

## Spiritual Integration Coaching

### INDIVIDUAL INTEGRATION PLAN CHECKLIST

- Identify basic safety & health needs and brainstorm solutions
- Identify clients value and meaning conflicts
- Identify and prioritize concerns and challenges
- Offer other resources and referrals as client desires
- Identify soul needs and tasks as client desires
- Identify other developmental tasks as client desires
- Identify pre-SE values and determine how to integrate into new values
- Identify client's need for grounding, both higher to earthly and vice versa
- Identify internal action processes - acceptance, forgiveness, shadow/parts work
- Identify potential callings and determine skills, developmental tasks, etc needed to actualize
- Identify what sustainable change looks like
- Empower client to create tiny steps to make external changes
- Review and revise action as necessary