

FLOW GROUP

WITH KYLE CEASE

Please use the questions below as a template for your submission video. Not all questions need to be answered and feel free to be creative. We are ready to feel your excitement and work with you in unleashing your authentic self.

1. Why do you want to be a part of Flow Group?
2. What are the infinite gifts you feel are inside you that you have not been giving yet and want to give to the world?
3. What do you feel is trying to emerge out of you that you've never been before?
4. What are you excited to let go of?
5. How would your life be different if you decided to take the leaps and make these changes?
6. How would you affect the people around you by making these new changes in your life?
7. How willing to bring your authenticity and truth to the table are you? How excited are you to face yourself?
8. Describe with a magic wand your ideal life. The sky's the limit, you can be impacting people however you want... even taking it to Martin Luther King Jr. levels.
9. Describe for us the world you can see as the result of you showing up to do this work.
10. Explain step-by-step how to make your favorite recipe... we love trying new food.

Email your submission video to: kara@kylecease.com