

## Integral Assessment

Use this assessment to identify your current condition in body, mind, heart and soul and where you would like to be.

Body	<p><b>Where I am now</b>  <i>Overview of current conditions</i></p>	
	<p><b>Where I want to be</b>  <i>Intended state of being</i></p>	
	<p><b>Practices</b>  <i>For further development</i></p>	
Mind	<p><b>Where I am now</b>  <i>Overview of current conditions</i></p>	
	<p><b>Where I want to be</b>  <i>Intended state of being</i></p>	
	<p><b>Practices</b>  <i>For further development</i></p>	

Integral Assessment

Heart	<p><b>Where I am now</b>  <i>Overview of current conditions</i></p>	
	<p><b>Where I want to be</b>  <i>Intended state of being</i></p>	
	<p><b>Practices</b>  <i>For further development</i></p>	
Soul	<p><b>Where I am now</b>  <i>Overview of current conditions</i></p>	
	<p><b>Where I want to be</b>  <i>Intended state of being</i></p>	
	<p><b>Practices</b>  <i>For further development</i></p>	