

Living An Extraordinary Life – Personal Practice Resources

Integral Review of What Is Emerging in Me

Review your responses to the questions above and consider them now from an integral perspective. Consider the kinds of physical, mental, emotional, and spiritual tendencies you are noticing that may be seeking further development. What capacities have you noticed arising in your body, mind, heart, and soul? Note your discoveries here in this circle graphic.

What's emerging in me in my body, mind, heart, and soul

