



STOP PERFORMING & START LEADING WITH YOUR TRUTH

Guided Integration Worksheets
to Reclaim Your Potency

RUBY
FREMON

PRINCIPLE #1

**I EMBODY AND SHARE MY TRUTH,
EVEN AT THE RISK OF LOSING PEOPLE.**

**WHAT TRUTH DO YOU REALLY WANT TO SHARE, BUT HAVE YET TO
BECAUSE YOU'RE AFRAID OF 'ROCKING THE BOAT' OR BEING JUDGED,
ABANDONED, &/OR UNFOLLOWED? WRITE 3 TRUTHS BELOW.**