

**WELCOME TO YOUR 21 DAY REFRESH INTENSIVE COURSE!  
ACTIVATE YOUR INTUITION, HONOR YOUR PREFERENCES AND LISTEN TO YOUR LIFE  
MESSAGES.**

My goal with this course is to show you how you can create a consistently refreshed state of mind by getting a **fresh perspective** in many dimensions of life. We can do this by paying closer attention to our **intuition** and by what we are naturally **drawn** to (as well as what we are NOT drawn to and why). When we **listen carefully** to these impulses that come from the core of our being, we can more readily hear those important and informative **life messages** that we might otherwise be unconscious of.

In this **21 Day Refresh Intensive Course**, we will uncover/discover the following subjects:

**Decision Making**  
**Music**  
**Emotions**  
**Place**  
**Art "Field Trips"**  
**Color**  
**Resources**

Included in this **Refresh Intensive 21 Day Course** are **fun** and **insightful** activities that include **journaling prompts**, **art journal** page ideas, **questions** to answer, and suggestions toward **extending** each activity for further exploration outside the 21 Days.

These activities will provide you with ways to discover more of Who You Are through **Contrast** and **Comparison**, **Preference**, **Intuitive Impulses**, and **Meaningful Messages** that inform and inspire.

Each creative and fun activity is highlighted with a **FUN FACTOR**. You can essentially see this highlight as a **Permission Slip** of sorts to get some **Refreshment** activated in your life with no need for excuses or hesitation.

My desire for you in taking part of this **Refresh Intensive** is for you to feel more **confidence** in making authentically-based decisions, understanding your **musical preferences** on a deeper level, **appreciating** your emotions through validation, enhancing the value of **place** in your life experience, enjoying "field trips" to focus as an Artist (think "artist date"), exploring **color** more deeply and excavating new possibilities and perspectives with the **resources** at your disposal.

My goal with this **Refresh Intensive** Course is to provide opportunities that can enable you to **appreciate yourself** for who you are, help you to see ways in which you can **validate your emotions and feelings**, and **nurture your soul** through activities that will **enliven**, **refresh** and **inform** which will naturally lead you to a more **enriched** and **empowered** life experience.

Disclaimer:

This Refresh Intensive Course is intended for refreshment and fun. It is not intended to be used as therapy or for psychological treatment. Please refer to a counselor or psychotherapist.

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**WELCOME  
to Day One!**

A Hearty Welcome to you on this very **First Day** of this 21 Day Refresh Intensive!

As we enter **Part I** today, we will focus on the very **FUN** topic of **COLOR**.

Color is all around us, but we may not even notice it in the hub-bub of our daily routines. So, part of the purpose of today's activity is to **heighten our awareness** of color and what we can learn about ourselves concerning the colors we are attracted to from day to day. (There is a Reason behind that!)

You'll need your journal for this activity:

**Choose three colors** from a pack of crayons, markers, colored pencils, etc.

Set them in front of you and note carefully which color you are drawn to most.

Using that implement (crayon, marker, etc), write a **journal entry** about that color. Detail why you chose it and how that color makes you feel.

Note specific emotions and/or resonating thoughts that are conjured in writing with this color.

Write any new insights or discoveries about yourself with this color and journal entry. (If you find yourself going off on a tangent that seems unrelated, run with it; you may just learn something significant in the process!)

**FUN FACTOR:** You can also **Wear** your chosen color and note any **resonating emotion** you experience with your new awareness of this color in your wardrobe.

If you don't choose to wear it, at least note this color in your **surroundings**.

As you view it throughout the day, does your **emotional response** change or does it stay the same?

Note these changes or similarities in your journal at day's end.

You can **Extend** this Activity by noting your color choice for each day for the next seven days. Are you drawn to this same color each day? Does the attraction to the same three colors remain the same or does it change? What **patterns** are revealed over several days or a week later?

As you honor your **preference for color** and the emotions you feel in association with these chosen colors, **celebrate** your new-found awareness and enjoy your personal insight into what color says about you.

As an artist, I realize the importance of **intuitively choosing colors** and what they speak to me.

I do trust you enjoyed this First Fun **Color**-related activity! I love color and saw it as the perfect start toward Activating Your Intuition, Honoring Your Preferences and Listening to Your Life Messages.

Let Color Help You Express the Things and People You Love.  
I suggest the song by **Joe Cocker**,  
***You Are So Beautiful***,  
to celebrate **Who You Are** right now.

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**WELCOME**  
to Day Two!

As we continue in **Part I** today, we will focus on the very **intriguing** topic of **PLACE**.

Where we are and where we have been **shapes** us in defining ways into the person we are today based on our life experiences.

We will open this **discovery process of definition** by touching on a place from our **childhood** that we adored.

For this activity, recall one of your **favorite places** to be when you were young. Imagine this place clearly in your mind's eye in full living color and with all your senses.

In your journal, write **three descriptive phrases** that reveal the **essence** of this place.

Let your intuitive mind flow and pick up on the **sensory detail** as you imagine and consider where you have been. Note the **elements** of this place that mean the most to you from your childhood experience.

Answer these questions:

What kind of a **vibe** did it have?

Did you feel safe and cozy or was it more of an adventurous place?

What **colors** are most prominent to you?

Is it indoors or outdoors?

Was your experience solo or were you with friends or relatives?

The more detail you include in your journal entry, the better.

Now consider what you would do if you could go back to this place now as an adult.

Name **three activities** you would engage in. Keep this simple and intuitive.

Which activity are you drawn to the most in your mind's eye? Why? Detail this in your journal.

Now consider a place you can go to that is **accessible** to you **right now** that would give you a **similar experience**. Make plans to relive your childhood experience when you go there.

**FUN FACTOR:**

Record your **experience** at this **currently accessible place** in living color using all of your senses to help in the reliving of this wonderful childhood place.

You can also create an **art journal** spread in honor of your experience to show the parallel of your childhood place with your current one. (Or you can simply focus on the childhood place if you don't have one currently.)

You can also write a fully descriptive **poem** of your experience with a parallel of your childhood place and your current one (if you have one).

To **Extend** this activity:

Make plans to **return to your current place** (or revisit that childhood place in your mind) several times during the next month and record in your most intuitive process each **visit's experience in parallel** to each other. Note how your visits are similar and how they are different both physically, visually and emotionally. What did you love the most and what could you have done without? What would you change and why?

I do trust you enjoyed this **Place**-related activity. How has this experience with a childhood place help activate your **intuition**, honor your **preferences** and more readily hear your **life messages** today?

My Wish for You is to Have the **BEST DAY** in your Childhood Place.

You may enjoy a listen to  
**Taylor Swift's, *The Best Day*,**  
in commemoration of today's activity.

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**WELCOME**  
**to Day Three!**

As we continue in **Part I** today, we will focus on the sometimes complicated topic of **DECISION MAKING**.

We make daily decisions, both large and small. But we don't often pay close enough attention to **HOW** we make decisions or notice the **PATTERN** of our decision making so we can make more **effective, self-respect-based** decisions that will speak more authentically to Who We Are.

So, it's a good idea to Take Note of them! As we do, we can more readily see these vitally-important patterns that show us when we're making a fab decision and what made it fab to begin with.

For today's activity, make a notation in your journal of **every decision you make**. I suggest carrying a small journal or notepad or at least to keep it in a convenient place so you can record what you decide each time. It will be well worth the investment of time to do this for the benefit of what you will gain in the short and long run.

These decisions can include **chosen activities** for the day including your choice to exercise (or not), what foods you eat, or the result of a conversation with family member, friend or colleague.

No decision is too small or too big, because the more, the better. The key here is showing what you say yes or no to and why.

As you record each decision, note your **sense of peace** or **knowing** or the lack thereof. Put a star next to the ones you feel good about and put an X next to the others. At the end of the day, review your list and see how many stars versus Xs you have.

Are there more Xs or stars or is there a balance between the two? Also note what **topic** or specific **issue** comes up the most in each category. Is this topic or issue something you're already aware of or does it come as a surprise to you? Is the X category a recurring stress-or to you? Is the Star category something you usually feel good about? Record how you feel about each discovery.

This exercise can reveal areas where you are **confident** in making decisions and areas where you feel inadequate, stressed or anxious.

**FUN FACTOR:** Write a **congratulatory** note to yourself for all the good decisions made, perhaps detailing your favorite one of the day; this is the place to **celebrate** and **validate** your decision making skills.

Now write yourself a letter of **condolence** for the decisions you didn't feel so good about, showing yourself **compassion** and **gentleness** in these more difficult areas. You may want to note your reluctance or hesitation to **listen** to your intuition which may help you make a more authentic decision tomorrow when you can start all over again.

You can also put stickers or draw silly cartoons around your list to put a little more FUN into this activity.

You can **Extend** this activity by **recording your decisions** every day for a week, using the same visual reminders of how you're feeling. Celebrate the good ones and focus on where you can tune in more carefully to where you're thinking may be off center so you can more easily align with Who You Are, which will make decision making more natural and authentic.

I trust this **Decision**-related exercise focused on **patterns** has proven to be a **confidence booster**, giving you reason to **celebrate** every day and giving you the opportunity to be kind to yourself when you don't meet your own expectations when making decisions.

I appreciate the kind of decisions that show what is most important to us...perhaps a significant other.

