



STOP PERFORMING & START LEADING WITH YOUR TRUTH

Guided Integration Worksheets
to Reclaim Your Potency

RUBY
FREMON

PRINCIPLE #4

**I REMAIN CURIOUS AND SEEK TO
UNDERSTAND THOSE WITH DIFFERENT
BELIEFS, NOT IMPULSIVELY REACT TO THEM.**

REFLECT ON A RECENT EXPERIENCE YOU HAD WHERE YOU REACTED TO SOMEONE WHO BELIEVED DIFFERENTLY THAN YOU, RATHER THAN RESPONDING. HOW COULD YOU HAVE SHOWN UP WITH MORE CURIOSITY IN THIS SCENARIO?

HOW CAN YOU BEGIN TO PRACTICE MORE CURIOSITY IN YOUR INTERACTIONS WITH OTHER PEOPLE?