

Welcome to **Art Journaling**

(also known as vision journaling)

Your Hosts:

Renae Gregoire

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Introduction

Welcome to the Art Journaling toli. We're thrilled and honored to share this powerful activity with you.

In this toli, we'll walk you through the process of creating an art journal. Some people call it a vision journal. Either way, it's a creative method of reflecting on and setting goals and visions for your life and work. We'll start by using worksheets to answer powerful questions that will spark ideas and provide clarity. After we set the stage with that work, we'll set up our journals and spend the rest of the time together journaling!

You'll need some supplies:

- A tablet and image sources (if you choose to journal digitally)

Or... if you want to do it old-school (recommended):

- A black and white composition book - college ruled if possible
- 5-10 magazines you can cut up - any kind you like
- A glue stick - no liquid glue
- Scissors
- Colored pencils or markers
- A small, printed picture of you

Throughout the toli, we'll follow a process designed to bring you fabulous insights that transform the way you approach life and work.

Schedule

We'll meet each **Wednesday at 3 pm ET**.

Here's what we'll cover, when.

Week: Date	Homework to complete in advance of our meeting	What we'll cover and do during our meeting
Week 1: Aug 31 Led by Renae and MaryAnn	None	- Introductions (20 mins) - Video on art journals (15 mins) - Next steps (10 mins)
Week 2: Sept 7 Led by Renae	Daydreaming worksheet; bring your journal to class	- Saying hello (10 mins) - Sharing daydreams (15 mins) - Journal set up (25 mins)
Week 3: Sept 14 Led by MaryAnn	BE, DO, HAVE worksheets; bring all supplies to class	- Saying hello (10 mins) - Sharing Be, Do, Have (20 mins) - Magazine activity #1 (20 mins)
Week 4: Sept 21 Led by Renae	No homework; bring all supplies to class	- Saying hello (10 mins) - Magazine activity #2 (30 mins) - Sharing, next steps (10 mins)
Week 5: Sept 28 Led by MaryAnn	No homework; bring all supplies to class	- Saying hello (10 mins) - Magazine activity #2 (30 mins) - Sharing, next steps (10 mins)
Week 6: Oct 5 Led by Renae and MaryAnn	No homework; bring all supplies to class	- Saying hello (10 mins) - TED Talk: R's fav (20 mins) - Discussion, sharing (20 mins)

Week 2: Daydreaming

Complete this worksheet before our meeting on September 7th.

Sometimes in life, we wonder why we don't get what we want. It's as if we're floating down the river of life in an old tube, bumping into sharp logs that tear our skin, feeling the brush of slimy, scary creatures on our submerged parts. We may founder and feel fear, frantically splashing at the water to try to steer in another direction—any other direction! Then, when the fear subsides and the wounds begin healing, we sigh. And continue right on floating.

We all know in our heads that we must be proactive to get what we want. We must toss the tube and climb into a kayak or canoe instead. We need paddles, oars! We need to be able to steer ourselves in the direction we want to go.

Sometimes we don't know WHERE we want to go, though. And that's where art journaling helps immensely. It helps you intuitively spot patterns and land on directions.

Let's begin with a little daydreaming. Your answers will remain private unless you want to share them during discussion.

1. What motivated you to sign up for this toli?
2. If you could fast forward to a year from now, what three things would you like to have accomplished?
3. What would thrill you to the core if you achieved or manifested it?



Week 2: Daydreaming (continued)

4. What are three habits that no longer serve you?
5. What are three habits you'd like to begin?
6. What are five words people use to describe you?
7. What do you believe is your purpose in this world?

Week 3: BE

Who or what do you want to be?

Complete the BE, DO, HAVE worksheets before our meeting on September 14th.

How do you want to feel each day? How do you want to show up each day? What kind of person do you want to be in your professional and personal life? What are your strongest skills? Do you have any unique or unusual skills or talents? Is there anything about yourself you really love? Don't be shy!

Write your answers in the form of "I am" statements and include SMART goal details if relevant. The more vivid your desires and goals, the better.

I am:

Week 3: DO

What would you like to do in the next quarter? Six months? Year?

Complete the BE, DO, HAVE worksheets before our meeting on September 14th.

DO includes learning something new, taking a class, looking for a new job, submitting work to a magazine, starting a new business, starting a new relationship, doing volunteer work, authoring a new course or program, or getting a promotion. Write your DO items in descriptive sentences or as a list. Explore each option. And don't limit yourself in any way—where we're going, there are no limits! Include SMART goal details if relevant.

Week 3: HAVE

What do you want to have?

Complete the BE, DO, HAVE worksheets before our meeting on September 14th.

HAVE can be anything from free time to explore new hobbies, a beautiful home, a completed project, a fulfilling new habit, new friendships, or to make more money through work or a side gig. Let yourself dream big! Don't be embarrassed. You're not greedy for wanting abundance. Open your heart to your biggest desires. Knowing what they are can guide you to where you resist or block your success. Write the items as descriptive sentences or a list. Include SMART goal details where relevant.