



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 48: Imperfectly Extraordinary

How have you placed too much emphasis on always, and only, being your best, most epic Self?

What might be different in your life if you viewed your wounded vulnerability as a success?

How have you rejected and/or abandoned yourself?

How are you waiting to experience your life somewhere in the future? What is that costing you?



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Is there a dream that needs to be let go so you can discover a new one?

Sit in the reality of your life, as it is in this moment, and welcome yourself. From here, ask this powerful question: "What now?"