

FINDING LOVE OVER WORRY



KELLEY WOLF

PRESS KIT

MEET KELLEY

CERTIFIED LIFE & PERSONAL
DEVELOPMENT COACH · AUTHOR ·
PUBLIC SPEAKER · THOUGHT LEADER

Kelley Wolf is a globally-recognized certified life & personal development coach, author, public speaker and thought leader. Her unique discovery and integration of her trademarked concept of FLOW - Finding Love Over Worry™ has led to her highly-anticipated debut book which breaks down the framework of the self-developmental process, FLOW: Finding Love Over Worry: A Recipe for Living Joyfully.

Kelley grew up as a well-traveled archeologist's daughter in the beautiful hills of Northwest Arkansas and later went to high school in Cambridge, England. After high school, Kelley pursued a degree in Broadcast Journalism until she was presented with an opportunity to be on television. She was cast on the groundbreaking hit MTV series, *The Real World: New Orleans* and went on to win the *Real World/ Road Rules Challenge* which led her to New York City, where she met her husband, actor Scott Wolf. Kelley was lucky to find a fellow adventurer in Scott because over the course of their 17-year marriage, the couple has moved more than 20 times to multiple countries. Kelley most recently appeared on the Critics' Choice Award nominated show, *The Real World: New Orleans* reunion.

In 2007, after moving from Los Angeles to Park City, Utah, she followed her natural curiosity of the human condition and pursued a B.S. in Clinical Psychology from Westminster College in Salt Lake City, Utah. Upon graduation, she was clear her passion was in the burgeoning world of personal development coaching. Kelley believed her abilities were better as a coach than a therapist, so she signed up for Martha Beck's program, where she was certified as a life coach. In the decade that followed, Kelley became a sought-after life coach.



Her client list included high profile clients such as leaders of Fortune 100 companies, C-level executives, but also small business owners, stay-at-home moms, and nonprofits, among others searching for peace in their life. After five years of coaching experience under her belt, Kelley turned her awareness to a process commonly referred to by people as their "flow state". As Kelley began tracking the moments people referred to "being in flow", she soon discovered that a pattern emerged. If someone chose love over worry or fear, they entered their 'flow' state. Her theory seemed especially true whenever people would focus on their hobbies such as surfing, cooking or painting. The circumstances didn't matter as long as the mind made the choice to pursue love as the guide, instead of fear as a motivator.

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MORE ON KELLEY



KELLEYWOLF (50K+)

Kelley soon began to incorporate this practice of FLOW into her own life and was amazed to find the practice offered relief to her postpartum depression and in dealing with her diagnosis of Ehlers-Danlos syndrome, known as EDS. She spent the next five years of her career teaching, cultivating and examining FLOW as a replicable methodology, which she used in her practice to help hundreds of individuals and companies challenge their own thoughts and change their behavior patterns.

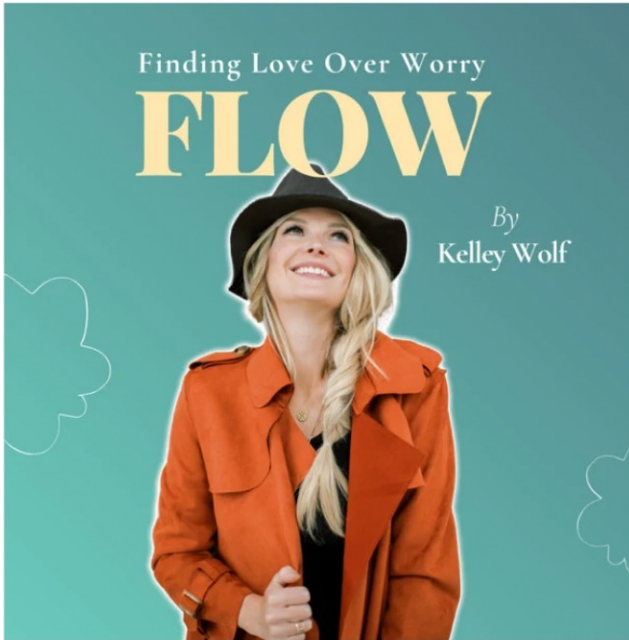
In 2020, Kelley launched her podcast, FLOW: Finding Love Over Worry. The podcast offers strategies and interviews that examine various methods and techniques to teach the mind how to live in a state of FLOW more often.