My favorite song in this area of life is titled,

*Faithfully*, by  
**Journey.**

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**WELCOME  
to Day Four!**

As we continue in **Part I** today, we will focus on the **sound** and **linguistic** Topic of **MUSIC**.

Music can play such a vitally important role in our lives, in our **perception**, in what **resonates** with our hearts and in the added enjoyment of something that can get our heart and feet moving!

Oh, and music can be downright **FUN!**

I find the topic of music stimulating and thought provoking.

Thus, our activity for today is focused on a **Musical Contrast** and what that can reveal about what's on our minds.

You'll need your journal for this activity, of course. :)

Pay close attention to music that is **already in your head**. You know how we walk around humming or singing some song. Sometimes we hear it when we're out and about or when we listen to the radio. Sometimes it gets triggered by an associative word or phrase we read, hear or speak.

Jot down the **title** and **vocalist** of the song (if you know who and what they are.) Or just write down whatever **lyrics** you know.

You can look up the lyrics on the internet if you need to unless you already have them memorized and record them in your journal.

Now consider a song you've been meaning to listen to, either one from your **chosen list** of songs available or one that you may not have as a recording that you can find on YouTube.

Look this song up with the title and vocalist/group and record those lyrics in your journal.

Now review both sets of lyrics.

Note the one that **resonates** and that you are drawn to most.

Closely study those lyrics and pull a word or phrase that carries the most **meaning** for you and use it as a **journal prompt** to free write. You can also use that word or phrase as an **art journal** prompt. And if you're feeling especially lyrical, write your own **song** or **poem** from that word. You may want to extract words from the free-write you do to get you started.

**FUN FACTOR:** Keep a **music journal!** Use color, musical notes, music sheets or words to decorate as you record what is **musically meaningful** to you!

To **Extend** the music choice, see if there's any **repetition of words or meanings** that apply to your life message over a course of several days or weeks as you pay closer attention to music that stays with you.

I trust you enjoyed this **Music**-related activity focused on **contrast** as you activate your **appreciation** for what music that stays with you and what meaningful messages you can glean from your intuitive musical choices.

An example of a song that  
Stays with Me is **Pat Benatar's**  
*Love is a Battlefield.*

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**WELCOME  
to Day Five!**

As we continue in **Part I** today, we will focus on the **Possibilities of Perspective** concerning **EMOTION**.

Every day we experience a gamut of emotions, both positive and not-so-positive. Most times, we feel them but don't pay enough attention to where they come from, what triggers them, or why we respond the way we do in any given situation.

The activity that follows can help change that! **Awareness** can often be key to initiating **empowerment** when we don't feel so empowered.

We're going to take a closer, second look at what situations are **triggering** these uncomfortable emotions so we can make a bit more sense of them, shrink them down to size, and determine what we can **DO** to make things better.

You'll need your journal for this exercise:

Write a **list** of all the situations in your life that are frustrating you, dragging you down, or just ticking you off.

Sometimes it can help just **recording** these in your journal to get them out of your head and heart.

As you record each situation, also jot down the **emotion** that you feel strongest in regards to it.

Examples can be anger, frustration, resentment, bitterness, angst, etc. The point of this exercise is simply to **initiate awareness**, so don't sit too long on each emotion. This is just a **touch**.

Any situation is appropriate no matter how small or large it may be. As long as it qualifies for a difficulty.

Once you have your list written and the accompanying emotion, reread your list and determine if the situation is one that is seemingly **out of your control** (ones that deal with other people are often in this category since we can't control what they do) or if you can **DO something** about it.

Even if the situation seems out of your control, **how you respond** to it can even make a difference in the power you feel in the situation in connection to your well being.

For the ones that you can DO something about, note what **life dimension** it is effecting, such as relationships, work life, home life, community, spiritual, etc.

Now choose a life area from that list that has **high priority** in your life right now. Determine how you can **change your perspective** on the situation and record a small **positive change** you can make in this particular area. Sometimes an even seemingly small shift can take place and then have a snowball effect of positive dimensions that just might surprise you!

**FUN FACTOR:** Note in your journal every situation where you have determined to make a **small change**. Do a **happy dance** due to the self-empowerment that you are initiating by either **visualizing and recording the happy result** that will come to fruition in your life as a result of that positive change or create an **art journal spread** that celebrates this important step of empowerment in your life.

It is vitally important that we give **credit to ourselves** with any positive change we make and not just dismiss it as a part of life. Life is worth celebrating!

You can **Extend** this activity by recording any **new situations** in the next week or several weeks that are dragging you down, note the accompanying emotion and determine what situations are **changeable** and then take a small step toward that change.

As you activate this awareness, you may find that your perspective changes for the better as you **nip those negative emotions** in the bud and **increase your positive energy** at the same time and feel a growing self-empowerment and self-respect as a result.

I trust that this **Emotion-related** exercise has helped you in **activating awareness** of what is dragging you down and has helped to initiate **positive change** you can make, resulting in a fresh perspective on what could have been a downer and helped you to see yourself as **capable** and **powerful!**

(Don't forget to pat yourself on the back for a job well done; and have a treat that will put a smile on your face to top it off! You deserve it!)

It can be easy to get discouraged when the negative side of life drags you down.

Be encouraged and be gentle with yourself.

I recommend

**Cyndi Lauper's**

*True Colors*

as a song to emphasize the importance of being true to yourself.

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**WELCOME  
to Day Six!**

As we continue in **Part I** today, we will find a **Fun Destination** for our first Artist's **FIELD TRIP!** Think Artist's Date but with a twist, since we'll be focusing on what we're drawn to and what we aren't drawn to and why. (The primary focus is not to fill your creative well, although you may experience something similar as you learn more about yourself in the process!)

When we venture outside our living space, that can often promote a **fresh perspective** to begin with. Thus, I decided to include an **out-of-home adventure** for each of the three parts to this e-course.

For this activity, you will need your journal (but you sort of knew that already didn't you?) and a place you would normally consider for an Artist Date if you've been on one before. It should be a place that often **inspires** you and lifts your spirits.

When you enter, go to a spot you **don't normally peruse**, that may be of no interest to you at all.

Relax your body and breathe as you carefully peruse/survey what is on display. Note any emotions you may feel in this usually-unexplored part of your field trip space. Do you feel odd, out of place, or simply bored?

Now note anything on display that you especially **don't like**. Pick it up and examine it carefully. What don't you like about it? Is it the material it's constructed from? The color? The texture? Any images? Its Use? Could it be its contents if it's a book or video?

Note your observations in your journal, detailing as much as possible.

Okay. Now for the **contrast**. It's time to venture into the part of your field trip's space where you are normally drawn to. Your **favorite spot** is very appropriate here.

Find an item that you especially love and answer the same questions as before with **relish**. Note any specific emotion you feel as you take in the details visually, by texture, and maybe even with smell if it has a nice scent to it.

If you decide to purchase the item, note how you will use it and why it's perfect for you right now.

When you arrive home, take a moment to note in your journal the descriptions of each item you examined. You might even want to write the **descriptions next to each other** for an easier comparison.

Now consider the possibilities of why you were naturally drawn to one and not to the other. What do you think this intuitive response says about your and your personality, your preferences and your purpose? What can you learn from each description?

Paying closer attention to what we love and what we may find unpleasant can offer us clues into what our intuition is telling us about ourselves, helping us to see the value of what our preferences are, and give us a clearer message of what these insights say about us.

**FUN FACTOR:** If you did purchase the item you loved or if you can find a photo of it on a website, use the image as a **journal prompt** celebrating your preferences, as a visual start to a **poem**, or as a starting focal point to an **art journal** spread detailing your experience from today, even if just in color.

You can **Extend** this activity by venturing out every couple of weeks, perhaps at a different location and see what attracts you and what you don't find pleasant. Then see if there are any **correlations** between your first observations, emotions, and details in your journal and the ones following.

I trust you found this **Art Field Trip** exercise focused on **contrast** helpful and insightful as you **delve a little deeper** into what you love and what may not appeal to you.

Tomorrow's activity will conclude Part I of A Refresh Intensive.

As we learn more about what we love and what we may not enjoy, we may be tempted to change our preferences.

But we can simply love ourselves just as we are.

SEE YOUR VALUE.

**Billy Joel's** tune,

*I Love You Just The Way You Are*, addresses this issue beautifully.

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**WELCOME**

**to Day Seven!**

As we conclude **Part I** today, we will focus on the wonderful **RESOURCES** in your personal library! Considering that the books on your shelf have been hand picked by you, now they will take on a **whole new flavor** with today's activity.

I am a serious lover of books. I love to read and relish what resonates with me. Now you get to do the same with an interesting angle in mind.

You will need your **journal** for this activity in order to fully enjoy and implement all the steps. Ready?

Pull **three books** from your personal library, focusing on ones you are drawn to most, ones that your intuition brings to your attention.

Peruse the back or inside cover blurb for each one. Then scan the Table of Contents for each one as well.

Make a decision on which book of the three **resonates** with you most, or at least piques your curiosity. Investigate this chosen book further by reviewing the Table of Contents again and note the Chapter or Sub Headings that you find most appealing or interesting.

Go to that section of the book. Read the **first three paragraphs** and note the sentence, phrase or word that you are drawn to most. Also, note any connecting emotion you are feeling as it resonates.

Now use that word, phrase or sentence as a **story starter, poem, prompt** for a **journal entry** or **art journal spread**.

