

Journaling: What I want to create

Center yourself: breath deeply. Quiet your mind. Adopt a posture of wakefulness & dignity.

Listen to yourself. Write freely, without a plan. Let your pen show a current sense of what you want to create.

- Look at yourself from your friends' point of view. What would they say are the gifts & capabilities in you that they appreciate most?
- What are your most vital sources of energy?
- What is most frustrating to you in your work?
- What is most satisfying to you in your work?
- Imagine you could fast forward to your last day of work. Looking back on your whole journey, what legacy are you glad to have left? What do you want to be remembered for by those who continue the journey?
- What wants to be born with your help?
- What would you have to let go of in order to help with that birth?
- In your current situation, what provides the seeds for the future you want to create? What is already there that you can build on, encourage & nourish with your attention & energy?

Take a moment of stillness to feel the resonance of what you have journaled. Be aware of any image that emerges in the stillness; an image may seem weird or unrelated & may not have found words that express its message. Honor the image by sketching it or finding an image on line that holds something of it.