When understood and used properly, it is a technique everyone can use to lessen their suffering through life to live more joyfully. Now, with her debut book release, she hopes to continue to help others through their use of this methodology.

Over the years, together with her husband Scott, Kelley has also committed much of her time to philanthropy. In fact, a huge component of the FLOW method is mapped out in her tool called “The Circles of Service” which is built around a concept that guides you towards the power of a service-driven life. Kelley shares, “All the great teachings came to the same conclusion—when we pursue a life of growth, we must also open ourselves to the power of service.” Kelley lives her practice and has visited many nations globally to provide aid and care. However, above all, Kelley has connected deeply to Africa, which inspired her to co-create The Chier Foundation in 2005. The non-profit organization’s mission was to fund education for Sudanese refugees, known as the “Lost Boys of Sudan” and the Foundation successfully completed its mission in 2015. Since then, Kelley’s charitable efforts have never stopped. She has visited various areas in Africa (Senegal, Malawi, Zimbabwe, Botswana, Zambia and South Africa) to help with causes around HIV intervention and malaria. Additionally, Kelley has regularly worked with Feeding America, Elizabeth Glaser Pediatric AIDS Foundation and Elizabeth Taylor AIDS Foundation. Kelley believes that being in service is far more impactful and simple than most people think. No matter where she is in the world, she finds a way to give back to that community, and believes that helping a senior neighbor with their groceries and taking soup to a sick friend is not only philanthropic, but a simple way for people to do what they can to give back to others.

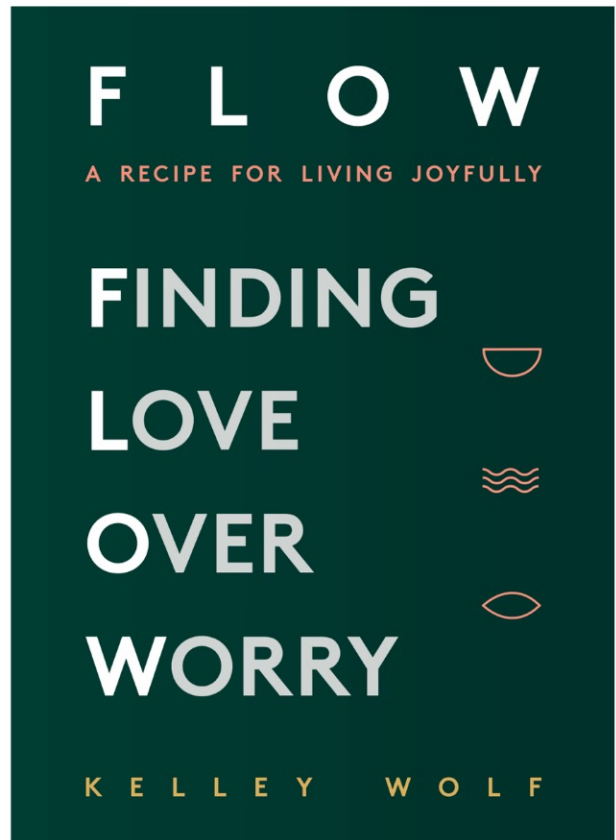
Outside of her coaching work, Kelley is also an advocate of the importance of accessible meditation and mindfulness. As one of the core three foundations in her book: Munch, Move, Meditate, she hopes to shift the belief that meditation is costly, difficult, or needs training.

Kelley currently resides between Park City, Utah, and Los Angeles, with her husband and three children—Jackson, Miller, and Lucy.



Have you ever been worried? That is a trick question, because, are you breathing?! We all worry sometimes but what happens when we get stuck in worry. The last year brought us all to our knees and even non-worriers got a little taste of what it feels like to be stuck on your looped thoughts. FLOW: Finding Love Over Worry is all about the ways and techniques to hack your mind to live in a state of FLOW more often. Our goal is not to avoid pain or to spiritual bypass. Our goal is to not get stuck in limiting thoughts and worry loops. Once you learn the methods of FLOW, you will notice a difference in your life. More joy, less pain. More love, less fear. More FLOW, less worry. FLOW is hosted by Kelley Wolf, a globally recognized life coach, writer, speaker and spiritual teacher. Kelley's background is in Clinical Psychology and she blends classic therapeutic techniques with the magic of coaching.

