



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 CONVINCE YOUR COMMUNITY (ONLINE/OFFLINE), CLIENTS, OR PEERS?

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