



A Guiding Star Journey

A space to just be you!

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*You possess all that you need to live a full,
beautiful life. By quieting your mind and placing
your attention within, the wisdom of your heart
will reveal itself to you and lovingly
guide you throughout your life.*

Welcome

We hope you enjoy the Guiding Star ebook and that it helps reconnect you with yourself in a new way and awaken your heart to embrace the preciousness of your life.

Print these pages and use them in a way that feels right to you. Write, color or make a collage or vision board to gain clarity, explore ideas or simply have a little fun—all while setting your creativity free.

It's time to step wholeheartedly into the perfect, imperfect you. It's time to empower yourself with self-awareness, to dream, to follow your passions and discover where they lead you and to live with more gratitude, adventure and joy.

The journey is yours and Guiding Star will help you be more present for it.



“Sometimes the heart sees what
is invisible to the eye.”

H. JACKSON BROWN, JR

Feel free to experiment with and combine different ways to express yourself using this ebook.

Journaling

Putting your thoughts, experiences and observations down on paper helps you better understand yourself. It can bring to light what you may not fully understand or simply an opportunity to play creatively with words.

Coloring

Coloring helps balance our often hectic and complicated lives. By reconnecting with your inner child, coloring offers a simple way to reduce stress, be creative and do something just for the joy of it.

Vision Boards

Vision boards are created by carefully choosing images, words, and colors that help you express and stay focused on your most important dreams. After, you can use it as a visualization tool to help you manifest what you want.



“The one thing that you have
that nobody else has is you.
Your voice, your mind, your story,
your vision. So write and draw and
build and play and dance and
live as only you can.”

NEIL GAIMAN



Dream

Many of our world's greatest treasures were born of restless thoughts and inspirations that began as stirring in the heart, nurtured by faith and blossomed by consistent and devoted action.

What dream do you have stirring in your heart and are you ready to answer its call?

"Dreaming after all,
is a form of planning."

GLORIA STEINEM

What dream do you have stirring in your heart and are you ready to answer its call?

GLORIA STEINEM

What does coloring this image inspire in you?



In the box below, create a vision board of something you often dream of.

(Be creative by using a combination of words, images, color & texture.)

A large, empty rectangular box with a blue border, intended for creating a vision board. The box is designed to be a workspace for a creative project, where users can combine words, images, colors, and textures to visualize their dreams. The border is a simple blue line, and the interior is a plain white space.

Adventure

Slowing down and being more mindful creates a simple shift in the way you perceive things that can open your eyes to the wonder that has been there all along.

What if you became more aware of a bud's resilience and strength to unfold into a colorful, complex structure of what we call a flower? Or took notice of the haunting, melody of a birds song?

Describe an experience where you felt the wide-eyed wonder of a child. Where were you? What was that like?

“Life is either a daring
adventure or nothing.”

HELEN KELLER

Go someplace you've been to countless times. Make an earnest effort to pay close attention to the sounds, smells, visuals and emotional impressions this place offers you. What did you notice?



