



Holos Cradle

The Personal Integration Scorecard™

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A Note from The Integrationist

Welcome. The fact that you are holding this means you are asking one of life's most important questions: **"Is there a better way?"**

So many of us feel pulled in a thousand different directions. This leads to a silent epidemic I call **fragmentation**—the root cause of burnout, unfulfillment, and the feeling of being scattered despite our best efforts.

I know this feeling intimately because **it was my own story**. My journey to wholeness began not with finding new answers, but with learning to ask better, more honest questions.

This scorecard is a collection of those questions. It is not a test to be passed or failed; it is a **mirror** designed to help you see the hidden costs of fragmentation in your life with clarity and courage.

Taking this assessment is the first, essential step in moving from a life of scattered pieces to one of integrated, unbreakable strength.



Instructions:

For each statement, please tick the box that best represents your current reality. Be honest. Be gentle with yourself. The goal is clarity, not judgment.

Rating	1 (Rarely True)	2 (Sometimes True)	3 (Often True)	4 (Mostly True)	5 (Always True)
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Part I: Internal Wholeness (The Core)

This section assesses the alignment of your internal world—your identity, values, and guiding principles.

Statement	1	2	3	4	5
1. My decisions are guided by a clear, inner compass of my core values. <i>(When faced with a difficult choice, I know which way is 'North' for me.)</i>	☐	☐	☐	☐	☐
2. The person I am in public is the same person I am in private. <i>(My life is one conversation; I don't have to wear different masks.)</i>	☐	☐	☐	☐	☐
3. I have a clear and compelling answer to the question, "What is my purpose?" <i>(I know the specific problem I feel called to solve in the world.)</i>	☐	☐	☐	☐	☐
4. I approach my past failures not with shame, but as valuable data for my future growth. <i>(My history is my teacher, not my judge.)</i>	☐	☐	☐	☐	☐
Subtotal (The Core):					/ 20



Part II: Vocational Wholeness (The Craft)

This section assesses the integration of your work—your career, business, or calling—with your core self.

Statement	1	2	3	4	5
5. The work I do every day is a powerful expression of my unique skills and talents. <i>(I am not just busy; I am in my element, using my best gifts.)</i>	☐	☐	☐	☐	☐
6. My professional goals are in perfect alignment with my personal values. <i>(I do not have to compromise who I am to achieve what I want.)</i>	☐	☐	☐	☐	☐
7. I feel a sense of clear momentum and progress in my vocational path. <i>(I am not just spinning my wheels; I am building something meaningful.)</i>	☐	☐	☐	☐	☐
8. I view my income not just as a reward, but as a tool to fuel my purpose and bless others. <i>(My financial engine serves my life's mission.)</i>	☐	☐	☐	☐	☐
Subtotal (The Craft):					/ 20



Part III: Lifestyle Wholeness (The Context)

This section assesses the health and alignment of the systems that support your life—your health, relationships, and time.

Statement	1	2	3	4	5
9. I protect my physical energy and mental clarity as my most valuable assets. <i>(My well-being is the non-negotiable foundation for everything else.)</i>	☐	☐	☐	☐	☐
10. My most important relationships are a source of strength and encouragement. <i>(The people closest to me are lifting me up, not pulling me down.)</i>	☐	☐	☐	☐	☐
11. How I spend my time is a direct and honest reflection of what I say is important to me. <i>(My calendar is a perfect mirror of my priorities.)</i>	☐	☐	☐	☐	☐
12. I have intentionally designed rhythms of rest and recovery into my life. <i>(I understand that rest is not a weakness, but a strategic necessity for peak performance.)</i>	☐	☐	☐	☐	☐
Subtotal (The Context):					/ 20



From Score to Story: Your Path Forward

Thank you for completing this deep and honest work.

First, calculate your three subtotals and your final Grand Total below.

- **The Core Score:** _____ / 20
- **The Craft Score:** _____ / 20
- **The Context Score:** _____ / 20
- **Grand Total (Your Integration Score):** _____ / 60

Look at these numbers. This score is a powerful, private snapshot of your life as it is today. It is not a final grade, but a starting line. It is the data.

But the data is not the story.

The real value is in **understanding the story this data “tells” about you**. It shows where you are strong and, more importantly, it illuminates the single greatest opportunity for your growth and transformation.



Next Steps:

If you are ready to understand that story, **I invite you to take the next step.**

Send a copy of your completed scorecard to me at welishaj@gmail.com. This is a completely confidential submission.

In return, I will personally review your results and schedule your complimentary **15-Minute Integration Debrief**. *(Please Append Your Phone Number In the Email)*

During this private, one-on-one call, we will not focus on the numbers. We will focus on the **single most important insight** your scorecard has revealed—the key that can unlock your path to wholeness.

This is **my gift to you**, with no obligation. It is the first step on the path from fragmentation to integrated, unbreakable strength.