

TRANSFORMATION BECOMES REAL THROUGH INTEGRATION

INSIGHT

A NEW POSSIBILITY

INSIGHT CAN OPEN A NEW POSSIBILITY. INTEGRATION TURNS THAT AWARENESS INTO CHOICES, HABITS, AND SUPPORT STRUCTURES THAT HOLD OVER TIME.

INTEGRATION

CHOICES, HABITS, AND SUPPORT
STRUCTURES THAT HOLD OVER TIME.

NEXT STEP

USE THIS WORKSHEET TO MOVE FROM
A BREAKTHROUGH TO ONE
GROUNDED NEXT STEP.

YOUR STARTING POINT

INSIGHT-TO-ACTION BRIDGE

1

CORE INSIGHT / BREAKTHROUGH

WHAT DID YOU NOTICE,
UNDERSTAND, OR EXPERIENCE
THAT FEELS IMPORTANT?

2

WHAT NEEDS TO CHANGE?

WHAT PATTERN, DECISION,
BOUNDARY, OR BEHAVIOR IS
READY TO SHIFT?

3

MICRO-ACTION STEP · NEXT 24–48 HOURS

WHAT IS THE SMALLEST
CONCRETE ACTION THAT
WOULD MAKE THIS INSIGHT
VISIBLE?

4

ENVIRONMENTAL / STRUCTURAL SUPPORT

WHAT CAN YOU CHANGE
AROUND YOU SO THE NEW
BEHAVIOR IS EASIER TO
SUSTAIN?

EXAMPLE

INSIGHT: I OVERCOMMIT WHEN I FEEL OVERWHELMED.

CHANGE: DELEGATE OR PAUSE SECONDARY PROJECTS.

MICRO-ACTION: DRAFT A POLITE DECLINATION TEMPLATE.

SUPPORT: BLOCK 30 MINUTES OF QUIET FOCUS TIME DAILY.

ACTIONABLE REFLECTION FOR INTEGRATION

USE THESE QUESTIONS TO DEEPEN THE SHIFT AND PREPARE FOR THE MOMENTS WHEN OLD PATTERNS MAY RETURN.

1

SOMATIC ANCHOR

HOW DOES THIS TRANSFORMATION FEEL IN YOUR PHYSICAL BODY WHEN YOU EMBODY IT FULLY?

2

BEHAVIORAL ANCHOR

WHAT IS ONE SPECIFIC ACTION YOU WILL TAKE DIFFERENTLY TOMORROW MORNING BECAUSE OF THIS INSIGHT?

3

OBSTACLE ANTICIPATION

WHAT INTERNAL OR EXTERNAL FRICTION MIGHT ARISE AS YOU MAKE THIS CHANGE, AND WHAT IS YOUR PLAN TO MEET IT?

4

RELATIONAL IMPACT

HOW WILL EMBODYING THIS SHIFT CHANGE HOW YOU SHOW UP IN YOUR KEY RELATIONSHIPS AND PROFESSIONAL SPACE?

5

MY NEXT COMMITMENT

WHAT WILL I DO, AND BY WHEN?
