



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 52 Transcript: Gratitude and Completion

I have so much gratitude for the experience we've had together this year. Thank you for showing up to the content, to yourself and to our community in such a life-changing way.

I want to acknowledge the bold courage it took for each of you to say yes to the possibility of transformation and connection within this Integrate to Live membership program. Over the course of these 52 weeks there has been a lot of new information, inspired learning, deep process and forward action.

But, more than anything, my wish for you is that you would know, and believe, that you matter. That who you are being in the world is more valuable than what you are doing. And, that you are never alone.

You are now part of a movement of people, rising up to embrace a new way of resiliency - saying no to perfectionism and performance and yes to living wholeheartedly from the truth that we are enough.

You know, something I saw in myself and I see in all of you is: We are survivors. We have overcome difficult things and we made it out alive.

Yet, we are more than survivors. We are overcomers. We are the strong and soft, brave and vulnerable community that is learning to embrace ourselves, and each other, with radical acceptance and love.

Helen Keller said that "All the world is full of suffering; it is also full of overcoming." I am proud and humbled to be a part of this resilient group of overcomers.

We are all still in process, but if you are more aware, and more kind to yourself in that process, you can have confidence that there is no limit to how far you can go to reach the fullness of your potential.



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One of the most resilient choices you can make moving beyond the rhythm of this program is to consistently celebrate your wins – acknowledging and honoring your small steps forward. This will encourage and energize your continual movement onward.

Thank you for the honor and opportunity to share my work with you. Here's to integrating ourselves to such a degree that we live our life to the fullest.

Let's celebrate our wins from this journey together on our group page this week and express our gratitude for this shared experience.