

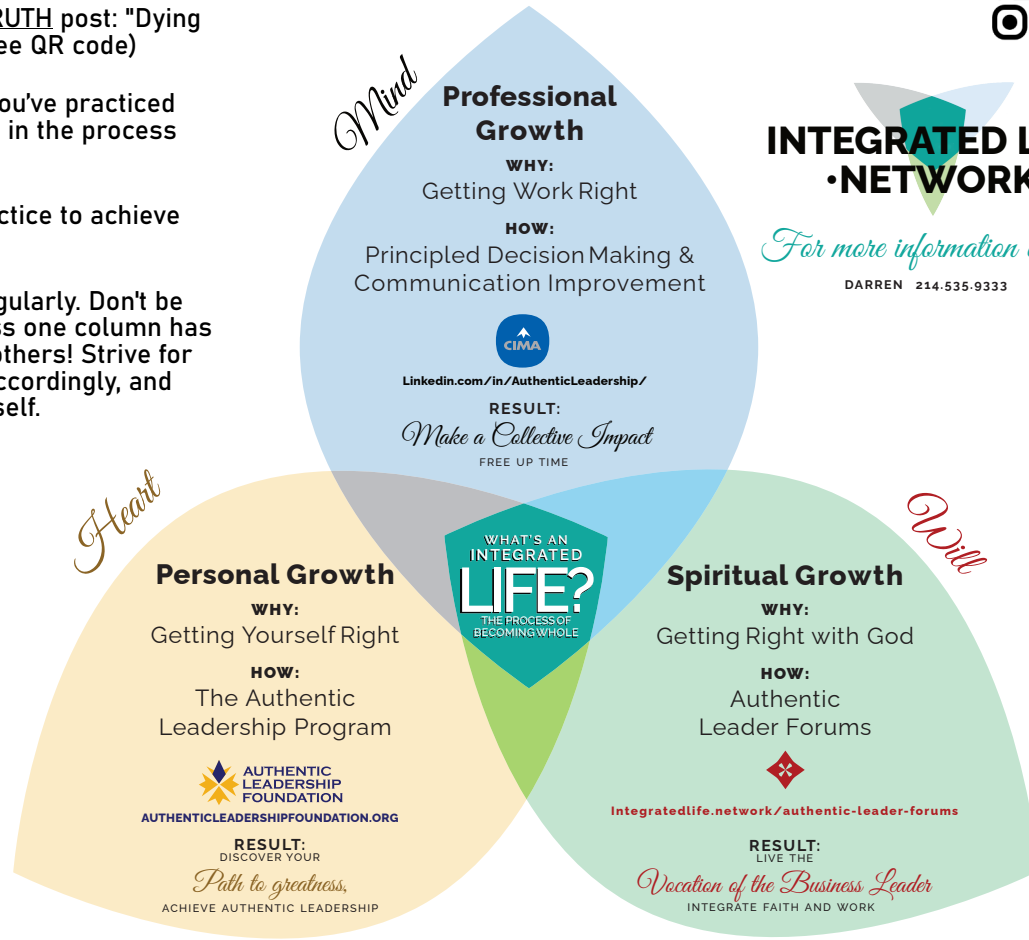
Life Integration Log



INSTRUCTIONS ARE SIMPLE:

1. Read the Weekly TRUTH post: "Dying is for Everyone." (see QR code)
2. Contemplate how you've practiced the types of growth in the process visual.
3. Track what you practice to achieve an integrated life.

Revisit this exercise regularly. Don't be surprised if on first pass one column has far more in it than the others! Strive for integration, prioritize accordingly, and your life will balance itself.



SPIRITUAL	PERSONAL	PROFESSIONAL