



REFUTURE YOUR LIFE
INTERNATIONAL



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: