

Action Steps

- Send a heartfelt thank you + integration email within 72 hours.
- Offer a follow-up call, community group, or next step (membership, 1:1, next retreat).
- Gather testimonials while the experience is fresh.
- Reflect: What worked? What would you change?
- Plan your debrief and rest before jumping into the next thing
- **MILESTONE SEVEN ACCOUNTABILITY POST:** Share with Community your Integration Lessons Learned + Gifts Received + New Vision