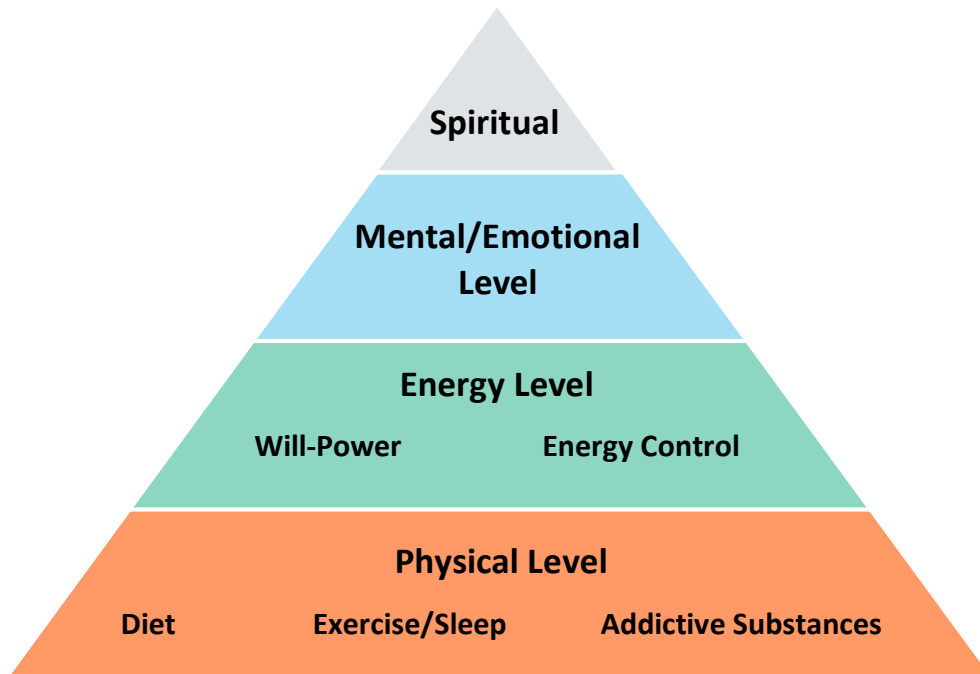


## The Integrated Life

This assignment is to help you look closely at life patterns and habits in a broader, more integrated way. There are four levels: Physical, Energy, Mental/Emotional, and Spiritual.



Consider the changes you would like to make for each of these areas:

**Diet:**

**Exercise:**

**Sleep:**

**Use of Addictive Substances:**

**Will-Power:**

General

Ability to rise to challenges

Energization, regularity and intensity

**Mind, upward directed thinking:**

Mental Influencers; books, media, internet, etc.

Friends and company you keep

**Emotions:**

General ability to control reactive nature

Reactivity when under stress

**Spiritual Practices:**

Meditation  
Time

Depth

Attunement in general

Attuning your will to God and Gurus will

Devotional practices

Practicing the Presence of God in daily life