

Phase 8: The Daily Integration Log

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

— Aristotle

Insight without action is entertainment. The real work of shadow integration happens in the small, daily moments—when you catch a projection mid-flight, when you pause before reacting, when you choose a new response.

This phase is your “renovation crew”—a set of daily templates to catch your shadow in real-time and build sustainable, embodied change day by day.

Turn insight into automation with repetitive daily templates designed to catch your shadow in real-time. This is the work that builds lasting transformation.

In this phase, you will:

- Establish a daily shadow check-in practice
- Track triggers, projections, and patterns over time
- Celebrate small wins and course-correct quickly