

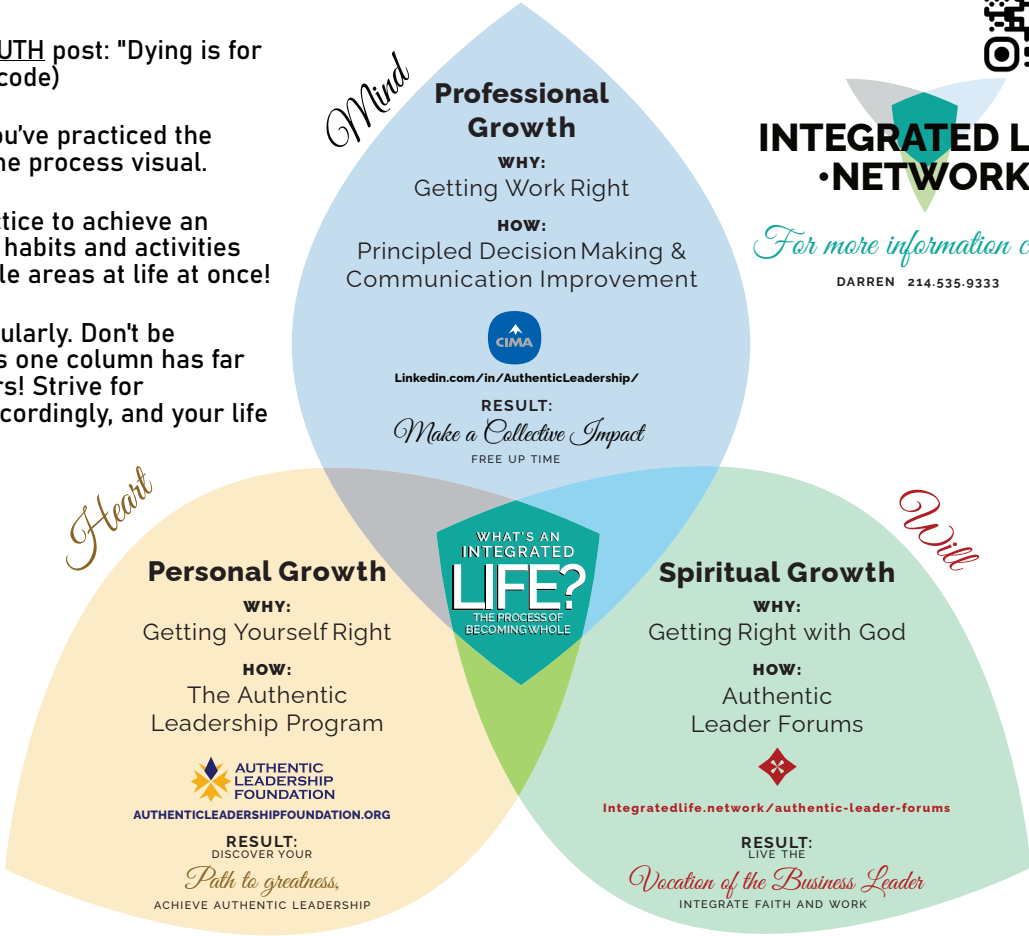
# Life Integration Log



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. Note habits and activities that can feed multiple areas at life at once!

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.



INTEGRATED LIFE  
•NETWORK

For more information contact

DARREN 214-535-9333

ACTIVITY / HABIT	Professional	Personal	Spiritual
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