

# Post-Journey Integration Sheet

## THE THRESHOLD

*A Summer Solstice Reflection Journey*

Take some time after the journey to capture anything that arose.

**What stood out most during the journey?**

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**What surprised me?**

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**What felt significant?**

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**What am I ready to release?**

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**What wants more space in my life?**

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**What am I being invited to trust?**

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**What is one small step I already know I need to take?**

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**Any other thoughts, feelings or insights**

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