



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 51: The Next Inspired Thing

Reverse Visioning Exercise

Listen to the attached recording: Reverse Visioning Guided Meditation.
Answer the following questions.

What helped you step into the new story?

What did you release in order to step into the new story?

What did you receive in order to step into the new story?



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What habits did you develop in order to step into the new story?

What is the commitment you are making to yourself as this program comes to an end?