



SEASON 1 EPISODE 10

Buying Back Your Time: How **Jen Dillard** Turned Anxiety into Empowered Leadership

1. Where in your business or personal life are you trying to “do it all,” and how might delegation actually create more impact and peace for you?
2. What boundaries could you set this week to better align your time with your values and priorities?
3. How does your self-perception influence the way others see your strength and confidence—and are you allowing that to empower or limit you?
4. In what ways could coaching or mentorship help you bridge the gap between where you are now and where you want to be as a leader?
5. What would “buying back your time” look like for you—and what first step could you take today to make that a reality?