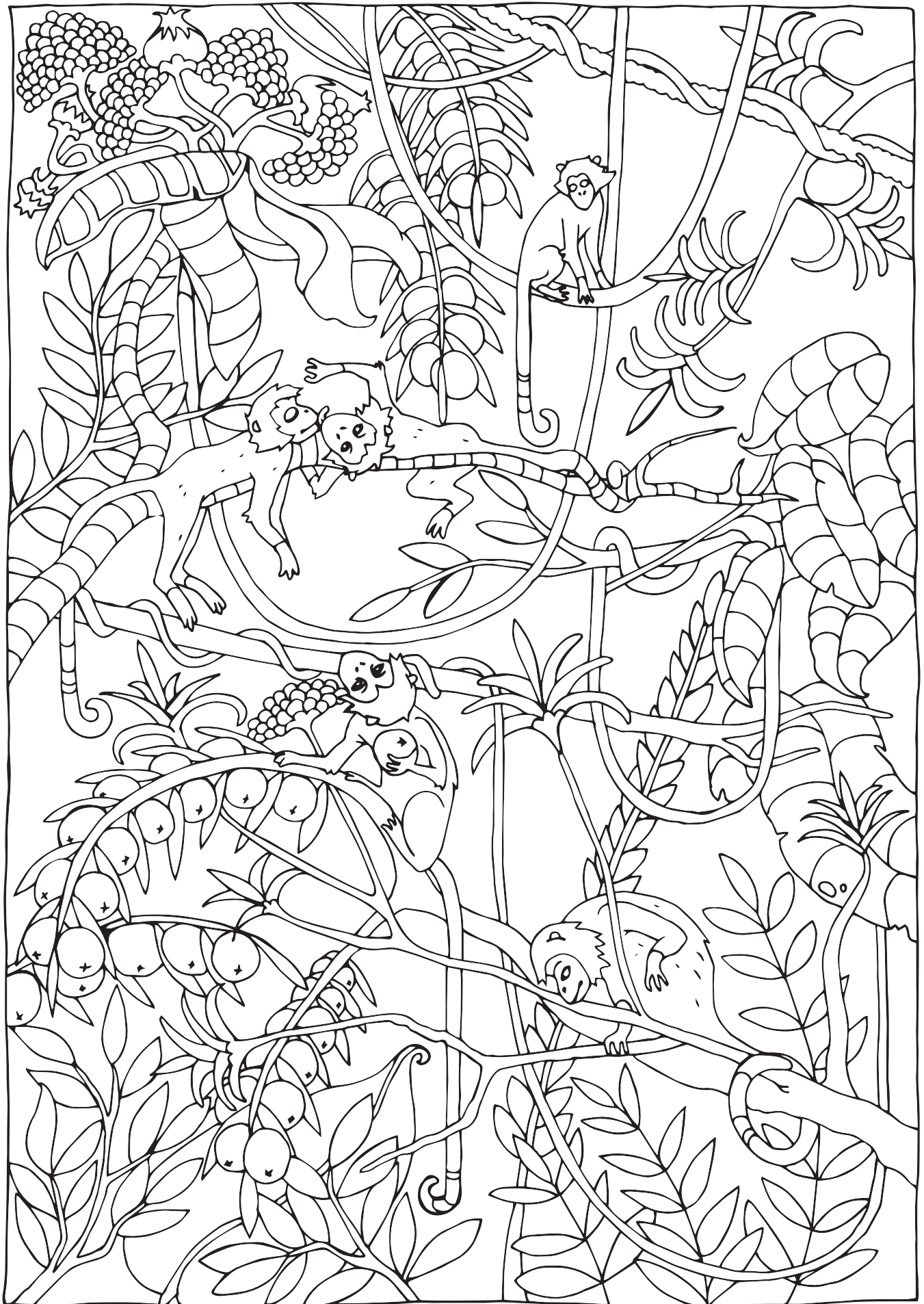
Gratitude

Living with gratitude shines light upon all aspects of your life. No matter how difficult life can get, there's always something to be grateful for. And connecting with that feeling is the quickest way to live a joyful and fulfilling life.

What did you once take for granted but are so grateful to have in your life now?

“It's not happiness that brings us gratitude. It's gratitude that brings us happiness.”

ANONYMOUS



Abundance

Living a prosperous life has little to do with what you have and everything to do with how you feel.

No matter what difficulty may you face in life, having an outlook of abundance will help keep the flame of faith burning, making you more hopeful, calm and resilient.

If you ever felt stuck in a financial rut, what enabled you to turn it around?

**“Being broke is a temporary situation.
Being poor is a state of mind.”**

MIKE TODD

What are some intangible things that make you feel abundant?



Isn't it Wonderful?

Isn't it wonderful to know that you create your life moment by moment, choice by choice? That so much of it is up to you? That something as simple as feeling gratitude can change everything without physically changing anything? That a small shift in your perspective can help you live more abundantly? That by allowing yourself to just be yourself in a more compassionate way has the power to transform your whole experience of your big, messy, wonderful life?

It's time to embrace your life more fully by...

- Living more from your heart.
- Savoring your friendships and family
- Making time for what truly matters
- Slowing down to enjoy the simple, beautiful moments that make up your life.

Claim your space right where you are. You not only have the right to be here, you have the right to flourish... to live with inspiration and passion.

Your life is a gift and you don't want to miss it.





GUIDING STAR J O U R N A L S

A space to just be you!

Meaningful, fun and as unique as you!

Guiding Star Journals

A Guided-Themed Series

DREAM: A Space for Your Desires

ADVENTURE: Awakening to an Inspired Life

GRATITUDE: A Direct Path to Happiness

ABUNDANCE: Tuning Into Prosperity

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“The Guiding Star Journals were created to help you feel more comfortable expressing yourself. It’s meant to act as your sacred space away from the digital world and demands of everyday life—a place to replenish your spirit, and access inner peace in a way that’s meaningful, creative, and fun!”

—Lynda D’Amico, Creator of the Guiding Star Journals.