



CHEAT SHEET FOR AN

# INTEGRATED LIFE

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# LIFE INTEGRATION

Life integration is vital to the functioning, happiness, and success of 2e adults. Loneliness is the result of one or several areas being out of flow or not integrated. This happens frequently to the most motivated individuals.

We are reinforced to keep learning yet the time to integrate and assimilate is downplayed. Here are 5 areas that are paramount to have in a working equilibrium, so your system works well (and some things you can do to maintain them each day:

## Mental Clarity

- Learn something new each day
- Journal about belief systems
- Monitor and change any negative self-talk

## Emotional Freedom

- Speak up!
- Share your feelings and ideas with a trusted other
- Remember that feelings are simply energy, change the labels when the label is not serving you.

## Physical Ease

- Move at least 30 minutes each day
- Declutter your environment - home, care, etc.
- Feed your body high nutrition/low calorie foods for maximum functioning

## Spiritual Assurance

- Spend 20 minutes a day in quiet time
- Attune to nature daily
- Read and listen to inspirational content

## Social Connection

- Connect with at least 2 people each day - in person as much as possible (texting and email does not count)
- Connect with your personal vision and inner calling. Write it down.
- Connect with nature daily

# Our goal is to:

- Be comfortable with the ebb and flow of life
- Release and surrender are used in productive manners
- Establish and maintain protected time daily for connection and reflection
- Have dedicated time daily for each of the 5 major areas
- Practice intentional living
- Pay attention to thoughts, words, and actions
- Remember: Intention + Attention + Action = Integrity



# Things to consider as you move forward:

- Intergenerational healing is necessary for your authentic health and welfare.
- Inspiration or desperation, which? You get to choose how and when you get started.
- Make friends with being connected and contented.

# WHAT NEXT?

My friends, It is perfectly okay to be happy, free and fulfilled.

Connection is the Correction - The more varied connections, the more hope and contentment you will experience.

Say Yes! Say YES to life and vitality!

If you're ready to start living an integrated, connected life, but know you need help with implementation or accountability, feel free to book a Complementary Get to Know You Call here.

I trust you enjoyed the talk on loneliness as well all the other amazing speakers. Be sure to dedicate time each day to you! Ignoring you or taking you for granted is not noble, in fact, it can be deadly.

I hope to hear from you so we can get to know each other.

Until we connect again, be well,

*Dianne A Allen*

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