



STOP PERFORMING & START LEADING WITH YOUR TRUTH

Guided Integration Worksheets
to Reclaim Your Potency

RUBY
FREMON

PRINCIPLE #7

**I FOCUS ON LISTENING AND SHARING,
NOT PERSUADING OR CONVINCING.**

**IN WHAT WAYS ARE YOU STILL TRYING TO PERSUADE OR CONVINCING YOUR
COMMUNITY (ONLINE/OFFLINE), CLIENTS, OR PEERS?**

**WHAT WILL YOU SHIFT TO PRACTICE DEEPER LISTENING AND MORE INTENTIONAL
SHARING?**