For a related activity, do a **mind map** on the word or phrase or list any words that come to mind in association with it. See what insights you discover as a result.

**FUN FACTOR:** Make a **Doodled list** of any current book titles that you don't have in your personal library just yet, especially if the title you perused today leads you to another one. I know this happens to me a lot and I love following those leads! Either get it through your local library or check it out at your favorite book store. If it truly resonates, purchase a copy to relish for future reading and using for this activity as well.

To **Extend** this activity, **return** to the other two books you initially pulled from your personal library and follow the same procedure. Compare each experience and note any differences or similarities with each one and any related emotions or insights you gain with this activity.

Since **Books** happen to be our focus today with our Resources Topic, I thought I would share with you **three titles** that I have read and thoroughly enjoyed that have benefited me in several dimensions of my life.

The first one is **journal writing** related by the founder of the Center for Journal Therapy, [Kathleen Adams](#), titled, [Journal to the Self](#). I found this book packed with insights and practices to keep your journaling relevant and life changing.

The second one is focused on **art journaling**, one of my all-time favorite activities to engage in, authored by [Dina Wakley](#), titled, [Art Journal Freedom](#). This art journal book is packed with fun and interesting color and art lessons that can help you see ways you can create even more interest in your art journal pages and break the rules too!

The third title is focused on **authentic living** and paying close attention to your **preferences** and to your values to help increase your happiness; we could all use more of that, can't we? This refreshing title is authored by [Gretchen Rubin](#), titled, [The Happiness Project](#). This book gives you a whole new take on how to **make change do-able** and implement those changes to make them fun and relevant. I also enjoyed her newer title, [Happier at Home](#).

Hope you find these titles as fun, inspiring and thought provoking as I have!

I trust you found this **Resource-related** exercise fun and insightful as you pay closer attention to your **linguistic leanings** from your own library. There is always a good reason for your choices; and now it can show you even more clearly why those titles were part of your personal preferences. And you can listen to the **life messages** you can glean just by paying closer attention!

Sometimes when we read between the lines, we don't always know what we're looking for.  
**Lionel Richie** expresses this perfectly in his song,  
*Hello.*

That concludes **Part I of A Refresh Intensive!** What have you learned about yourself? Have you noticed a shift in your awareness of **intuitive nudges**? Have you begun to **honor your preferences** even more than before? What **life messages** have you gleaned that can help you create **positive change** in your life and give you a **fresh perspective**?

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## **WELCOME** **to Day Eight!**

Today is the start of **Part II** of this course. Yay! Some of the activities will **delve a little deeper** thus making it even more insightful and enable you to get a fresh perspective on Who You Are.

As we start **day eight**, we return to the **sound** and **linguistic** related topic of **MUSIC**. In our previous music-related activity, we focused on the **contrast** between what we hear in our minds **automatically** compared to what we **choose** to listen to.

For this musical activity, we will focus more so on **parallels in the lyrics** from your favorite music soloists or groups from your **YOUTH**. (You will, again, need your journal to complete this activity.)

Think back to those memories of music when you were young, when music resonated in your heart and soul and then some.

You know those songs you were always requesting on the radio, recording off the radio, and trying to discern the lyrics if you didn't have them off of the album. (Of course, it depends on what year those songs were recorded!)

Make a List of your **Top Three Favorite Songs**, whether soloist or group based.

Record the lyrics from each song in your journal.

Now read each lyric in **parallel**. See if there is any correlation on the subject matter/topic of each lyric. Are there any repetitive words with each lyric? (ex: love is seen in all three songs.)

Is the attitude or tone of the music similar or different? Examples can be apologetic, sad, angry, content, grateful, etc.

Which lyric resonates with you most right now? What specific meaning or message does it carry for you? Does it bring back a memory? Does it correlate with a special event in your life? If so, record these in detail in your journal.

Also note the **primary emotion** this song emits for you as a result of this discovery in your musical preference. Record this as well in your journal.

Now ask yourself:

Does the relevance of this song choice from my youth still carry the **same meaning** for me today?

How is it different for me now as an adult?

How has my perspective changed?

Detail your answers in your journal.

**FUN FACTOR:** Use the lyrics from your chosen favorite song as a jumping point for a **free write** in your journal, as a prompt for an **art journal** spread or the start to your own **lyric or poem**. Embellish and relish!

To **Extend** this activity, pay close attention in the next two weeks when you **hear a song** you prefer from your youth, what **lyric** stands out to you and what **meaning** it carries for you; record this in your journal and see how similar or different your discoveries are over time.

I trust you found this **Music-related exercise fun and insightful** as you pay closer attention to your musical leanings from your youth and what they mean for you today. There can always be **life messages** found in our youthful preferences even applied to our current adult life.

One of my all time favorite songs by  
**Steve Perry** from my youth is titled,  
*Oh Sherry.*

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**WELCOME  
to Day Nine!**

Today we will return to one of our **FUN** topics of **COLOR** as we continue to activate our colorful intuition. In our last color-focused day, we paid closer attention to colors we are drawn to in order to get more insight into **Who We Are**.

For today's Color Focus, we will turn to our **closets!** Our wardrobes to be exact. I have such **dynamite FUN** standing in front of my wardrobe, noting the colors that I am drawn to and seeing what patterns or pieces "speak" to me.

And since I am an artist, what colors I wear each day can determine how good I feel about the work and **PLAY** I do each day. Plus it gives me a chance to put some pizzazz into what I wear which translates into feeling pizzazzy!

So, on to your activity!

Go to your wardrobe of wonderful wearables and pull pieces that you are most drawn to enough to make up **three** outfits.

Don't be afraid to **mix and match** patterns and solids (which happens to be a trend right now which I use as an excuse to get a bit wild with my wear. ;)) Really take the time to put together outfits that you believe will make you feel **fine**.

Note the **colors** you choose and what pieces go together best. You'll just know when it comes together.

Once you have three outfits, choose the one that you love the most and **put it on!** As you dress, note your emotional state. How does this outfit make you feel? Adventurous? Comfortable? Snazzy? A little crazy?

(I have some patterns I call my crazy wear!)

Now do take a **photo** of yourself wearing your intuitively chosen outfit, and do it with flair! Don't be shy!

Now print your photo out and then use it as a **journaling prompt** or even as a starter for an **art journal** page. Express how this outfit makes you feel, why you were drawn to it and describe it in full detail. Have FUN with this activity!

**FUN FACTOR:** Make a **wardrobe journal**, featuring your choices of clothing you wear each day, whether or not it was an intuitive choice and mention the **difference** in how you feel wearing it in regards to the element of intuition or the lack thereof. You can also cut out images of wardrobe options from fashion magazines or off of Pinterest and see any correlations between your wardrobe and the ones you love that you find.

You can **Extend** this activity for 7 days and note clearly how you feel about each outfit. You may want to wear the ones that make you **feel fabulous** a bit more often. And it may be a fun function to see how many combinations you can come up with that you end up loving that you have never thought of before. (I love it when that happens!)

I trust you really had **FUN** with this Wardrobe **Color**-focused Activity; I had fun writing it (and of course doing it each day). Intuition can have such a wonderful vibe, especially when we use it with such a daily activity as picking out clothing to wear. Who knew, right?

What You Wear Should Always Make You Feel Fabulous!

Others may take notice!

(Oh, and don't forget the shoes!)

You may want to check out

**Michael Jackson's**

***The Way You Make Me Feel***

as inspiration. \*wink\*

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## WELCOME to Day Ten!

Today, as we continue in **Part II**, we will return to the insightful topic of **DECISION MAKING** as we continue to explore **life patterns** and listen to our **life messages**. In our previous Decision-focused activity, we looked for **patterns** in the different decisions we made throughout the day.

For today's activity, we process this decision making dimension through the use of **questions**, ones that can give us clues into what matters to us and, perhaps, help us delve a bit deeper into Who We Are.

Although decision making may be the more challenging aspect of our day-to-day experience due to the variables that can affect the outcomes of those decisions, we can be **empowered** in the process by asking questions.

Using your journal, make a list of **three decisions** you've made in the past week. You can refer to the decision activity from Part I if that helps. :)

Especially reference the ones that have a bit more **gravity** with the outcome, especially if someone else is being affected by that decision.

As you consider each decision, did you feel **confident** or **hesitant**, second guessing yourself? Did you have any sense of **assurance** that it was a good decision or did you feel fear or apprehension?

Did you have a gut instinct or an **intuitive pull** with it, or did you not have a clue which way to go and didn't think ahead?

Now record the result of each decision. Ask yourself these questions:

Did it go well?

Were you pleased with the outcome?

Did you wish you had done something different?

Do you regret the decision you made?

Was there a consequence that affected not only you but those around you?

Are you feeling anxiety over the choices you made and wish you could go back and change it?

Now record in your journal **why you chose** to do this thing. List any fears or hesitations you may have had when you made the decision.

Determine if those fears were based on illusion (something that didn't exist) or if it was a definite evidenced red flag. (It pays to pay close attention to red flags! That's intuition letting you know something is off!)

After recording this information, do you feel more clarity with the result of this decision? (Of course, hindsight is 20/20, but if we apply this process regularly in our decision making, we will find clarity both before and after the fact.)

Did you sense a feeling of "knowing" that pushed you forward? (This is also an indication of a strong intuitive pull that is worth paying attention to.)

