

Discovery Journal

"The creative process, so far as we are able to follow it at all, consists in the unconscious activation of an archetypal image and elaborating and shaping the image into the finished work. By giving it shape, the artist translates it into the language of the present and so makes it possible for us to find our way back to the deepest springs of life."

- Carl Jung



Week FIVE: How do I define success?

Week SIX: What do I fear?

The 20 most obvious ones are:

FEAR	What is the worst thing that could happen if it were true?	Why it will be a good thing? (has to be true for you)
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Week SEVEN: 20 Things I am grateful about

ABOUT ME (my body, mind, soul)	ABOUT MY ENVIRONMENT (Lifestyle, work, possessions, opportunities)	ABOUT OTHERS (Family, friend, Colleagues, acquaintances)
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These are a few of my favorite things (things that bring a smile to your face – be specific)

ABOUT ME (my body, mind, soul)	ABOUT MY ENVIRONMENT (Lifestyle, work, possessions, opportunities)	ABOUT OTHERS (Family, friend, Colleagues, acquaintances)
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