Kelley's intention of her forthcoming book, FLOW: Finding Love Over Worry: A Recipe for Living Joyfully, is to give readers her own coaching tools. This book is set up to be used as life's recipe, numerous tools and 'ingredients' to add to one's life that will ultimately result in a shift. Like a cookie recipe, it's not until you combine ingredients does something magical happen. The book is 20 chapters and 327 pages long filled with tools like the 3M's and The Circles of Service—and maybe even a perfect cookie recipe. Readers will eventually see how easily they can move into a life of FLOW.



Print & Digital

People

Kelley and Scott Wolf Open Up About Their 18-Year Marriage and Having Their Own Party of Five



<https://people.com/tv/at-home-with-scott-wolf-wife-kelley-three-kids/>

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FIND YOUR FLOW WITH AUTHOR

Kelley Wolf

finding your FLOW

By KELLEY WOLF author of FLOW-Finding Love Over Worry - a recipe for living joyfully

You have done something incredible. You are much stronger than you thought. You have survived and thrived through one of the hardest moments in modern history. The last two years have increased anxiety and stress for most of the world, especially parents. The things we thought we knew are out the window and a new normal arrived like an unwanted cousin from your dad's side of the family. Here we are, facing this next chapter with dusty knees and scratches on our knuckles. We did it. We made it through what is, hopefully, the worst of it.

Then it comes, that unsettling feeling in the background. It is not quite dread, not exactly fear, no, it is worry. We are worried. I have seen the levels of worry rise ten-fold in my coaching business over the last six months. This makes sense to me because when you have an unexpected traumatic event like a pandemic or a car wreck, your mind will take some time to process the trauma. Recovering from a car wreck, you may find yourself hitting the brakes quicker, looking both ways like a frenetic squirrel,

hesitating and stopping and starting. This can feel like a tall order. Returning to the gentle glide of life can take time. We must train our brain to relax into the flow of life instead of the fear in life.

We have learned over the last two years is life is unpredictable. If you are lucky to live long enough, life will come with all kinds of complicated twists and turns. Granted, this moment was an extra-large doozy, but it is still par for the course. Life can be hard, and life can be scary. Life can also be magical, exhilarating, comforting and beautiful. In fact, my life's work is about the idea that we can choose the latter as our lens, while also accepting the reality of hardship. This is the path of my coaching technique, FLOW-Finding Love Over Worry.

FLOW was born from a deep curiosity of the "flow state". The flow state is defined by the positive psychologist, Mihaly Csikszentmihalyi with the following characteristics:

- Intense and focused concentration on the present moment
- Merging of action and awareness
- A loss of reflective self-consciousness
- A sense of personal control or agency over the situation or activity
- A distortion of temporal experience, as one's subjective experience of time is altered

When I worked with clients one on one, they would often refer to moments when they felt a deep sense of flow. These clients would explain these moments as fleeting and as if they just randomly happened to them. They didn't see any autonomy in the experience. They were just supposed to wait for flow to arrive and were lucky if it did. I started to map the conversations when flow was discussed and over time, a pattern emerged. If the individual chose love over worry, or gratitude over fear, or desire over lament, they often entered a flow state. Take the example of sky diving, we can all agree there is a level

of fear involved in leaping out of a perfectly good airplane. However, most people who skydive say it is the epitome of flow. In order to take the leap, we must choose to overcome the fear and worry involved. We must choose the love of the experience over the worry of a possible negative outcome. The same can be true in a less dramatic setting. You are driving to a meeting, and you are late. Your mind starts to worry about the situation. You begin to berate yourself and get frustrated with other drivers. You ruminate over how you will explain this to the folks you are meeting. All of this is categorized as worry. The definition of worry is to "give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles."

I love this definition because the answer is clearly embedded in these words "allow one's mind". Allow means YOU have the power. "Give way to", again, YOU have the power. You are the gatekeeper of your mind. You can allow worry to set in, or you can choose an alternate path.