Decisions are an important part of **listening to our intuition**. Sometimes it's hard to hear that voice among the other more critical voices or voices of others who may have an opinion but are not qualified to give you a direct answer in the situation simply because they don't know.

When we give ourselves space to really listen to that intuitive voice and follow the hidden inner wisdom that resides there, we can find more **confidence** and **clarity** in making decisions that are authentic to Who We Are and lead us in the right direction.

The next time you make a decision, ask yourself these **centering** questions:

Will choosing to do this compromise my well being?

Does choosing this align with Who I Am?

Does choosing this align with my values?

Will I regret NOT choosing this?

Does choosing this push me outside my comfort zone? (This is not necessarily a bad thing; sometimes what we need to do feels very uncomfortable but right at the same time.)

#### **FUN FACTOR:**

Choose **one decision** that you are especially pleased with based on your intuition and the outcome and celebrate this in your journal, through **validating text** that explains why you are pleased, giving as much detail to everything **you did right** in this process. You may want to **doodle** the subject matter or use it as an **art journal** prompt to give it proper emphasis. This can be a wonderfully validating expression of Who You Are and give you even more confidence for future decision making.

You can **Extend** this activity by keeping a **decision-making journal** for several weeks using the questions above to help you gain clarity. Keep careful track of what works and what doesn't and be sure to celebrate your decisions making skills. The purpose is to give you a boost in **confidence** and help you to **honor your preferences** and align with Who You Are.

I trust this **Decision**-related exercise has given you a **fresh perspective** on the effects of your decisions and clarity of your decision making process.

Give yourself a pat on the back for a job well done! You deserve it!

I really like the song by  
**Corbin Bleu** titled,  
***Run It Back Again***,  
with how it addresses trying again when you mess up.  
You can always make a different choice next time!

Be gentle with yourself when your decisions aren't so great and move forward knowing that nobody is perfect!

\*\*\*

## **WELCOME to Day Eleven!**

Today, as we continue in **Part II**, we will return to the multi-dimensional topic of **EMOTION** as we continue to explore **life parallels** and what they have to teach us about Who We Are.

In our previous emotion-focused activity, we looked at specific areas of life that **drag us down** emotionally and looked to get a fresh perspective.

For today's activity, we will look at the **parallels between past and present** of one specific emotion: **Fear**.

Now fear can really take a bad rap since no one likes to feel fear, and most times when they do, it's very uncomfortable and something they want to avoid.

But our approach to looking more closely at fear is to help us understand **how fear is affecting our perspective** in life and how it may be holding us back.

We don't want that now, do we?

So, get your journal on, and write down **three fears** you recall easily from when you were a **child**. They can be as simple as a fear of the dark or of spiders or something more...I'll let you determine what direction you want to go in with this one.

It can take a bit of courage to focus a bit on fear; the point is to **activate awareness** that can eventually lead to **positive change** and **empowerment**.

Now take a good look at those fears and determine if any of them came or have come true for you. If so, **acknowledge** them in your journal and congratulate yourself that you are **STILL STANDING**. You may even want to write an **affirmation** that emphasizes this, even with this fear realized. Based on your level of comfort, if you are so inclined, you can go into more detail. (Honor your boundaries here if necessary.) If you had more than one fulfilled, start with the greatest of the three, and include place, time, people and circumstances.

(This is not meant to overwhelm; **A Fresh Perspective** is what we're looking for.)

Once you have that completed, it's time to make another list of **three fears**, but this time they will be your **current fears** as an adult. Again, it doesn't matter how big or small the fear; just jot down what comes naturally to mind.

Once you have that down in detail, **compare the two lists**.  
Are there any **parallels** between your fears as a child and as an adult?

What are the similarities or differences between them? Detail this in your journal.

Now we will change our focus just a bit for more comparison purposes.

Record in your journal your top **three desires** in life. They can encompass any life dimension, whether personal, professional, relational, etc. Again, record them in detail no matter how big or small.

Now here comes an insightful view: **Compare** the fear list from childhood and adulthood with the list of desires you've detailed.

Note any **correlation** between a fear and a desire; this may show you whether your fear is coming between a desire manifesting in your life.

Now we're going to take a closer look at the fears that may be holding you back from those desires manifesting.

Are those fears based on something that **hasn't happened yet**? Do they simply contribute to the negative narrative the runs through your mind, or does this fear manifest itself very specifically in your life experience?

Fears are often based in future surmising on an event or circumstance that hasn't occurred in your manifested life.

Once you have come to a **truthful place** concerning your fears, both from the past and the present, that are directly affecting your ability to move forward in manifesting your desires, you can now record in your journal how you want to reckon with those fears, shrink them down to size and even eliminate them altogether!

Sometimes when we realize that a fear is based on something that hasn't happened, we can label them as illusions and get back to our truth of where we are right now.

Now here comes the fun part. (Yes, there IS a fun part!)

**FUN FACTOR:** Take **one specific fear** that you recognized as an illusion and whip its tail by writing a **eviction notice**, telling it go get lost and don't come back. Explain in glorious detail why it's no longer welcome. Then celebrate with a happy dance and a special treat for a job well done!

Now write yourself a **congratulatory note** for getting a fresh perspective, knowing the positive change you just made and for the courage you evoked to take it on, like a bull by the horns!

You can also write a **poem** expressing your release of that fear or use this releasing as an **art journal** prompt, using color and text to show your conquering!

To **Extend** this activity, continue to pay close attention to your current fears and see if there continues to be a correlation between the ones from your childhood, recognize any

illusions and rid yourself of them one at a time. Don't forget to celebrate Any Positive Change you've made as a result.

I trust this **Emotion**-based exercise focused on **Fear** has given you a **fresh perspective** on the effects of your fears and clarity concerning illusions and your truth.

Give yourself a pat on the back for a job well done! You deserve it!

What is your favorite song about conquering fear?

Now is a good time to go listen while you do your Happy Dance!

I will suggest a song that has recently given me inspiration toward conquering fears titled,

***Roar*** by  
**Katie Perry.**

\*\*\*

## **WELCOME to Day Twelve!**

Today, as we continue in **Part II**, we will venture outside our normal surroundings for another Art **FIELD TRIP** remembering that the purpose is to get a fresh perspective on our **preferences** and why we have them. And have some **FUN** in the process!

During our previous Field Trip, we ventured into territory we **don't normally experience** and compared it to what we are usually drawn to in order to gain deeper insight into the **Why** of our preferences.

For today's activity, we'll be doing another **comparison**, only this time it will feature both **past** and **present** preferences, remembering a bit from **childhood**.

You will want to choose a place that you enjoy perusing, perhaps a department store or something in that vein. But we'll be needing one that carries good quality and good variety of **decor** and **wall art**. We are also looking for a place that features both children's items and grown up decor so you can have an easy comparison when you're there.

Once you have your chosen place picked out, be sure to bring a journal so you can take notes as you engage in this activity.

(If you are not able to get out and about for some reason, you can use the store's website or Pinterest if need be.)

Once you arrive at your chosen place, you will need to find the children's department first. Venture into the furniture/decor section so you can view any art related items, whether it be an object for a table or a wall hanging.

Once you arrive in this section of the children's department, with journal ready, note any art related items that you are immediately drawn to.

Does it remind you of your childhood decor? Does it contrast with it? (Think of what you had decorating your bedroom and consider the comparison.)  
Note specifically in your journal what you **love** about this item.  
Is it adorable, whimsical, fun, brightly colored, simple, fancy?  
Are there any words on the item that catch your eye? Any validating or sweet sentiments?

Now note the decor that **didn't draw you** and especially what does not fall into your preferences.

What don't you like about it? It's construction? Color? Message? Any associative memories correlate with it? Or is it just boring?  
Make note of your observations and feelings in your journal.

Once you've completed that part of the activity, it's time to head over to the bedroom decor for the grown-ups.

Once you arrive in the right area, take your time perusing the art related items and what you are naturally drawn to, whether it's style, color, design or message.

Also take note of what you didn't notice right away or what is not in your preference. Note the specifics of what you don't like about it and if it brings up any emotional metaphoric meaning or associative memories.

You have completed the "field trip" aspect of this activity.  
Once you arrive home, view your list of notes and compare your responses to the child's decor versus the adult bedroom decor.

Are there any similarities of what you liked most, or is there a difference you didn't expect?

Are you surprised? Confused? Enlightened?

Note this in your journal and any **insights** you gain about Who You Are, both when you were a child and now in your current frame of reference, and why you prefer what you did.

Pay close attention to any **emotions** that have risen up as a result of your discoveries as well as to the "field trip" experience in general and what you learned about yourself. Even the smallest feelings and drawings or lack of interests matter. These discoveries are an important aspect of your growth in **recognizing your value**, your **interests** and your **preferences** and what makes you happy.

Celebrate any sense of **knowing**, any **validation**, that occurs based on what you experienced from this activity.

#### **FUN FACTOR:**

Referencing your notes, focus on the **first object in the kid's department** that you were most drawn to and **write a letter** to it, (yes, in a sense, we're personifying it), telling it what you love about it the most. Include any positive associative memories you may have in connection with it and how it makes you feel. What makes it special? You can also

create an **art journal** page featuring an image of the item, celebrating what you loved and the good feelings it brought out in you as a result of coming across it today. Really celebrate your **Inner Child** in this activity.

To **Extend** this activity, reference another store that has **similar qualities** to it and follow the same procedure. You may want to do it **seasonally**, since the art will often change based on what is new in store. Note what you are drawn to or not, and what you can learn from the comparisons in your journal.

