



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 44 Action Guide: Crossing Edges

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### Crossing Your Edge

What is the next edge you are facing? (e.g. a courageous conversation, facing a specific fear, taking a particular risk, letting go of an old story, etc.)

What might hold you back from crossing this edge?

When you move toward your fear of crossing this edge with acceptance and curiosity, what do you become aware of?

What happens if you stay where you are and don't move beyond this edge?



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What makes stepping out of your comfort zone worth it? What is your compelling motivation?

What permission(s) do you need to give yourself so you can cross over?

Make a commitment to yourself. I commit...



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### A Threshold Ritual

Find a doorway in your home, place a large branch on the ground outside or put masking tape in a line on your kitchen floor. Consider the edge you are facing.

See what it's like to stand on one side of the "threshold". Pausing here, what do you notice?

See what it's like to inhabit both places at once (one foot on either side of the door/branch/line on the ground, etc.). Pausing here, what do you notice?

See what it's like to cross over and inhabit the other side. Pausing here, what do you notice?