



From Performance to Presence Workbook

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THE ROOT PATH
COACHING
ROOTED IN TRUTH,
TRANSFORMING TO FREEDOM

What is Performance?

Performance is the polished, filtered version of ourselves we perform for approval, acceptance, or to meet expectations. It's often rooted in insecurity or fear of rejection.

Examples of Performance:

- Smiling or nodding even when you disagree.
- Saying what you think people want to hear.
- Over-explaining to avoid being misunderstood.

What is Presence?

Presence is the grounded, honest expression of your authentic self. It's being rooted in your truth, even if it's not polished or perfectly received.

Examples of Presence:

- Holding silence without discomfort.
- Saying 'No' without apology.
- Speaking honestly and letting it land without needing to be liked.

Reflection Questions:

- Where in my life do I perform more than I show up authentically?
- What am I afraid will happen if I stop performing?
- Who am I when I let go of needing to be understood, liked, or praised?
- When was a time I felt deeply grounded and present? What did that feel like?

Examples of False Beliefs:

1. Today I noticed myself performing when I...
2. The cost of constantly performing is...
3. Presence looks like this for me today...
4. If I trusted I was enough, I would...

Closing Encouragement

You don't need to perform to be worthy. You don't need to explain to be understood. You don't need to impress to be loved. You were created with enough. The practice is returning to the presence of who you really are — without the mask, the performance, or the approval-seeking. You are safe to return to your Root Path.