In the lateness example, you can accept that you are late. You can focus on the positive aspects of this moment. For instance, you have time to breathe in the car. Maybe your meeting companion could use ten extra minutes to catch up on email. You can learn from the moment and make a better plan for the next meeting. Or simply, appreciate that you are grateful to be healthy and going to a meeting. You get my point, the perspective you have is up to you.

Choosing to focus on the worry accomplishes nothing and creates negativity. Choosing love-based thoughts creates possibility.

In order to live in flow more often and to experience life in a more joyful way, we must have tools. These tools will be more crucial than ever before as we navigate the "new normal" of our lives. Using the FLOW technique as a parent has allowed me to feel excited about the world we are living in. It has given me a map to a new world. The technique is simple. When I find myself falling into worry, I begin to "notice". I simply notice my thoughts. Worry thoughts tend to be on a loop. I often say that worry reminds me of scrolling social media, hours can pass and you have no idea what just happened but you feel a little crappy. Worry is of no benefit to us. We believe worry is doing something productive, but it is not.

When you find yourself on one of your favorite worry rides, simply notice that you are worrying. I know it sounds too simple but try it. Notice you are worrying and offer the worry a little acknowledgment, "Ah, there you are again, you dear thing. I know you think you are helping but I am going ask you to take a break."

When you notice the worry, I call this becoming the observer, you can gently offer your mind an alternate path. This new perspective must be rooted in love and gratitude.

Similar to the example I gave about being late for the meeting, choose to find something that feels like

love. For me, I often find myself turning the love toward myself. I tend to offer love to myself first, especially when I am chronically worried. I will say, "I love you. You are doing the best you can. You deserve to feel peace". I say these things out loud and often.

If you look back at the first two sentences of this article, you will see FLOW in practice. I started with love. I began with grace, forgiveness and space about what we have all been through with the pandemic. The key in the FLOW practice is the choice, you have a choice. You can choose love over worry. Obviously, this is a practice that takes time. The best way to begin is to begin. Start right now. Notice when you are falling into a worry trap and follow the FLOW recipe and see how you feel. These tools won't magically make your life better but over time you will see a difference. You won't stay so long in the worry room; you will get more often at the love table and you will always remember you have a choice from the menu of life. ☺



Kelley Wolf has worked with over hundreds of clients with her private coaching practice, such as Fortune 100 companies, C-level executives, but also small business owners,

stay-at-home moms, and nonprofits, among others searching for peace in their life. Kelley is the founder and CEO of coaching methodology FLOW by Kelley Wolf™ and has been coaching for over ten years. If you want to dive deeper into the FLOW method, check out the book: *FLOW-Finding Love Over Worry - A Recipe to Living Joyfully* which is available now.

• TRANQUILITY •

“ We have learned over the last two years is life is unpredictable. If you are lucky to live long enough, life will come with all kinds of complicated twists and turns. Granted, this moment was an extra-large doozy, but it is still par for the course. Life can be hard, and life can be scary. Life can also be magical, exhilarating, comforting and beautiful. ”



THE
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ISSUE

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PHOTO: STEVE GRANITZ

FLOW

FINDING LOVE OVER WORRY

Kelley Wolf is a globally recognized certified life and personal development coach, author, speaker and spiritual thought leader. She is also the founder and CEO of coaching methodology FLOW - Finding Love Over Worry™. Kelley became a sought-after life coach to many high-profile clients, leaders of Fortune 500 companies, C-level executives, stay-at-home moms, small business owners, and nonprofits, among others looking to find more peace in their life.

She uses FLOW in her practice to help hundreds of individuals and companies challenge their own thoughts and change their behaviour patterns. She is also formerly part of the cast on the groundbreaking hit MTV series, The Real World: New Orleans, as well as the winner of the Real World/Road Rules Challenge, an opportunity that led her to New York City where she met her husband, actor Scott Wolf.

Outside of her coaching work, Kelley commits much of her time to philanthropy, having visited many nations globally to provide aid and care. She connected deeply to Africa during her travels, inspiring her to co-create The Chier Foundation in 2005. Her new book *FLOW: Finding Love Over Worry: A Recipe for Living Joyfully* is available now.

