

## Personal Inventory and Practice Path Summary

Use this form to summarize the results of your work with the Personal Inventory and Practice Design materials. This sheet can also help you track your progress.

(Tip: Make a copy of this summary form, or reproduce it on your computer or in your journal so you can use it repeatedly as you develop over time.)

<p><b>Description of my transformed state</b></p>	
<p><b>Affirmations to realize positive changes</b></p>	
<p><b>Practices to facilitate my transformation</b></p>	
<p><b>Practices for opening into the extraordinary</b></p>	
<p><b>Progress made in realizing my potential</b></p>	