



Living an Integrated Life

BY KRISTINE STEINBERG

A life that is truly integrated is one where you are able to weave all aspects of your life together, and show up feeling whole in every situation you have chosen to give your time and energy to. Explore the following questions to access the foundation of living a more integrated life in your day-to-day.

What do you want from your career and your life? Why is this important to you?

From your above answer, what values come into focus for you?

How are you currently spending your time?

Break down a typical 24-hours (include sleep, meals, commutes, work, family time, hobbies, responsibilities, and any downtime).



What are 3 changes you can make to ensure you are spending time in alignment with your priorities and values?

Do you want support in pursuing a more integrated life? Email your completed worksheet to me at kristine@kismet-consulting.com and I will be in touch.

