



SEASON 1 EPISODE 9

The Courage to Evolve: **Chelsea Wright** on Leadership and Self-Mastery

1. **Where in your life or business are you settling for a “minimum”, and what would it look like to redefine that standard?** Chelsea challenges the idea of staying small. Reflect on areas where you’ve accepted less than you deserve or are capable of.
2. **Are your goals built on emotional narratives, or grounded in honest data?** Chelsea emphasizes the power of data-driven coaching. What would change if you got radically honest about your habits, performance, or patterns?
3. **What evidence are you building to support the beliefs you want to have about yourself?** Instead of waiting for proof, Chelsea suggests creating it. How can you intentionally build self-trust?
4. **Have you communicated your expectations clearly—or are you frustrated because people are “calling your bluff”?** One of Chelsea’s non-negotiables is: *“Clear is kind.”* Consider where you might need to reinforce boundaries or clarity in your relationships.
5. **What are you doing now to invest in the future version of yourself—even if no one else understands it yet?** Chelsea’s story of entrepreneurship, sobriety, and running a marathon shows what’s possible when you bet on yourself. What dream or evolution are you working toward?