

Now What?

YOUR INTEGRATION MAP

The journey can show you the door. Integration is how you answer.

1. What do I remember?

Images, emotions, phrases, people, symbols, sensations, memories, or moments that stayed with me.

2. What felt important?

What carried weight, even if I cannot fully explain it yet?

3. What surprised me?

4. What felt difficult?

Fear, grief, resistance, confusion, or discomfort can be part of the material too.

5. What did I learn about myself?

6. What am I being invited to release?

7. What am I being invited to move toward?

MY THREE BIGGEST INSIGHTS

Insight 1

What did I see or understand?

What might this mean for my everyday life?

What is ONE small action I can take?

When will I do it?

Insight 2

What did I see or understand?

What might this mean for my everyday life?

What is ONE small action I can take?

When will I do it?

Insight 3

What did I see or understand?

What might this mean for my everyday life?

What is ONE small action I can take?

When will I do it?

My Integration Affirmation

Turn what you learned into words you can practice living.

MY 7-DAY PROMISE TO MYSELF

Three small things I will actually do this week:

1.

2.

3.

WHERE WILL I PUT MY REMINDER?

- ☐ Mirror
- ☐ Phone wallpaper
- ☐ Journal
- ☐ Desk
- ☐ Refrigerator
- ☐ Calendar
- ☐ Car / dashboard
- ☐ Other: _____

WHO CAN SUPPORT ME?

One person I can talk with, reflect with, or share my integration action with:

A note to myself

I do not have to change everything at once. I can choose one insight, one action, and one day at a time.

Name: _____ Date: _____