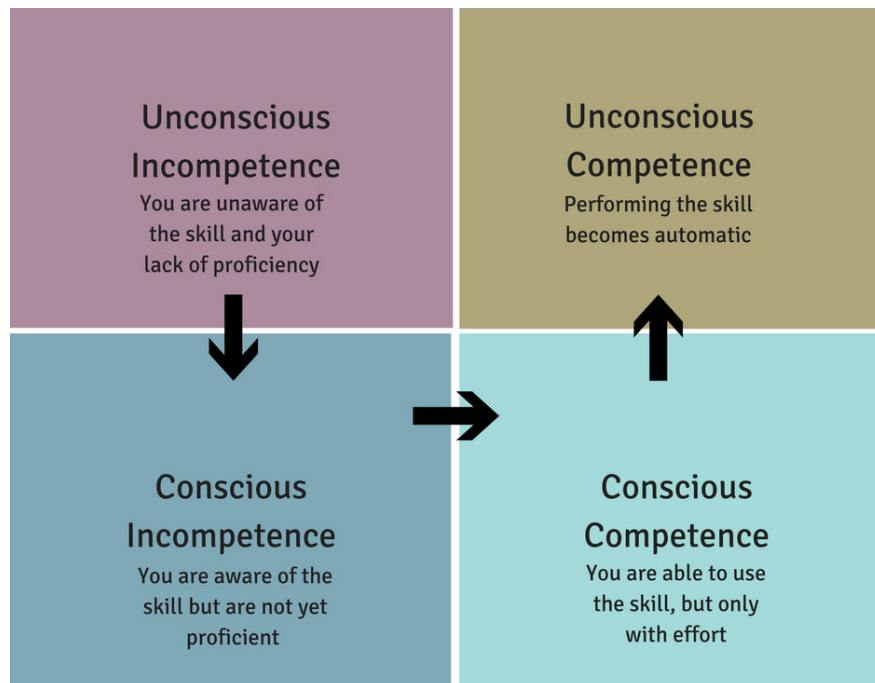


INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 17 Action Guide: Process of Change



Which Stage of Competence do you identify with currently?

What permission(s) do you need to give yourself to embrace this stage of the process?