

Integration Worksheet

The Elements

You are now at the threshold of integrating all that you have learned. Your foundation is strong and you are ready to "Let Go" of all that no longer supports your deepest desires. You have everything you need to step into action.

Week 1 Wheel of Life ~ Where are you now?

It may be interesting to go back and do the wheel again and see if anything has shifted?

Loving Your Inner Critic (Week 2)

My Inner Critic's name is:

What I have learned about My Inner Critic:

My Top 3 Values are: (Week 3)

Values	Deeper Expression of My Values

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My Purpose Statement / My Mission / My Deepest Desire (Week 3)

I create a world of _____

by being _____

Embracing My Shadows: (Week 4)

I am committed to the process of creating a space of Self Awareness that allows me to Own My Shadow and open doors in my mansion. My outer world is a reflection of my inner world which is the key to transformation. Anytime I find myself in a situation that creates an inner charge I will look at myself in the *Mirror* and look at and own my *Projections*.

Shadow notes:

My Inner Guide (Week 5)

My Inner Guides Name is:

Key Attributes:

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You now have all the elements and are standing at the threshold of your "New Beginning" (5 Stages of Transformation Week 1). Remember that this is a creative process, awareness will continue to show up and as you move forward the elements above may shift and change.

I say "YES" to the following 3 "Actions" that will honour what I have learned about myself.

1)

2)

3)