



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 11 Action Guide: New Action

Exercise I: Discovering our Core Motivations

Take a moment to “remember what you want.” Complete the following sentence stems:

I want...

So that...

So that...

So that...

So that...

Therefore, I choose...



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What is your compelling motivation? When you feel challenged, what makes choosing a new behavior worth it to you? Write about it here:

Create 1-2 action steps that move you toward what you want: