

# NAVIGATING THE ROAD TO RENEWAL

## Integral Assessment and Practice Plan



## Nine Pillars of Practice



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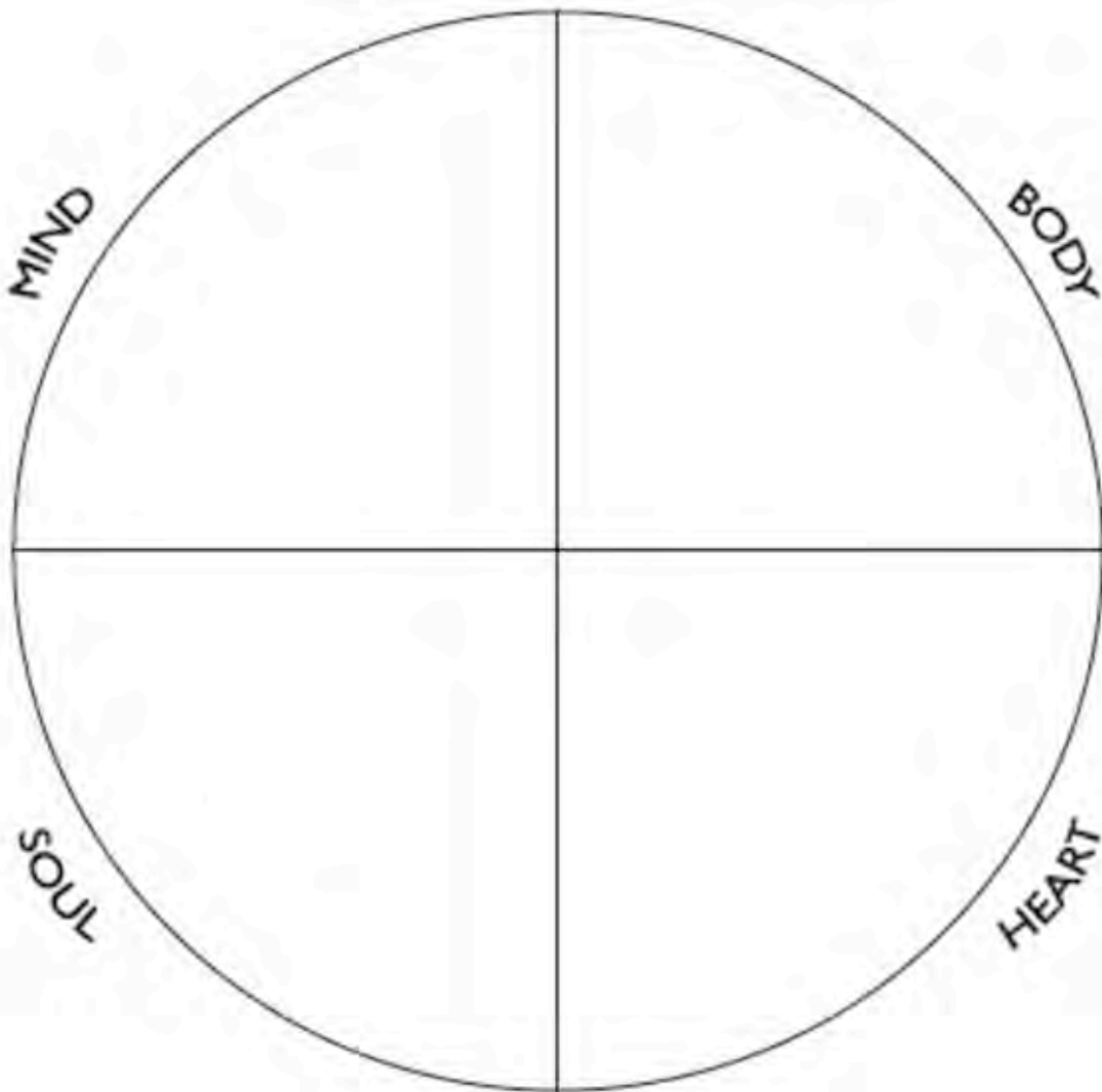
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## Integral Assessment and Practice Plan

“Our energy, not our time is the fundamental currency of high Performance.” (Loehr & Schwartz, *The Power of Full Engagement*). The capacity for renewal rests with the skillful management of energy.

### Your Integral Assessment – Current State

- **Body** (diet, exercise, physical energy management)
- **Mind** (reading, writing and discussion of articles and books on relevant subjects)
- **Heart** (group process, communications and community activities)
- **Soul** (imaging, intentions, meditation)



## Integral Assessment and Practice Plan

### Affirmations & Destinations:

Use your Integral State Assessment to develop **Affirmations** and **Destinations**.