I trust this field trip activity has proven to be **insightful** into your personality and what you are drawn to and has given you a **fresh perspective** on your preferences from childhood and now as an adult.

What are a few of your favorite things?  
I would suggest jotting down a few and then listening to  
**Julie Andrews's** character  
sing about hers  
in the classic musical,  
*The Sound of Music.*

\*\*\*

**WELCOME  
to Day 13!**

Today, as we continue in **Part II**, we will return our focus to the sometimes **intriguing** topic of **PLACE** as we continue to discover more of Who We Are, by activating our intuition, honoring our preferences and listening to our life messages.

During our last venture into Place, we touched on our **childhood** and where we loved to go during that curious and creative time of life where so many adventures can await us.

For today's activity, we will be flipping the coin on our focus as we return to **childhood** once more, venturing into territory that activates our sense of protection, boundaries, or courage. We will look more closely at a Place in that time that you would **never choose to go back to**.

Take out your journal for the following:

Use your imagination as you think back to your youth and consider that **unpreferred place**.

What kind of **atmosphere** did it have?

Was it dangerous? Mysterious?

Did it give you the creeps?

Did it scare you?

Did it make you angry or resentful?

What was the one thing about this place that made you want to turn around and go home?

You can go into as much detail as you want as long as you remain comfortable in describing it. This is simply meant to **activate your awareness** of why you preferred NOT to be there.

Now that you have that recorded in your journal, it's time to switch to your **present** life.

Is there a place you don't like in this **current life experience** that you have been to that you wouldn't want to return to?

Describe this place in the same manner as with the childhood place.

Now **reread each description**.

Are there any similarities between the two places?

Have you experienced similar emotions as a result from being in each place?

Do they resonate with each other?

How are they different?

Record any insights you gain in your journal.

When I consider my two places, one thing I note is the **issue they hold in common** that affects the core of my being. If you sense this core issue, detail it as vividly as you can. This process will help you **validate** how you felt and feel now, **honoring your feelings and emotions**. This will probably give you a clue into the **WHY** of your preference or lack thereof.

Now, as you review the reasons you didn't and presently don't like those places, **transform them into affirmations** for yourself to love Who You Were (who is Still At Your Core) and Who You Are today.

An example can be:

I was rejected in this place. I deserve to be treated kindly and with great consideration. I am Valuable.

Take several deep breaths as you allow yourself to feel the **WHY** of your experience and **re-create the thought patterns** from the past as well as what you may have been thinking with your current place so that they now **reflect your truth** of Who You Are and Why You Are Valued.

It's okay to feel the way you do; in fact, this exercise is meant to give you space to **KNOW** this fully. It can help us see more clearly our **true path** and where we can go to make our meaningful mark in the world.

**FUN FACTOR:**

This is more of an **empowering** factor as you use your journal to **write a letter** to each of those unpreferred places and **tell it OFF!** Tell it what you know is **true** about yourself and that you will **not allow** those negative emotions to hold you back. Give that place a Good SPANKING in your mind!

You can also express your **empowerment** in this area through color and text in your **art journal**, celebrating Who You Are.

Give yourself a wonderful treat for loving yourself and enjoy some R&R in a place you LOVE as a reward.

To **Extend** this activity, keep careful note of **places** that remind you of the ones you have described here, of any resonating emotions and remember to give yourself space and love when you feel vulnerable and challenged. This will help you stay aware and validated at the same time.

I trust this **Place**-related activity has proven to be **validating** and has given you **insight** into your personality and a **fresh perspective** on your preferences from childhood and now as an adult.

Oh, and here's a cyber hug from me for doing SUCH a great job!

The song that immediately comes to mind concerning this kind of Place is

**Michael Jackson's**

*Thriller.*

What song comes to mind for you?

\*\*\*

**WELCOME  
to Day 14!**

Today's activity concludes **Part II**.

We will return our focus to **RESOURCES** as we check out what is **readily available** to us and glean insight, understanding and refreshment in the process.

During our last venture into Resources, we took a look at our **personal library** to pay closer attention to our intuitive pulls and learn something about ourselves.

For today's activity, we will venture into the **World Wide Web** to discover some goodies with just a few cues and see what we can uncover and learn about what really matters to us and refresh our perspective.

Take out your journal for the following:

Go to your **favorite search engine** and type in your favorite **topic** or **activity** that is of high interest to you right now. (You can also create a Google Alert in your email to keep current on the subject matter.)

Peruse the offerings and note **three website links** or **headlines** that you are drawn to and are especially interested in.

**Open** all three links in your browser. Skim the content at your leisure and pleasure (if it initiates delight) and see if anything pops out at you. Pay close attention to your senses to see if one thing draws you more intuitively than others. You may notice a **heightened awareness** of your feelings like excitement, resonance, hilarity, or insight as you read

the content more closely. (If this happens for you with your first three choices, move on to the following steps. If not, choose three more until you have something great to work with.)

Once you have discovered some content that works for you, choose **one** you like the **Best** and look for a **word, phrase, sentence or paragraph** that is meaningful to you in some way. This content might trigger a memory, a song, or an idea. Or you may come across a **referenced resource** such as another website, podcast, event, book or magazine.

Make note of any of these triggers or resources in your journal and bookmark the page in your browser or simply save the link in a document where you keep such things if you have one. (I do this for easy access.)

Now **reread** the word, phrase or resource that you just recorded and determine **why it is meaningful** to you and any associative information you have gleaned from it. What comes immediately to mind when considering your content? Does it trigger a flow of inspiration? Does it feel like a synchronization of something you've thought about before but never pursued? Does it excite you with new possibilities worth following through?

You may want to look up any other **resources** that also come to mind as a result of your foray and plan for future perusing.

#### **FUN FACTOR:**

Use the written material you recorded in your journal such as words, phrases or paragraphs, as a **journal prompt**, the start of a **poem, essay or memoir** piece, or as a prompt for an **art journal** spread.

If the content triggers a **song**, **listen** to it on the internet and see if there's a **correlation** between the content you recorded and the lyrics to the song. Note any parallels or contrasts between the two.

To **Extend** this activity, look up this same topic or a different one in the next week and see what offerings **attract your attention** and make note of words, etc that catch your eye. Note any **parallels** from your previous perusings and what you discover about your preferences in the process.

Since we're on the topic of **Web Related Resources**, I thought I would provide a few of my favorites for your perusing!

The first one is focused on **Being Kind to Yourself** with the website titled, **Being Who You Are**, featuring writer, author, and podcast host, **Hannah Braime**, who has also been a **previous special guest** on **#JournalChat Live!** I find her content inspiring, thought provoking and motivating toward positive change.

The second one is focused on **Creativity and Mindset** with the website titled, **The Artist's Nest**, featuring writer, Creativity Coach and Certified Martha Beck Life Coach, **Jill Winski**, who has also been a **previous special guest** on **#JournalChat Live!** I

find her content inspiring, thought provoking and interesting in the activation of a more supportive mindset toward creativity.

The third one is focused on **journaling for passion, clarity and purpose** with the website titled, **Write4Life**, featuring writer, certified journaling workshop facilitator and #JournalTalk podcast host, **Nathan Ohren**, who has also been a **previous special guest** on **#JournalChat Live!** I find Nathan's content inspiring and motivating toward keeping a consistent journaling practice with many benefits discussed for your life enhancement.

I trust this **Resource**-related activity focused on the **Internet** has proven to be a **fun discovery** and way to activate your intuition, honor your preferences and listen to your life messages.

You never know what a song can do, what those meaningful messages can say.

I suggest **Kenny Roger's** song,  
*She Believes in Me*, for a good listen.

\*\*\*

## **WELCOME to Day 15!**

We have now entered the final part of this e-course, **Part III**.

We are now on a seriously **refreshing upswing** that will give us a fresh perspective and really help us appreciate ourselves from the core of our being!

Today we return our focus for the final time to the wonderful world of **COLOR** as we Play and Splash and have some fun learning what we can about Who We Are.

During our last venture into Color, we had some **crazy fun with our wardrobe**, really paying attention to what we were drawn to and wear with pizzazz for our new looks.

For today's activity, we will look more closely in the **MEANING** of color and what it can say about what we are drawn to and Who We Are.

You'll need your journal for this activity:

Grab your **art supplies** such as crayons, markers, colored pencils or pens and choose **three colors** from whatever implement looks like fun to you.

Lay them on the table before you and note which one you are drawn to most.

Now take that color implement and **look up the meaning** of the color, either in a dictionary, dream book or online. I suggest typing in "meaning of \_\_\_\_\_" and fill in your color choice.

Once you have it written down, note the **words** in that meaning and see if any resonate with you. Ask yourself if you have any of the **qualities** listed in that meaning.

Now look up the **definition** of the "quality" word in the dictionary or online and record that in your journal. Be sure to use the color implement to do this.

Once you have that recorded, **reread the color's meaning** and the **definition of that chosen "meaning" word** and see if they correlate. Does it resonate with you concerning its message? Record any discoveries in your journal.

#### **FUN FACTOR:**

You can use the **meaning or defining quality** of the color you chose for today as a **journal prompt**, as a focal point for an **art journal spread** (including the Color you chose for today! Don't forget you can **splash** some paint onto the page for even more fun) and use a copy of the defined word in the dictionary as a background for your spread.

