

# Integral Life-Line

**Life was fantastic**

**Life was ho-hum**

**Age**

**Life was miserable**



# My Story's Signposts

- **Vision** - A compelling vision of what my life is meant to be or of what I can become
- **Trauma** - A traumatic occurrence, a great loss or deep suffering
- **Insight** - Profound insight, learning or awakening to a new truth
- **Pivot** - A point at which a bounce or turnaround occurred in my life
- **Achievement** - An accomplishment, great gift/blessing or significant gain