



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 50 Action Guide: Creating a Rule of Life

Your Personal Rule of Life

I suggest gathering your identity, values, mission and Shadow Self Action Guides to reference for this exercise.

Self-Assessment

Identify where you want to continue to grow and change:

Establish SMART goals for each are of life:
(Please refer to the Wheel of Life diagram)

Career

Daily/Regularly:

Weekly:

Monthly:

Quarterly:

Annually:

Money

Daily/Regularly:

Weekly:

Monthly:

Quarterly:



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Annually:

Health and Wellness

Daily/Regularly:

Weekly:

Monthly:

Quarterly:

Annually:

Friends and Family

Daily/Regularly:

Weekly:

Monthly:

Quarterly:

Annually:

Significant Other/Romance

Daily/Regularly:

Weekly:



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Monthly:

Quarterly:

Annually:

Spirituality

Daily/Regularly:

Weekly:

Monthly:

Quarterly:

Annually:

Fun and Recreation

Daily/Regularly:

Weekly:

Monthly:

Quarterly:

Annually:



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What self-care is necessary to support your goals?

What you are saying no to, so you can say yes to what you want?

What is your compelling “why?” What about accomplishing these goals is important to you?

What support and accountability do you need to achieve your goals?