

Integrated Life Snapshot

INTEGRATED LIFE
•NETWORK

What We Mean by an Integrated Life (And What We Do Not Mean)

An integrated life is not a balanced life.

Balance suggests equal distribution, constant adjustment, and the quiet pressure to “keep all the plates spinning.” Integration is something very different. It is about **order, alignment, and coherence**—living as one whole person rather than as a set of competing parts.

This worksheet is not a log to maintain, but a moment of self-evaluation—an invitation to see how your life is currently ordered.

Integration Versus Balance

- Balance asks: *Am I giving enough time to each area of life?*
- Integration asks: *Is my life rightly ordered—and are my actions aligned with that order?*

Balance is static and comparative. Integration is directional and formative.

The **practically unreachable ideal of full integration** would be a life in which every recurring activity meaningfully serves all three dimensions of our being—Spiritual, Personal, and Professional. That level of alignment is not achievable in ordinary human life, nor is it the goal of this exercise.

Its purpose is orientation, not attainment.

The Three Dimensions of an Integrated Life

Consider these as example-definitions, not rigid categories:

1. **SPIRITUAL (God / Prayer / Reflection):** Practices that orient your life toward God, cultivate interior attention, and shape how you see and respond to the world.
2. **PERSONAL (Relationships / Health / Rest):** Practices that sustain your humanity—your relationships, physical well-being, emotional health, and capacity for rest.
3. **PROFESSIONAL (Work / Service / Craft):** Practices through which you apply your gifts in service to others, exercise responsibility, and contribute meaningfully through your work.

How to Use the Worksheet

This worksheet is not about filling every row or checking every box. Rather, it is a starting point for self-evaluation—the first small step in a lifelong formation path.

As you list activities or habits, ask a simple question: Does this practice nourish more than one dimension of my life?

Do not expect perfect symmetry. One or two examples of overlap are enough. Over time, you may begin to recognize more activities that carry this kind of “double” or “triple” impact.

The goal is not perfection; it's awareness. And awareness, rightly held, is where integration begins.

ACTIVITY, PRACTICE or HABIT (mostly recurring, but not all necessarily!)	INTERIOR (Prayer/Reflection/Silence)	PERSONAL (Relationships/Health/Rest)	PROFESSIONAL (Work / Service / Craft)
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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*Do not aim to fill every row or check every column.
One or two activities that nourish multiple dimensions are enough to begin seeing patterns.
Note: If needed, a longer form of this worksheet occupies the next page of this document.*

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Extended Evaluation Sheet

A Process Worth Following

While there are no guaranteed outcomes in leadership or life, this *Integrated Life Snapshot* can help bring clarity to the illusion of "balance," and help you begin to align your regular routines with what truly matters.

[To learn how to apply this tool in your own leadership context, scan the QR code to schedule a complimentary coaching session with Darren Smith.](#)