You can also use this word or quality defined in a **poem** or riff on it in an **essay**.

Note the existence of this color in your **wardrobe** or **decor** in your home and determine if you'd like to add more based on the meaning you learned today.

You can **Extend** this activity by picking **those same three colors for several days** and note if you're still drawn to the same color or if it changes over time. Follow the same procedure with meaning and definition and see what **life message** you can glean.

Since we're on the topic of Color and their meanings, I thought I would provide a **recommendation** for a website that might be of interest to you!

This website is called **AuraHouse**, hosted by my good friend and #JournalChat Live contributor, **Eleyne-Mari**, who is the Founder, Director and Radio Producer. I trust you will find many good resources and quality information on color, color therapy and learn what color can do for you as you discover Who You Are.

I trust this **Color-related** activity has proven to be a **fun discovery** of what you can learn about concerning your preferences and gain clarity from the **meaning** of the colors you love.

What Colors You Love Say A Lot About You.

**Taylor Swift** describes her color of love as  
*RED.*

\*\*\*

## **WELCOME** **to Day 16!**

As we continue in **Part III**, we return for the final time to the lovely, insightful topic of **MUSIC** as we look to **listen and learn** from our preferences and celebrate our musical leanings.

During our last venture into Music, we focused our attention on **Lyric Parallels** with songs from our youth.

For today's activity, we will look at our **consistent musical preferences** and how we can be **open to fresh voices** in today's musical choices as we hear new songs on the radio, TV or when we're out and about.

When we hear new music, there are some songs we like and some we don't.

Since we don't often have a choice of what we hear when we're in a public place or work environment, we can still make that outside choice of music a **learning experience** and **honor our preferences** at the same time.

You'll need your journal for this activity:

Record in your journal your most **preferred type of music** along with a few of your favorite groups or soloists, including types like country, pop, soul, jazz, classical, etc. You can also detail the "time" of your musical tastes such as the 70s or today's current tastes.

Now jot down a song title or two **that you heard recently** in a public setting and determine what you liked or didn't like about it. How does it compare to your consistent musical tastes?

You can look up the lyrics to one that stands out to you and **compare** it to one of your favorite songs and see how the message compares.

Is it a typical love song?

Is it positive or sad?

Is it a story with a happy or heart breaking ending?

If you could rewrite the lyric, what would it say instead?

Do you agree with the **message**?  
Does it resonate or does your actual life experience tell you otherwise?

Detail your insights in your journal.

**FUN FACTOR:**

Choose a **song** that carries a message that **inspires you** and write those lyrics in your journal. **PLAY the song** and **sing along** to your heart's content! You may even want to get up and do a happy dance as you feel the message in your heart!

You can also use the lyric as a further **journaling prompt**, as a prompt for an **art journal** spread, as a starter for an **essay** about why you love this song and wouldn't change a thing about it.

You can **Extend** this activity by paying close attention to the **songs you hear in public settings** and see how they compare with your **consistent** or **current** musical tastes. And when you find one that you really like, use those parallels to learn more about what matters to you and celebrate your musical preferences at the same time.

I trust this final **Music-related** activity has given you a new **appreciation for the music you love** and for what you can learn from your newest musical tastes.

Another **Taylor Swift** song comes to mind with our focus on our musical preferences; it's titled,

*Our Song.*

What would your song sound like?

\*\*\*

**WELCOME  
to Day 17!**

As we continue in **Part III**, we will make our final foray into **PLACE**, opening our **imagination**s and do a bit of **visioning**!

So far, our activities into Place have focused on **positive and negative spaces** of our childhood and current life, comparing them to discover more of **Who We Are** and why we prefer to go back or stay away.

For today's activity, we take a new direction toward something **we have yet to experience!** (You will need your journal.)

We will focus our heart and mind on the **UNKNOWN** place--asking ourselves, "**Where do you want to go?**"

When you **dream of a place** to travel, whether it's close by or in another country all together, what comes immediately to mind?

Romantic Italy? England? Australia? Perhaps a metropolitan area like New York or Dallas?

Maybe your focus is more on an attraction like an amusement park, a museum, or a state park?

What thrills you? Gives you a sense of adventure?

Or even, what are you afraid to try but want to anyway?

Jot all your ideas down in your journal. Make a crazy list! Don't be afraid to **DREAM**.

Now pick your TOP THREE.

Clue in on those ideas and then narrow it down to ONE.

Then ask yourself:

What is it **about this place** that gets my attention so powerfully?

What is the **element** that stands out the most?

You can also find **pictures/images** of this specific place, either on the internet or in a travel magazine that you recall it being featured in. (Yes, you may have thought of this before. \*wink\*)

Once you have an image, what **colors** predominate? What kind of **people** are there? What is the **culture** like? What **activities** are the focus there?

Jot down in your journal what you love about this place as you research and get clearer on your purpose for this choice.

#### **FUN FACTOR:**

Make a **dream board** of images of your special chosen place and use **text to express what it means to you**. Make it as simple or complex as you like. Let this visual reflect the heart of the matter and be a reminder of what you prefer.

Use these questions as further **journaling prompts**:

What do you believe this place will **do** for you?

How can you incorporate this **energy** into your life right now?

What small thing can you do that will put you in the right frame of mind for what you seek?

To **Extend** this activity: Make **plans to travel** to one of your chosen places. Make an adventurous itinerary. Then **compare** your notes concerning what you wanted to experience with it and whether or not it was what you thought it would be. Also note what **elements** you have been able to incorporate into your life right now that

remind you of this place and see what a difference it can make for you in your day-to-day.

**Honor your preferences** with Places that are meaningful to you. Listen to your heart and have some fun!

I trust this final **Place**-related activity has provided you with some **fab ideas for future adventures** and incorporating what you love in your here and now!

A song that immediately comes to mind with this new place focus is by

**Huey Lewis**, titled,

**The Heart of Rock and Roll!**

What place song do you love most?

\*\*\*

**WELCOME**

**to Day 18!**

As we continue in **Part III**, we'll take a last look at **DECISION MAKING**. For our previous decision days, we've looked closely at the **patterns** of how we decide what to do as well as **questions** we can ask for clarity in our decision making to make it bit easier and more intuitive.

For today's activity, we'll be putting a fab decisive direction toward....guess who...**YOU!**

Yes, **YOU!**

It's so often habit to put ourselves at the bottom of our to do list of decisions, but my goal is to help **YOU** turn that around!

It's time to take care of **YOU** before you take care of everyone else. And really, if you think about it, when you focus on yourself, everyone else benefits because that nourishment, care and compassion oozes out from you onto others in the process. Everyone else will thank you for it...trust me. \*wink\*

You'll need your journal for this activity.

Write down **Three Things** you have been wanting to do for yourself lately. It could be as simple as going for a walk alone, reading a good book, or going to the library for peace and quiet.

Record these ideas with the **INTENTION** of doing them **NOW**. (Not tomorrow....not next week...but Now.) Now is as good a time as any to make yourself a priority. (If your day is already packed out, **eliminate** an item that won't grossly effect another

and make space for what you want. Even if it's just 10 minutes to read or peruse Pinterest.)

Now, as you go through your day, and you start to feel **tired** or **depleted**, decide which **activity** you will engage in as you take a break from your tasks.

In your journal, jot down any **protests you hear** in your head (where those challenging gremlins reside) to determine your **blocks** and **obstacles** to taking that time for yourself. Determine the **source** of these protests. What are they saying you're not doing? (You know the tape your head plays for you in that annoying circuit that doesn't usually shut up.)

Write it like a **script** so you can see its silliness or irrelevance right from the start. (Most, if not all, of what you write will be illusory thoughts with, perhaps, a pinch of truth just enough to stop you and make you feel guilty.) Of course if you do run into a legitimate protest, just right it on your to do list for tomorrow...

Once you get that script written down, you're getting closer to your **inner truth** about putting yourself first.

Then **go do your activity** with a light heart and relish every minute.

Yes. Go. Do. Right Now.  
Five minutes won't hurt anybody.

**Indulge. Revel. Enjoy.**

(You have my permission!)

And here's the big one:  
**NO GUILT.**

Deciding to do something for yourself is one of the **greatest ways to appreciate yourself for Who You Are and Honor Your Preferences at the same time.**

**FUN FACTOR:**

Take those **illusory protests** from your mental gremlins...you know the ones that you know are just nonsense, and transform them into **affirmations** and **declarations** of what you're going to do anyway with **NO GUILT.**

An example: You don't have time for that. You'll be late for such-and-such.

"I will make time for myself and I will have plenty of time to be prompt."

Or

"I am a good steward of my time, and I will enjoy doing something for myself because I **deserve** it!"

Use these affirmations as a **journaling prompt**, an **art journal** spread starter, or even a **poem**, like ODE to my Favorite Activity.

Now, doesn't that feel **good**? I thought so! (I felt good writing it for me too just now!)

To **Extend** this **Decision issue of taking time for yourself**, plan a **regular daily time just for you**; create a new paradigm of putting yourself first by setting a aside **5 to 20 minutes** to do something you enjoy **every day**, and do this for at least 7 days. (You may never go back to NOT having one.)

Record those gremlin thoughts to get them **out of your head** and transform them into affirmations of love and appreciation for yourself. And remember: **NO GUILT NECESSARY**. You may want to write: **NO GUILT** after your affirmation and **ON TOP** of those gremlin thoughts to put them in their place!

