

Journal Workshop Homework

- Brain Dump every single thing you want. ALL. OF. IT. Don't judge, just write.

1. Physically and Health-wise

2. Personal Development/ Business/Career

3. Spiritual/ Intellectual/ Emotional

write write write
write write write
<hand cramp>
write anyway...
WRITE!

- Let it scare you! (Just a little!) THINK but don't SHRINK!



PRAY on it



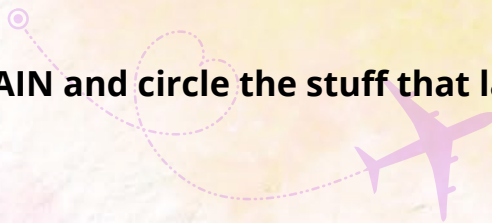
Meditate on it



Journal about it

...and then?

...Go through it all AGAIN and circle the stuff that lands like a plane!



How does all this make you FEEL? Excited? A little scared? Goofy? Giddy?
You're on the right path!



Personal Development/ Business/Career

A series of horizontal blue lines for writing, spanning the width of the page.

