



STOP PERFORMING & START LEADING WITH YOUR TRUTH

Guided Integration Worksheets
to Reclaim Your Potency

RUBY
FREMON

R. Frem

PRINCIPLE #3

I TALK ABOUT WHAT'S IMPORTANT TO ME, EVEN IF THAT MEANS BREAKING FREE FROM MY STRATEGY.

WHAT ARE SOME CURRENT STRATEGIES YOU'VE USED, OR THAT HAVE SERVED YOU UP UNTIL THIS POINT, THAT LEAVE YOU LIMITED IN THE EXPRESSION OF YOUR TRUTH? HOW DO THESE STRATEGIES LEAVE YOU FEELING?

WHAT CAN YOU DO TO SHIFT AND EXPERIENCE MORE FREEDOM OF EXPRESSION?