How's that for a great, authentic decision! Congratulate yourself for putting yourself first. **GOOD JOB!**

Now go in **JOY**.

I trust this final **Decision-related** activity has given you a new **lease of making yourself a priority and honoring your preferences** as you engage in what you love without putting it off.

Looking for a way to relax and enjoy?  
I recommend the song, *Sailing*, by **Christopher Cross** for some inspiration.  
I love the sound of a canvas..for my art studio!  
(That's where I'll be on my break.)

\*\*\*

**WELCOME**  
**to Day 19!**

As we continue in **Part III**, we will venture **OUT** once again for our Final **FIELD TRIP**, only, this time, it will be with a **FRIEND!**

It's best to do a **face-to-face in-person** activity for the most beneficial aspects of the activity with sharing what you love; but if you're not able to do it face-to-face, you can option to communicate online for a **virtual approach** and visit the same websites as an alternative.

You may need to plan a bit for this if you don't have an immediate playing time available; but try to make room for it as soon as is possible for the **greatest benefit** with this e-course! :)

For our previous **Field Trips**, we've focused on noting what we're **not drawn to in correlation with what we love** as well as comparing our tastes between **childhood and adulthood**.

This venture will be more focused on **being with a friend** and sharing joys with what you prefer and learning a bit more about ourselves and our friends at the same time.

Sometimes having time with a friend when we venture out can make it even more **fun!** :)

For this activity, you will want to **choose a destination** you both agree upon and have high interest in.

Here are some ideas for where you can choose to go:

**Art Galleries**  
**Antique Shops**  
**Museums**  
**Book Stores**  
**Boutiques**

The purpose and idea for this activity is to pay **very close attention to what each of you are intuitively drawn to** as you peruse wall art, objects, fabric, color, pattern, poetry, topics, etc, depending on where you go.

You will need a journal to take notes!

As each of you encounter what you like or love (or even don't like), **you can take notes and talk to each other about it and share details**.

Don't forget to **stay true to what you prefer** and not feel compelled to agree with what your friend likes if you don't like it. This can be a **validating** exercise as well as an eye-opening one. Be Honest (of course without being rude, if you know what I mean.) You can choose to **keep your opinion in your journal only** if you don't want to offend your friend. One of the points here is to have **FUN!**

Here are some suggestions on what you can take note of:

Why certain **colors, patterns or words** resonate.

What an **object** reminds you of.

Why did that **poem or book title** make you laugh? or cry?

What resonates about wall art, whether **abstract, scenic, or message** related?

Pay close attention to your responses and really listen to what is being said as well as what isn't being said.

Give each other **full ear** where appropriate and **celebrate your preferences**, no matter how different or similar they are.

Be sure to collect a souvenir for your time together!

Then review your notes and compare what each of you were drawn most to and what you didn't like. See what you **learn about yourselves and each other** and note any **insights** you gain as a result of this activity.

**FUN FACTOR:**

Take **photos** of your time together, featuring several of the **items you loved** and maybe at least one of something you **didn't care for** just to show variety. Come up with **clever captions** for each photo and, perhaps, keep a scrapbook of your time together.

You can also use your notes or a special insight or descriptive word as a **journaling prompt**. If you collect receipts, tags or any other paper related items, use them for an **art journal** spread to commemorate your Field Trip.

To **Extend** this activity, plan **another adventure** together so you can enjoy this process all over again, compare notes and see any changes you experience between each time you venture out and see what you can **learn** and remember to celebrate what you love!

I trust this **fun Field Trip** with a **Friend** gave you a place for **new appreciation for you and your friend's personality and preferences** as you consider the differences and similarities.

A Friend is a True Gift when they appreciate you for Who You Are.  
Celebrate Your Friends!

**Demi Lovato's**

*The Gift of a Friend* is a great song to celebrate!

\*\*\*

**WELCOME  
to Day 20!**

Wow. We have just **one more day** of fun and insightful activities to Activate Our Intuition, Honor Our Preferences and Listen to Our Life Messages!

For today's foray, as we continue in **Part III**, we will enter the discovery of our **EMOTIONS** one more time as we look into the face of **JOY!**

Now that's a rewarding perspective following our previous focus on the more challenging side of emotion.

Now it can truly be a **breath of fresh air**, like opening the curtains to let the sunshine in!

Doesn't the word **JOY** look like it's doing a **Happy Dance** on the page?? (Just use a little imagination.) It's almost **hard to sit still** when you're in the process of feeling **JOY**. It's such a **spontaneous, happy** emotion--one that we could use more of, right?

So with your journal in hand, let's jot down anything that comes to mind that **initiates** or **reminds** us of **JOY**.

It could be the **taste** of a certain food, the **tune** of your favorite song, or the **thrill** of beauty in nature as you observe flowers, birds and beasts in their habitat.

(I especially love coming upon deer or fawn unexpectedly.)

Each of us is **different** in the way we experience **joy**. (That's why **honoring our preferences** can be so important.) Being aware of and celebrating that difference and initiating as much **JOY** as possible is the purpose of this activity.

When we pay close attention to those **spontaneous moments** of joy, we can have a clearer view of what really matters to us at our core.

Two of my favorite triggers for **JOY** is my grandboy's laugh and the trills and dance of my beloved mocking bird. It works every time!

I try to always listen and celebrate when my joy gets triggered. Nothing like being in the moment!

Once you have your joy triggers written down, take note of **how often you experience** these particular joys. Are they daily or more sporadic? Make note of this. And if you discover more of those items that are sporadic, also note what came before it so if the action can be imitated, you can make plans (being intentional) to do it again in order to experience that joy.

Make the **daily** ones a priority for initiating more joy!

In addition to those spontaneous possibilities, note also those little joy triggers that are **part of your routine**. Whether it's based in color, sound, taste, a delicious feel or something that resonates that you read or watch.

#### **FUN FACTOR:**

Write down any joy triggers you experience **today** that **aren't on your list** and note specifically **where** you were and **what you were doing** and what you were **thinking about**. Believe it or not, our mindset and our attention can tell us a lot about what we attract to ourselves.

I get excited whenever I see or hear my mocking bird; and you know what? I see him in the most unlikely of places as if just thinking about him attracts him to me! Hey, you never know!

To **Extend** this activity, keep **JOY** on the tip of your fingers, on the tip of your tongue and in the dance of your feet over the **next week**. Let **joy** fill your senses and flood your heart. See how much of a **difference** the quality of your **daily experience** takes on as you pay closer attention to what triggers joy for you.

Keep a **JOY Journal** for this purpose, whether written, or **art journal** based, featuring your favorite JOY sources.

Write **poetry** filled with images or descriptions of JOY.

Remind yourself every day that you **deserve** to experience **JOY**; then share it with others too!

(I love sharing my JOY with those I love.)

I trust this this **final foray** into **Emotion** based in **JOY** has left you Smiling and ready to roll with your JOY triggers!

Amplify your  
**JOY** as much as you can. It can truly make all the difference.

Check out the song,

***Better in Stereo*** by **Dove Cameron** for a fun, friend-focused tune to give you a jump start in joy.

\*\*\*

**WELCOME**

**to Day 21!**

This is our **final day** of Activities! Wow. So glad you've come this far in Getting a fresh perspective, Activating your intuition, Honoring your preferences and Listening to your life messages.

For this last day, we will return once again to **RESOURCES** while taking a closer look at the **People** in our lives, whether an in-person friend or the author of your favorite book or even someone you've never met whom you admire who's doing some good in the world.

In our previous Resource activities, we looked at **books** in our personal library and **internet sites** to visit focusing on our favorite topics and activities.

The internet can also play a vital role in **connecting with others**, both nearby and far away, enabling us to learn and grow to become even more of Who We Are.

Who we **choose** as a purposeful resource of encouragement and information is extremely important.

Our **intuition can really shine** in these choices. When we pay close attention to the folks we are **drawn to**, either in person, or on the web, we can clue into a vast reservoir of help and inspiration where we need it most. (And, perhaps, be a reciprocating source to them too.)

Here's a final time to get out **your journal** for this investigation of **people** in your life: Jot down at least **10 people** you know personally or at a distance (or both). (You may know them through their work, but they may not know you.) Record whoever comes to mind. You can always decide later whether to pursue further contact once your list is made.

Once you've got your list written, **review it carefully**. Pay close attention to any **emotional reaction** you have to each individual name. Record how you feel for each one. (Ex: joy, fun, adventure, intimidation, resonance, etc.)

How you respond to each person will give you an idea of where they **might fit** as a resource in your life.

If you have an anxious or fearful reaction, make careful note of that. These are important signals you can learn from.

Okay. Now that you've given yourself **space to emotionally and mentally respond to each person**, note the ones you feel **excited** about. Put a**STAR** next to those and brainstorm what each person does.

What do you **admire** most about this person?

What are their **gifts**? What are they good at?

Are you **connected** with this person in a meaningful way now?

What one step can you move toward that may **solidify** your connection further?

Consider the social networks or your local coffee shop as a meeting place, based on their location. Go with what feels right to you.

Now determine what **topics** or **interests** each person has that resonates with you. Make note of these for possible common ground for both conversation and activities you both may enjoy.

Get contact information and see what you can do to connect.

Now go back to the list and note those people who may have triggered a more **negative** response, like fear, anxiety or intimidation, etc.

