow* participants, feel free to post any of your answers to these questions in the chat section of this lesson.

If you are a part of *The Real Leader's Guide to Freedom & Flow Group Intensive*, I will look forward to discussing your answers to the below questions in our onboarding call, which I recommend you schedule sometime during the first couple of weeks of the program. (Instructions for scheduling this call are in the introductory emails you received from me when you enrolled.)



## HOW TO GET THE MOST OUT OF THIS COURSE

- Be present
- Capture your insights
- Don't believe what I say – try it yourself
- Cultivate your inner observer
- Take time for you
- Do the work

- **What led you to enroll in *The Real Leader's Guide to Freedom & Flow* program?**  
What challenges are you facing that you hope the program will help you with?
- **What are you hoping to get more of? Less of?**
- **What, if anything, could keep you from fully participating in this course?**



- What will you do to work through those obstacles?
- What actions will you commit to that will allow you to fully participate and get the most out of this course?
- Additional thoughts, comments, and/or questions:

**DON'T FORGET TO SAVE YOUR COMPLETED WORKSHEET TO YOUR OWN COMPUTER**  
and print a copy for yourself!

If you are a part of the *Freedom & Flow Group Intensive*, email your saved PDF to me at [Diane@DianeBolden.com](mailto:Diane@DianeBolden.com) and I will respond with feedback, thoughts and suggestions within 2 business days of receiving it.



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