

An EXPLORATION into your INTEGRATION PROCESS/PROGRESS

Please take some time to work through these sections. I hope the questions and prompts in these pages may be of support to your self-discovery and integration process!

The first section is for acknowledging any valuable realizations/insights you have gained and what challenges you may currently be experiencing, as well as getting clear with any pressing needs.

The second section is for acknowledging your strengths/growth points in Connection with Self.

The third section is for getting clear with what truly matters to you (Values).

The fourth section is for creating personal goals that are in alignment with these values and identifying action steps for your a pathway of transformation that feels true for you.

SECTION 1

Part A

Work with these explorative prompts to identify and explore your current integration process, what challenges you may be experiencing and how you might meet these challenges with your courage and resilience.

1. What realizations have you been sitting with from your transformative experience (with or without the medicine)?
2. How have you been bringing these realizations into your life, and/or how has it been challenging to keep these realizations alive in you?
3. In what ways has this transformative experience changed you?
4. Name some intense challenges, problems or decisions you are faced with right now?
5. What situation(s) in your life might you be experiencing resistance in accepting? What aspects/parts of yourself do you have a hard time accepting/feeling good about.

Part B: Needs Assessment

Rating System: Rate each line from 1 to 5 to identify strengths and areas of focus (*identify strengths, pressing needs, and areas of focus through the results*)

- 1 = strongly disagree
- 2 = disagree
- 3 = neutral
- 4 = agree
- 5 = strongly agree

Mental Health Needs:

_ I believe the world is naturally good and people are genuinely loving

- I look for the blessing and light in every situation
- I look for the good in others and have faith in people
- I have a generally positive outlook on life
- It is easy for me to remember memories, appointments, & commitments
- I have a good ability to focus, pay attention, and concentrate
- I am creative and innovative
- I feel I have an average or higher than average intelligence
- I have a creative, imaginative, and innovative mind

Emotional Health Needs:

- I am at peace most of the time
- I am happy most of the time
- It is easy for me to forgive and let go of emotions
- I am a generally loving and compassionate person
- I love who I am and who I am becoming
- I am grateful for life and appreciative of what I have
- I feel good and positive most of the time
- I feel whole, balanced, and in harmony with the natural flow of life

Physical Body Needs:

- I eat greens and vegetables daily
- I eat raw, natural, and organic foods when I can
- I follow a well-balanced and healthy diet
- I get plenty of vitamins, proteins, iron, fiber, and nutrients
- I drink at least 2.5 (women) – 3 (men) liters of water per day
- I flush, detox, and cleanse my body regularly
- I follow a regular sleeping schedule
- I almost always get a full and good night's rest
- I go to sleep sober
- I maintain 100% sobriety
- I exercise my heart (cardio) for at least 20 minutes 5x a week
- I exercise my body regularly
- I stretch my body regularly
- I have a healthy sex life
- I maintain great hygiene, shower/bathe daily, and brush 2x daily
- I take care of my eyes and skin the best I can
- I clean and groom my hair and nails regularly

Lifestyle Needs:

- I enjoy my life and look forward to each day
- I laugh and have fun on a regular basis
- I have my days and week planned out
- I follow a healthy routine
- I am productive and motivated
- I get things done in advance or on time
- I keep my commitments and am usually on time
- I stay on top of my responsibilities and priorities
- I keep my environments clean and organized
- I hang out in inspiring and stimulating places
- I find different ways to learn daily

- I am an active person engaged in many things
- I am involved in my community through volunteer work or community events
- I hang out with people who help me become my best self
- I step out of my comfort zone often and like to try new things

Safety needs:

- I feel safe in my own home
- I feel safe outside my home
- I feel safe around my family members
- I feel safe around my peer group
- I feel safe when I am alone
- I trust in my ability to keep myself safe
- I feel secure and comfortable in my own skin
- I feel secure with the amount of resources and opportunities I have
- I feel confident in my health and wellness
- I feel secure in my employment and financial status

Relationship Needs:

- I feel connected with my parents
- I feel connected with my family
- I feel connected with my friends
- I feel a sense of belongingness from my family
- I feel a sense of belongingness from my peer group
- I feel love and affection by the people that surround me
- I feel respected, accepted, and appreciated by those around me
- I get along easily with the people that surround me
- I enjoy my relationships and like to spend time with others
- I love, respect, and accept the people around me
- I have healthy friendships that are good for me
- I have a healthy intimate relationship that is good for me
- I have a healthy sexual life with one partner
- It is easy for me to express myself in relationships
- It is easy for me to show love, affection, and appreciation to others
- When problems or conflict arises I am good at solving things quickly

Personal Needs:

- I deeply and completely love and accept myself
- I like the person that I am
- I believe in the person that I am becoming
- I have confidence and faith in what I can accomplish
- I am comfortable with my image and body
- I am not afraid to show weakness and be vulnerable
- I respect, honor, and value myself
- I am the person inside that I show to others outside
- I feel accomplished and successful with where I am today
- I feel free from attachments and addictions
- I have space and freedom to be myself, I am in control of me
- I feel open and able to express myself fully
- I am aware, conscious, awake, and alert

Spiritual Wellness:

- I am grounded in strong values, morals, and principles

- I know what I am passionate about and live my passions
- I live with meaning and purpose, I feel a sense of importance
- I am open to higher truths and seeing things differently
- I feel connected to something higher than myself
- I consider myself a spiritual person
- I am clear about my spiritual beliefs and practices
- I love and accept others unconditionally, I do not judge others
- I live in the present moment and do not get tied up over the past or future
- I practice relaxation techniques regularly
- I meditate and/or do other inner cultivation practices regularly
- I am mindful and conscious of the bigger picture, the greater unity of all things

