



STOP PERFORMING & START LEADING WITH YOUR TRUTH

Guided Integration Worksheets
to Reclaim Your Potency

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PRINCIPLE #2

I SPEAK UP WHEN I'M READY TO SPEAK UP, AND NOT WHEN I FEEL PRESSURED OR SHAMED INTO SPEAKING UP.

HOW CAN YOU START SPEAKING UP IN MORE GENUINE WAYS WITH YOUR COMMUNITY? SHARE 3 EXAMPLES BELOW.