

Integration I: Taking Stock



Seeing how far you have come

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Integration begins with honest reflection. In this session you will take stock of all that has shifted, compare where you are now to where you started, and identify the habits and rituals that will carry your transformation forward.

Integration: Taking Stock of Your Transformation

Integration is the art of making the inside work visible on the outside. It is not a destination. It is a practice of bringing your expanded self into the reality of your everyday life.

Radical Self-Love Inventory: 10 Things I Love About Myself Now

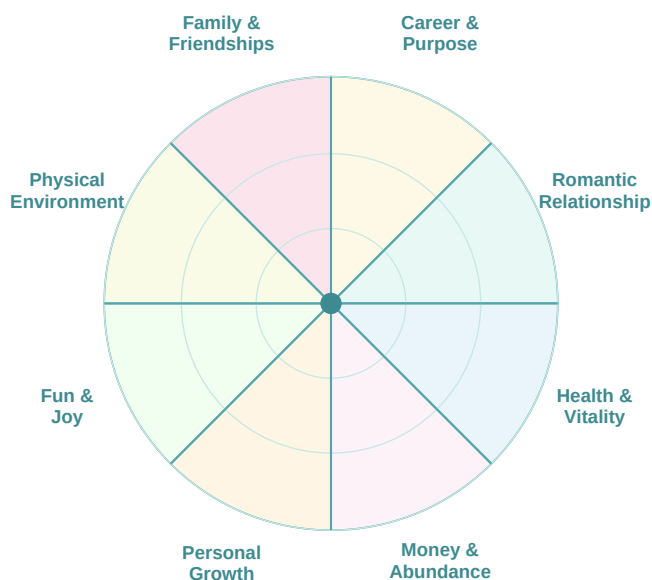
Not things you aspire to love. Things you genuinely, honestly, currently appreciate about who you are.

Wheel of Life: Then vs Now

Rate each area as it is now vs. when you started Session 0. Note what has shifted.

Area of Life	Session 0	Now	What shifted?
Career & Purpose			
Romantic Relationship			
Health & Vitality			
Money & Abundance			
Personal Growth			
Fun & Joy			
Physical Environment			
Family & Friendships			

You can also colour in the wheel below to visualise your overall life balance now.



My Life Wheel (Now)

My Self-Care Non-Negotiables

Name 5 self-care practices you commit to maintaining regardless of how busy life gets.

One New Habit I Am Installing

Use the habit loop: Cue (what triggers it) + Routine (the habit itself) + Reward (what makes it feel good).

The habit:

The cue (what will trigger it):

The reward:

Reflection Questions

1. Looking at your life wheel now vs. Session 0, what are you most proud of?

2. Which area has shifted the least? What would it take to move it?

3. What is the self-care practice that has had the most impact on your wellbeing?

4. What does the word "integration" mean to you personally at this point in your journey?

My Notes