What is it about this person that emits such a strong response from you? Is it from a previous contact? Is it their personality? Is it the topics they focus on or the things they do? What makes you most uncomfortable?

Sometimes when we meet or know someone who has a "Big" personality or super-enthusiastic attitude, it can initiate an insecure or unsure feeling within.

But if they cause you anxiety or upset, you may need to determine they simply aren't a good match for connecting further.

We're looking for folks to help us grow and be encouraged in our life pursuits.

The Point of this Activity is to **activate your awareness** of people in your life who may be of benefit to you, either with their positive energy or with their helpful, resonating information as you intentionally pursue what you love and what you have interest in learning and doing.

You can use your **journal** to write a **letter** to those on the list who don't sit quite right with you and tell them how you feel. Explain your anxiety or fear in detail. This may help open or **shift your energy** toward that person and give you a fresh perspective on the Why of your feelings. This can be a **validating** process to help you learn even more of Who You Are.

Go back to the ones on your list you feel especially drawn to. Make a **separate list** with just those names on it, with full name, contact info, and ideas of what you may pursue with them either online, in person, or both, depending on their location.

**FUN FACTOR:** Take those ideas that may be based on **books** they published if they are authors, **videos** they produce on a topic of your liking, or a **course** they offer and use that as a focal point for learning more about Who You Are. Keep a journal recording your discoveries in connection with these activities.

For an **art journal** prompt, print out an image of something that connects you and use it as a background to commemorate your friendship and connection. Use **colors** that resonate with how you benefit from their personality and approach to life.

You can also contact them directly and **exchange ideas** with them as is appropriate as you build a relationship of mutual respect and appreciation.

You can **Extend** this activity but **reviewing your list** of People over weeks and months and determine if you need to either remove a person or add a new one based on **how you change** or **new people** you meet along the way. Again, note your emotional

response as you revise this list and do what you can to learn about the Why of what you feel. See how similar or different your reactions are to each person. This can give you a clue as to Who is usually a Good Fit. It can certainly go both ways!

Being in a community of folks who are like-minded and supportive can make all the difference in the quality of your life experience.

Connect and Grow!

Since we're on the subject of People who resonate with us, I thought I would share a few of the folks who are good friends of mine who share quality information, who provide great communities and who are creative and talented.

The first person I recommend is **Life Coach and Journaling Instructor, Lynda Monk of Creative Wellness**. Her focus is on **well being** with reflective journaling as a core tool. She provides relevant journaling prompts, and she holds journaling workshops, especially for those in the Wellness sector. She's a terrific, supportive friend who I have benefited from just by knowing her and being connected on the social networks.

The second person I recommend is **Writing Coach and Word Branding Expert, M. Shannon Hernandez, of The Writing Whisperer**. Shannon provides a **fabulous newsletter** focused on writers who have blogs or who are working on books, as well as with a **creative** focus, with poetry and journaling prompts. I heartily recommend signing up for her **Word Ambassador Circle**. Shannon has an awesome enthusiasm and athletic prowess, and she loves to cook too. She's a supportive and helpful friend who has benefited me in my journaling practice and with my creative energy.

The third person I recommend is founder of **The Art House, Artist and Art Business Coach, Jani Franck**, creator of **The Bubbling Well**, a place where creatives can congregate, share ideas, and get encouragement in their creative pursuits, especially in regards to having a **Creative, Art-Based Business**. Jani has a delightful sense of humor, has fabulous **creative energy** and great business and creative tips for you as an artist and individual. I find her approach validating and fun, and I recommend her e-courses and community. She has benefited me with her lively encouragement, creative ideas, and fun energy that I appreciate.

I trust this last **Resource-based** activity focused on **People** in your life has proved to be eye-opening and exciting as you determine who is a **good match** for you personally as a resource and will be supportive toward your life purpose.

I am so thrilled to have been on this Refresh Intensive with you!

I look forward to being in touch with you **tomorrow** for the **Refresh Intensive Wrap Up** for a **Celebration of Activating Your Intuition, Honoring Your Preferences and Listening to Your Life Messages.**

I look forward to **hearing from YOU!** See you tomorrow!

*Wind Beneath My Wings*, as performed by **Bette Midler**, is the song that comes to mind when it comes to those who lift us up!

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## **WELCOME to the Wrap UP!**

A Hearty Welcome to the **Wrap UP** of this 21 Day Refresh Intensive Course!

We have come to the **conclusion** of this 21 Days together, and I want to take this opportunity to **THANK YOU** for joining me on this Refresh Adventure of getting a **Fresh Perspective, Activating Our Intuition, Honoring Our Preferences, and Listening to Our Life Messages.**

I trust this has been an **insightful** and eye-opening journey for you.

My most sincere desire is that you have been refreshed, had some fun with your preferences, and have used this opportunity to appreciate yourself for Who You Are, Validate your emotions and feelings and Nurture Your Soul.

Whether it has been getting a fresh look at your **decision making**, appreciating your love of **color**, diving into your **resources** to learn and grow, understanding your **emotions** more deeply in order to be empowered where you may not have been before, had some fun on your **field trips**, understood even more the Purpose of **Place** in your life and added a little (or maybe a lot) of dancing with your **musical** preferences!

Remember, you can always use those **Extended** ideas to keep the refreshment going in your life...for as long as your big heart desires.

Now I have a **few questions to ask you.** I would absolutely LOVE to get some **feedback** from you as you have taken this course and have an inside story of how it has benefited you. YOUR STORY is of **primary importance** to me.

First of all, how did you **hear** about A Refresh Intensive? Was it recommended by an individual, did you receive a Direct Message on Twitter or a personal email from me, or did you find it on the social networks and follow a link?

What made you **decide** to take the course?  
Thanks for letting me know!

Now I would like to ask you about the specific **activities** that were central to your experience with A Refresh Intensive.

Out of the 21 Days, which day's activity was the most:

**FUN**

**INSIGHTFUL**

**CHALLENGING**

**SURPRISING WITH RESULTS?**

Did you make

**A BRAND NEW DISCOVERY?**

Out of the 21 Days, which one was your **favorite**? And dare I ask, which one was your **least** favorite? (Speaking of preferences, they all matter!)

As a result of one of the activities, or maybe a combination of 2 or more, have you experienced a **change in your life view** on a specific issue or subject that has resulted in new **valuable insight**? If so, you're welcome to detail it by emailing me at [refreshwithdawnherring@gmail.com](mailto:refreshwithdawnherring@gmail.com).

As a result of this 21 Day Refresh Intensive, have you discovered an **Authentic Refreshment**, an activity that helped you appreciate yourself for Who You Are, validate your emotions and feelings, and nurture your soul? If so, I would LOVE to know about it, if you'd like to share by emailing me at [refreshwithdawnherring@gmail.com](mailto:refreshwithdawnherring@gmail.com).

As a result of taking this Refresh Intensive Course, would you **recommend** it to a friend? If so, you're welcome to share **why** you recommend it and I will post what you say as a testimonial on my website, with your permission.

Finally, if you aren't already a subscriber to Refresh Journal, would you like to receive a monthly issue? (It contains the best of the **journaling information** I find on the web as well as **refreshing tips** and other great info.) If so, I will add you to the subscriber list and you will receive the next issue.

You are welcome to **answer any or all of these questions** by emailing me at [refreshwithdawnherring@gmail.com](mailto:refreshwithdawnherring@gmail.com); I would love to hear from you. Your Feedback is **Invaluable**. Let me know what I have **permission** to share on my website, and I will be delighted to do so!

I appreciate your taking the time to respond and for taking part in this **21 Day Refresh Intensive Course**. It has been a fun and insightful journey.

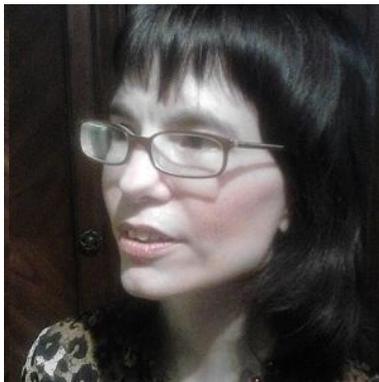
I wanted to remind you that if you would like to work with me **privately in a Refresh Session**, [they are available for purchase on my website](#).

I also wanted to give **special thanks** to the folks who I have recommended in this e-course for their fantastic products, communities and support.

Special thanks also goes to my daughters, **Sarah** and **Hannah**, who gave me some great ideas for some of the music suggestions in this course. It's fun to have musically minded daughters who can have a part. :) Thank you, Ladies!

Well, that wraps up this **Refresh Intensive Wrap UP!!** I look forward to your emails, testimonials, and recommendations. I appreciate you!

Be refreshed,  
Dawn Herring



Dawn Herring  
Artist, Writer and Host of  
#JournalChat Live

To Summarize this 21 Days of Refresh Intensive with you, I recommend, ***We're All in This Together***, from **High School Musical**.

I find it most appropriate  
to say, Thank you!

Remember, you can stay in touch just by emailing me at [refreshwithdawnherring@gmail.com](mailto:refreshwithdawnherring@gmail.com). And if you want to work with me privately in a [Refresh Session](#) format, they are available for purchase.

Enjoy!

Be refreshed,  
Dawn Herring  
Your Refreshment Specialist

Disclaimer:

This Refresh Intensive Course is intended for refreshment and fun. It is not intended to be used as therapy or for psychological treatment. Please refer to a counselor or psychotherapist.