



# STOP PERFORMING & START LEADING WITH YOUR TRUTH

Guided Integration Worksheets  
to Reclaim Your Potency

RUBY  
FREMON

## PRINCIPLE #8

**I CHOOSE TO BE WHO I AM WITH THE  
PEOPLE AROUND ME, NOT A PERFORMER  
TRYING TO CONTROL HOW I'M PERCEIVED.**

**IN WHAT WAYS ARE YOU STILL PERFORMING AND DILUTING YOUR POTENCY?  
(EX. WITH YOUR COMMUNITY, YOUR CLIENTS, ONLINE, ETC.)**

**WHAT ARE YOU COMMITTED TO SHIFTING TO UNLEASH YOUR POTENCY? LIST 3+  
SPECIFIC AND TANGIBLE ACTION STEPS.**