Affirmations are clear, straightforward statements of positive personal change. They focus your best conscious efforts on transformation, while seeking to enlist powers beyond your conscious understanding. Affirmations integrate the intentions of the individual, and mobilize your whole being with greater impact than simply the sum of the parts. Destinations: Affirmations are written in the present tense to describe your intentions for the future, or as we say in the program, intentions for your destination. You clarify your outcomes (or signs of success) as if the positive changes have already come to pass. Affirmations paired with deep imaging related to your destination, create a parallel, present-tense reality in your consciousness.

*“Extraordinary change often emerges as a gift, rather than as the product of striving, because it is already there.”*

- George Leonard & Michael Murphy

We will adopt a 1-year affirmation horizon in the program.

### Affirmations

- **Renewal Intention:** *Starter: My entire being is balanced, vital, and healthy*

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- **One or more for the Road:**

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## Integral Assessment and Practice Plan

### Destinations

After writing your affirmations, you now can identify how they will show up in your life, through body, mind, heart and soul. This diagram will help you start to realize your affirmations by developing them through physical, emotional, intellectual and spiritual action steps.

**Affirmation:**

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<b>Mind</b>	<b>Body</b>
<b>Heart</b>	<b>Soul</b>

**Affirmation:**

---

<b>Mind</b>	<b>Body</b>
<b>Heart</b>	<b>Soul</b>



# Integral Assessment and Practice Plan

**Affirmation:**

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<b>Mind</b>	<b>Body</b>
<b>Heart</b>	<b>Soul</b>

**Affirmation:**

---

<b>Mind</b>	<b>Body</b>
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## Integral Assessment and Practice Plan

### Nine Pillars of Practice

As part of the landmark experiment in Human Potential conducted by George Leonard and Michael Murphy in the '90s, participants in an integral transformational experiment adopted 8 commitments as a means of facilitating tactical and transformational personal change. Several years later, a ninth commitment, to be of service to others, was added. These pillars of practice have been tested and proven over 25 years as a gold standard for unlocking potential and creating a more purposeful life. "The Nine Commitments," as they are called in Integral Transformative Practice, are the "Nine Pillars of Practice" explored in Navigating the Road to Renewal.

#### **Being Own Authority**

*Taking full responsibility*

#### **Connection to Community**

*Supporting each other's path and practice*

#### **Time for Integration**

*e.g., Kata*

*Recommend at least five times per week*

#### **Exercise**

*e.g., Aerobic exercise and strength training*

*Recommend three or more sessions per week for a total of three hours*

#### **Conscious Eating**

*Mindful awareness when eating*

#### **Developing Intellect**

*Reading, writing and discussion*

#### **Skillful Communications**

*Opening my heart to others in love and service, staying current, and seeking counsel when needed*

#### **Setting Clear Intentions**

*1 or more intention for positive transformation of my being every 6-12 months*

#### **Service in the World**

*Finding ways to help others*



## PRACTICE PLAN - NINE PILLARS OF PRACTICE

Use this assessment to identify your current state and where you would like to be.

	<b>Where I am now</b> <i>Overview of current state</i>	<b>Where I want to be</b> <i>Intended state of being</i>	<b>Practices and Next Steps</b> <i>For further development</i>
<b>Being Own Authority</b> <i>Taking full responsibility for my practice</i>			
<b>Connection to community</b> <i>Supporting each other's path and practice</i>			
<b>Time for Integration</b> <i>e.g., Kata including meditation Recommend at least five times per week</i>			
<b>Exercise</b> <i>e.g., Aerobic exercise and strength training Recommend three or more sessions per week for a total of three hours</i>			
<b>Conscious eating</b> <i>Mindful awareness when eating</i>			

## Integral Assessment and Practice Plan

	<b>Where I am now</b> <i>Overview of current state</i>	<b>Where I want to be</b> <i>Intended state of being</i>	<b>Practices and Next Steps</b> <i>For further development</i>
<b>Developing Intellect</b> <i>Reading, writing and discussion</i>			
<b>Skillful communications</b> <i>Opening my heart to others in love and service, staying current, and seeking counsel when needed</i>			
<b>Setting Clear Intentions</b> <i>1 or more intention for positive transformation of my being every 6-12 months</i>			
<b>Service in the world</b> <i>Finding ways to help others</i>			