Education/Career Development:

- I have completed my education as far as I intend
- I have the certifications and/or degrees I need for my ideal career
- I am working the job or in the career of my liking and choosing
- I am happy doing what I do, I enjoy the work
- I feel a sense of purpose, meaning, and importance in what I do
- I continue to learn, grow, and develop my skills and knowledge at work
- I like to be challenged at work and always strive to be better
- I am doing the best I can with what I have at work
- I am living my passion and purpose full out

Financial Status:

- I am financially secure and stable
- I am financially free and do not have to work
- I have savings and investment accounts
- I trade time for money
- I have passive or multiple streams of income

SECTION 2

Connection

Use this tool to build stronger connections in your life to your true self, to others, to nature, and to your concept of spirit or the divine. Connection soothes and heals, nourishes and comforts, and refines and harmonizes. Lack of positive connection is associated with all states of suffering and addiction. Evaluate your level of connection and identify how to develop your capacity to meaningfully connect.

I feel connected to my true self when...

I feel disconnected from my true self when...

I am connected to others through...

I feel alone, isolated, and lonely when...

I would describe my connection to "spirit" or "universe" as....

Examples of Connecting Vs. Disconnecting Factors

Connecting Factors	Disconnecting Factors
Kindness Compassion Acceptance Non-judgment Appreciation Friendliness Authenticity Vulnerability Collaboration Encouragement Contribution Reliability Integrity Respect Honor/grace Faith/trust	Cold/alooof Isolative Angry Hateful Negative Dramatic Resentment Blameful Dishonest Absent Selfish Controlling Dominating Disrespectful Judgmental Fear/doubt

What are your Strengths and Weaknesses in Connection?

Connective Strengths :

Disconnective Factors:

Section 3- VALUES

Part A: Activity for identifying CORE VALUES

Our values can change throughout our life. From the list below, choose and write down every core value that resonates with you (on a separate sheet of paper). Do not overthink your selection. As you read through the lists, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

Abundance	Dedication	Kindness	Resourcefulness
Acceptance	Dependability	Knowledge	Responsibility
Accountability	Diversity	Leadership	Responsiveness
Achievement	Empathy	Learning	Risk Taking
Adventure	Encouragement	Love	Safety
Advocacy	Enthusiasm	Loyalty	Security
Ambition	Ethics	Making a Difference	Self-Control
Appreciation	Excellence	Mindfulness	Selflessness
Attractiveness	Expressiveness	Motivation	Service
Autonomy	Fairness	Optimism	Simplicity
Balance	Family	Open-Mindedness	Spirituality
Being the Best	Flexibility	Originality	Stability
Benevolence	Friendships	Passion	Success
Boldness	Freedom	Performance	Teamwork
Brilliance	Fun	Personal	Thankfulness
Calmness	Generosity	Development	Thoughtfulness
Caring	Grace	Peace	Traditionalism
Challenge	Growth	Perfection	Trustworthiness
Charity	Happiness	Playfulness	Understanding
Cheerfulness	Health	Popularity	Uniqueness
Cleverness	Honesty	Power	Usefulness
Collaboration	Humility	Preparedness	Versatility
Community	Humor	Proactivity	Vision
Commitment	Inclusiveness	Proactive	Warmth
Compassion	Independence	Professionalism	Wealth
Consistency	Individuality	Punctuality	Well-Being
Contribution	Innovation	Quality	Wisdom
Cooperation	Inspiration	Recognition	Zeal
Creativity	Intelligence	Relationships	
Credibility	Intuition	Reliability	
Curiosity	Joy	Resilience	
Daring			
Decisiveness			

Now, Group All Similar Values Together from the List of Values You Just Created. Group them in a way that makes sense to you, personally. **Create a maximum of five groupings.** If you have more than five groupings, drop the least important grouping(s).

Next, Once you have 5 different groups, then **choose a label for each group that represents all the values of that group** (it could be a word from the grouping). Don't overthink the labeling. There's no right or wrong- you are defining what feels right for you.

Lastly- now circle that label word for each grouping and make a statement by adding a verb to each value so you can see what it looks like as an **actionable core value**. For example, t

Live in freedom.

Seek opportunities for making a difference.

Act with mindfulness.

Promote well-being.

Multiply happiness.

Finally, Write your own statements, beautifully, on a piece of paper and post it some place where you will see it regularly when you need guidance.

Part 2- Journaling prompts~

1. What do you enjoy doing and/or how do you spend your free time?
2. What would your ideal day be like? Get as detailed as you want! Start from right when you get out of bed in the morning until you lay back down. (Notice which of your values are represented by these choices you would make for this ideal day)
3. What are your perceived limitations that keep you from doing what you want?
4. What do you desire to feel *MORE* of in your life?

SECTION 4- Getting Real with Goals & Action Steps for your Transformation

1. Give the most honest and raw synopsis of your life presently, in a few sentences:

2. What exactly do you want to transform in your life?

How will you detach and release the parts of you that are not serving you anymore?

3. What transformational tools and practices will you adhere to every day to assure this transformation?

4. What people, supports, accountability, resources, and information do you need?

Who will support you and hold you accountable to staying in your process?

5. What is the obvious first step you need to take? (step 2? Step 3?)