

Living An Extraordinary Life – Personal Practice Resources

Integral Review of My Transformed State

Next reflect on, visualize, and imagine your transformed state in body, mind, heart, and soul—your whole integral being— blossoming into the future. Use the integral circle graphic provided to describe what you envision in each dimension of your whole being.

***What do I want to experience in my
body, mind, heart, and soul in my transformed state?***

