

“Am I living each day true
to what I believe?”

INTEGRATION



Self Awareness
& Meaning

Focus: Living in alignment with what matters most—
bringing meaning, connection, and awareness into everyday actions.

Reflective Questions

- How am I living each day true to what I believe and gives me meaning?
- How do I spend my time in ways that ground me and nurture others?
- How are my values informing my choices and decisions?

Practical Exercises

- One Intentional Action: Choose one small action each day that reflects what matters most to you.
- Next Right Step: Ask, ‘What is the next right step for me, given what matters most?’
- Alignment Pause: Pause during the day and adjust if your actions feel out of alignment.



How's Your Spirit?



Vibrant



Steady



Tired



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