



Daily Reflection for Integration

(Prepared by Helga Coetzer)

Date:.....

Journal your session. Experiences, Insights, releases

What did you do for integration?

Eg. Journal, yoga, dance, quiet time, meditation, walk in nature, creative expression...

What awareness or clarity did you get during or after integration?

Is there an overwhelming thought or feeling lingering? This has most probably a direct relation to your life.

Did you become aware of old patterns within yourself?

With new awareness could you identify how to respond instead of react to triggers?

Were you aware of experiencing yourself as a victim today?

How can you adjust your self talk?

Your Intention(s) for tomorrow.

(From 2nd day) Were you able to honor the previous days' intention?

What are you grateful for?

Should you feel stuck, confused, uncertain or anxious please schedule an integration counselling call.