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**Integration Tool**

Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Call Date & Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

After our call, please answer the following questions. It’s most helpful to do this right after the call while everything is fresh. Please email it to me at sara@refutureyourlife.com when you’re done.

**Write down five words that best describe how you feel and/or how your body feels right now…**

**What “aha”s did you have during the session?**

**What do you want to remember or keep in mind as you go forward?**

**Copy and paste your “I choose” statement here:**

