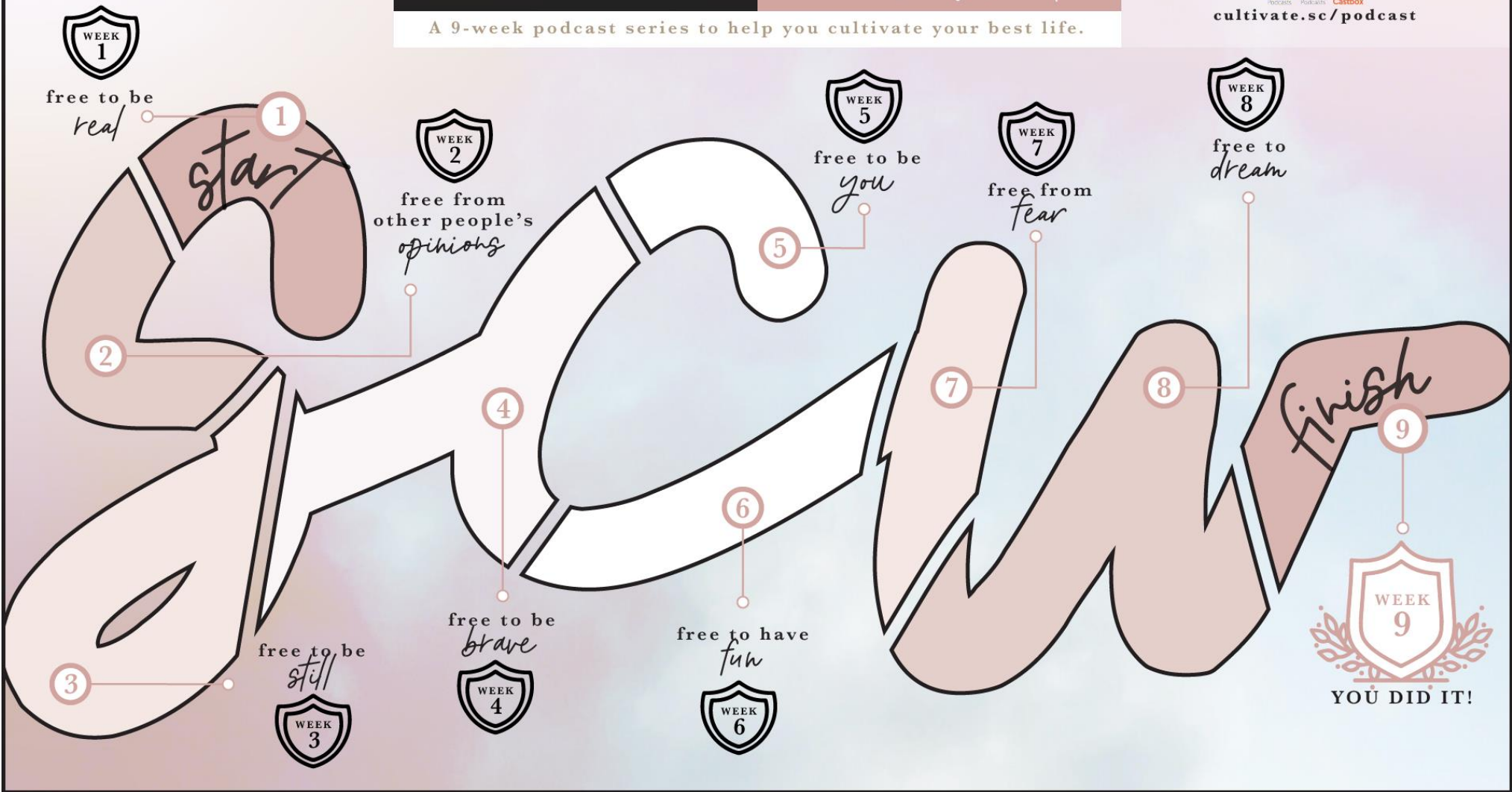


thecultivatepodcast

FINDING *Real Freedom*

A 9-week podcast series to help you cultivate your best life.

  
cultivate.sc/podcast



WEEK 1

free to be  
*real*

1

WEEK 2

free from  
other people's  
*opinions*

2

WEEK 5

free to be  
*you*

5

WEEK 7

free from  
*fear*

7

WEEK 8

free to  
*dream*

8

WEEK 9

YOU DID IT!

9

free to be  
*still*

WEEK 3

3

free to be  
*brave*

WEEK 4

4

free to have  
*fun*

WEEK 6

6