



Celebration Discovery Journal

Your greatest discovery still lies ahead. What will it be?

Knowledge of what you love somehow comes to you; you do not have to read, nor analyze nor study. If you love a thing enough, knowledge of it seeps into you, with particulars more real than any chart can furnish. –Jessamyn West

The most successful, rich and rewarding lives are those who know what it is they truly love. In the words of Robert Louis Stevenson, "To know what you prefer, instead of humbly saying 'Amen' to what the world tells you that you ought to prefer, is to keep your soul alive." Knowing yourself then is paramount to keeping your soul alive and nurturing your creativity.

One of the most pleasurable ways to start finding out your personal preferences is by creating a Celebration Discovery Journal. What makes you tick and resonates with your authentic self will be discovered in the pages of your new Celebration Discovery Journal. This will be a journey of discovery into your authentic inner world. We feed our imaginations and get in touch with our authenticity by gathering together beautiful images that speak to our souls.

Celebration Discovery Journals come in a variety of shapes, sizes and colors and can be created in many different ways; however, there are a few very easy steps that will make this process, quick, easy and accurate.

You will be amazed at how easy, fun and accurate this system can be as you watch your future potential carefully unfold before you

I hope you enjoy your fabulous discovery.

Celebration Discovery Journal Instructions:

Items needed:

- 1 binder filled with several sheets of blank paper*
- Several Magazines showing hobbies, sports, clothing, fashion and other things that you enjoy.
- Scissors
- A glue stick

- Large marker. I prefer several of different colors, but you may use just one.

*Actually, I like to use a sketch pad, then put my own cover on it and have it bound at a local copy store so the pages stay together.

1. On a blank piece of paper write down all of the things that interest you. Don't stop to really think about these, just start writing what comes.
2. With the marker, write the category at the top of a page in your discovery journal. These do not need to be in any particular order, but you will need to make certain that you allow enough space for you to paste several pictures.
3. Flip through magazines and when you see an image you love, cut it out and paste it in your book. Don't try to arrange it in any order. Let the collages you are creating evolve. Soon they will give you directions about where your heart wants you to go.
4. Add quotes, etc. to your discovery journal, crafting with paper what the poet W.H. Anderson calls a "map of my planet".