Wander: We enjoyed your book immensely and identified with many of the stories. Thanks so much for taking the time to answer some of our questions.

Kelley: I sincerely appreciate your kind words. Thank you.

This is the first book we have encountered that really dives deeply into worry itself. We tell ourselves not to worry, but we worry anyway, and then we really don't talk about worry and how damaging it is. How does one differentiate between worry and fear?

I am on a mission to challenge the worry we are all experiencing so it doesn't become our main operating system. I love this question because it is at the heart of the FLOW method. In FLOW, we want to understand the difference between worry and fear.

Fear is a gift and a guide. Fear will feel like an immediate sensation in your body. It is your brain and body working in tandem to keep you safe. Worry is the sneaky little bugger that likes to masquerade as helpful but is quite damaging. Worry shows up as ruminating thoughts, usually based on concerns about a negative outcome.

When you are on the worry roller coaster, your body may feel an elevated sense of anxiety, that is certainly uncomfortable. Fear will show up as a full-body response to alert you to danger and typically comes and goes when the danger is no longer present. Worry sticks around, doing nothing but making you unhappy.

We talk a lot about meditation here at Wander and definitely agree that many people are tired of hearing they should start! So we love your notion of perhaps "rebranding it" as Quiet Time and aiming for just five minutes of sitting. How did you find your way to transcendental meditation?

I hear this! We are burnt out on the meditation mandate but whether we like it or not, it is a true game-changer. I am like most people; I find that a longer meditation practice is out of reach and then I don't do it at all and then I feel like I failed. This is what happened when I was trained in Transcendental Meditation. I loved the practice, but I struggled to commit. Sound familiar?

In my book, I offer different strategies to integrate meditation practices that are doable throughout your day. You may consider them more of a mindful practice, instead of classic meditation practice. The reason meditation is so beneficial is because it gives your brain (and body) a reprieve from the onslaught of incoming stimuli. We were not made to absorb the level of attention-grabbing content we are offered throughout the day. It falls to us to find a way to clean out the clutter.

In the book, I use the metaphor of dirty dishes. You can absolutely leave the dishes in the sink; nothing will happen other than your irritation at looking at them and maybe a little stink. If you take 10 minutes to clean the dishes, you will feel exponentially better about your day. The same is true for meditation and cleaning out your mind throughout the day. Until we have a brain dishwasher, we have to roll up our sleeves.

Anxiety is a topic that is gaining attention the world over. In your work, how often do you find anxious people are actually people pleasers? Interesting how people-pleasing is rooted in fear as well.

You hit the nail on the head! Of course, you can have anxiety without being a people pleaser but you are likely TO have anxiety if you are a people pleaser. It is in the title: If your focus is on pleasing people then your focus is likely not on pleasing yourself first.

I sound like my grandma, but you cannot pour from an empty cup. You can see where this would lead to chronic anxiety.

lemon

FOR COOL KIDS & REAL MOTHERS



Outside of her coaching work, Kelley commits much of her time to philanthropy, having visited many nations around the world to provide aid and care. She connected deeply to Africa during her travels, inspiring her to co-create The Chier Foundation in 2005. Her new book *FLOW - Finding Love Over Worry: A Recipe for Living Joyfully* is available now.

Put down that calendar and FLOW!

Raise your hand if you have multiple calendars to keep your family organised? Or maybe you have bought all the fancy calendars and they are sitting in a pile along with the cute stickers that come with them saying things like, "Pool Day" or "Doctor's appointment". One of the most common conversations I have in my coaching practice is the conundrum faced by all parents of how to juggle our own peace and FLOW while facing the hectic lives of our kids and family.

Spoiler alert: You don't have to. The word "juggle" is the biggest clue. If we are in a state of "juggling", then we have lost the plot about the here and now. I know that sounds wacky and maybe even triggering, but let me explain.

The practice I teach is called **FLOW - Finding Love Over Worry**. It is rooted in noticing our thoughts when we drift into or get locked into a worry-based mindset. Worry feels like an old school rave in our heads: it is flashing and chaotic and we are not quite sure where or when it will end. The definition of worry is "ruminating thoughts usually based on a negative outcome".

As soon as we have decided that life is a juggling act, we may have drifted into a worry system that needs our attention.



We all have multiple actions to take every day. We all have countless needs to be met by ourselves and the ones we love. That is all true. How we choose to look at these and absorb it all is something under our control, however.

My first tip to starting your FLOW journey as a parent is to begin with the 3 M's. Think of this as putting your oxygen mask on first. The 3 M's are: Munch, Move and Meditate. Before you go running away to the calendar pile looking for a meditation sticker, let me stop you. I believe meditation is much simpler than we have been led to believe. If you can take five minutes to practice mindfulness, you have meditated. I often do this while I am doing other tasks. For instance, while I am packing lunches in the morning, I simply say what I am doing (in my head) instead of letting my mind take me on a magical carpet ride of today's to-do list.

In my personal practice, a morning move is non-negotiable. I will often integrate this with my kids' walk to school. And then munching is crucial! I have a joke in my practice that we could save loads of money if we sat down

and ate something instead of living on coffee and banana scraps. Clients will come in a tizzy and I will ask them "Have you eaten anything?", and they often reply that they haven't. I know you know what I am talking about! Take some time to nourish your body and you will be amazed at how different you feel through the day.

Back to that juggling thing. Once you have committed to these non-negotiables you will see that the days become much easier to handle. Because you have taken the time to fill your own cup, you are able to pour into the needs of those around you.

But here is the real kicker: we are so busy juggling that we are not really living. The living is the love part. The living is the part where you have to be at three soccer games at the same time. You have figured out a strategy to cover all your bases but while you sit there on the side lines, your mind is traveling through all of the guilt, the needs, and what is coming up next.

This is where we step into FLOW. We make a choice. We CHOOSE love over all else and, in this case, you may offer your mind this script: "I am here watching my child enjoy their favourite sport, thank you for the time to sit and be present. Thank you for the sun on my face and the grass under my feet. Thank you for the delicious coffee in my hand."

The game will end and you will head to your next moment, but with this system I promise you will enjoy it all more and it will be the opposite of a juggle. Instead, it is your one, beautiful and important life.

I WISH YOU FLOW TODAY. I AM GOING TO WRITE THAT ON MY CALENDAR.

@kelleywolf

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05

PRISM

HOW TO FLOW FROM DIVISION TO CONNECTION

WRITTEN BY KELLEY WOLF



WRITTEN BY
KELLEY WOLF

Kelley is a globally recognized certified life & personal development coach, author, speaker and spiritual thought leader. She is also the founder and CEO of coaching methodology FLOW - Finding Love Over Worry™ and uses FLOW in her practice to help hundreds of individuals and companies challenge their own thoughts and change their behavior patterns. Her new book—FLOW: Finding Love Over Worry: A Recipe for Living Joyfully is available now.

It seems that our soup d'jour is 'division' these days. I had a friend tell me a story of a conflict involving seemingly opposing t-shirts. Did you hear that, T-SHIRTS. My friend was in the grocery store and saw one woman wearing a t-shirt that said, "Love More" and another customer was wearing a shirt that said, "F#@k Your Feelings". The two ended up in a battle of both energy and shopping carts. It is too much to unpack how we got here, so let's dive into how to get out of these very dangerous divides in our collective.

<https://www.prismofficial.co/blog/how-to-flow-from-division-to-connection>

VARIETY

Kelley Wolf Goes Deep on Supporting Danny, Julie's Drama on 'The Real World Homecoming: New Orleans'



When [Kelley Wolf](#) was first approached about reuniting with the cast of MTV's "[The Real World: New Orleans](#)," she was, she says, "extraordinarily skeptical." While Wolf has remained somewhat of a public person as the wife of actor Scott Wolf — they met in 2002, two years after "New Orleans" first aired, and married in 2004 — she was deeply unsure she wanted to step back fully into the spotlight.

"You know, we are middle aged people," she says. "I'm a mom. I don't usually put on makeup in the day. It felt like a lot of things to kind of compartmentalize. The emotional side of it is massive. It's a lot of vulnerability. And if I'm going to do something like that, I want to do it in my full self with my full truth — no masks, no pretending."

People

The Real World: New Orleans Castmates Kelley Wolf and Danny Roberts Reunite 20 Years Later



Kelley Wolf and Danny Roberts from *The Real World: New Orleans* — the ninth season of MTV's long-running groundbreaking reality TV franchise, which aired in 2000 — have proven that they're still close friends two decades after their time on the show.



Authority Magazine

Women In Wellness: Kelley Wolf of FLOW-Finding Love Over Worry On The Five Lifestyle Tweaks That Will Help Support People’s Journey Towards Better Wellbeing



Thank you so much for joining us in this interview series! Our readers would love to “get to know you” better. Can you share your “backstory” with us?

Just a girl from Arkansas...no...there is no “just” in my backstory or any woman’s story for that matter. I am a life and personal development coach with a background in Clinical Psychology. I did grow up in Arkansas, I went to high school in Cambridge, England and have since moved over 20 times. I am currently living in Vancouver, Canada where my husband is filming his television series. I recently wrote my first book to answer the biggest issue we seem to be facing, worry. We are as worried as we have ever been, and my life’s work is how to tackle worry so worry doesn’t tackle you.

<https://medium.com/authority-magazine/women-in-wellness-kelley-wolf-of-flow-finding-love-over-worry-on-the-five-lifestyle-tweaks-that-f263631eb647>

Broadcast



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A RECIPE FOR LIVING JOYFULLY

FINDING LOVE OVER WORRY



KELLEY WOLF



ET



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Kelley Wolf talks about 'The Real World Homecoming' reunion

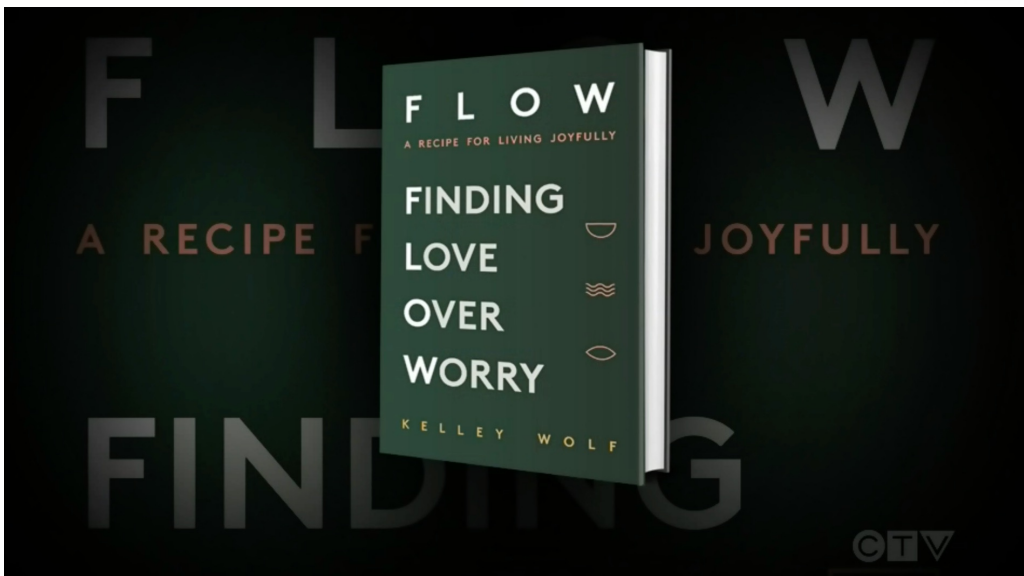


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Podcasts



What to Do When You Worry T000000 Much || with Kelley Wolf

Are you a self-defined worrier? Though you are likely all too familiar with this feeling, let's define what it means to worry. Worrying is ruminating about a negative outcome, often times completely out of your control.

Kelley Wolf has worked to identify the methods for finding love over worry, and achieving a state of flow, or peace and joy. But she also recognizes that worrying will never totally disappear, and even gets vulnerable sharing her own recent worries. In doing so she walks us through her approach to working through those feelings, including the words she actually says out loud.

Although Kelley does share where she thinks you can start, and a few of her simple tips, we both emphasize that this is a slow, but worthy process. If you have struggled with an all-or-nothing mindset that leaves you spiraling in your worry, or completely numbing yourself to it, then this is the episode you need to just get started in a better direction.

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