

THIS JOURNAL BELONGS TO _____



HOW TO USE THIS JOURNAL

PRESENCE JOURNAL is your companion record book to **PRESENCE: BITE-SIZED WISDOM FOR GLOBAL LEADERS** inspiration cards. The cards and this journal are designed to educate and support you to act as a Global Leader.

The Presence cards encapsulate ten principles of global leadership. The principles foster goodwill in all your interactions. A list of the principles is included on the next page of this journal. Refer to this list as you use the cards and this journal to deepen your practice of global leadership.

Use this journal to express yourself by writing, sketching, and noting the growth and evolution that result from applying the Presence cards in your daily life.

Journaling is a great way to be present to yourself. Writing things down is a powerful way to embody your inner world and your outer life. Journaling can lead to breakthroughs for you. Many studies show the benefits of journaling to live more fully into your potential. These benefits include

- Increase focus and awareness
- Improve self-esteem
- Enhance creativity
- Reduce stress and anxiety
- Manage your emotions
- Improve communication and interactions with each other, and
- Achieve your goals.



RECORD YOUR REVELATIONS, INSIGHTS, AND INSPIRATIONS

In Presence Journal, you will find lined pages to record your revelations, insights, and inspirations. There are 45 cards in the deck. In this journal, we've provided space to record insights for all 45 cards. However, feel free to use the journal in whatever way works best for you.

When you select a Presence card as your meditation focus, look for ways to apply the concept in your life. Reflect on the questions at the end of the text on each card. How can you improve your interactions and offer more effective leadership? Record any revelations you might receive. As you apply the concept, note how you improve and how your relationships improve. Keep track of your growth by noting any changes. What insights and inspirations come to you?

TRACK YOUR ANSWERS, ACTIONS, AND OUTCOMES

In Presence Journal, you also will find lined pages to jot down answers, actions, and outcomes. Note what you did well that shifted you or others into a more positive outcome. Also note any insights you have about how you might improve your interactions with others. You can apply these ideas at your next opportunity.

DOODLE YOUR WAY TO BREAKTHROUGHS

We provide blank "Notes" pages so you can doodle, write a poem, or draw an inspiration that illuminates your use of the Presence cards. Use these blank pages to express yourself even more creatively as you practice global leadership in your daily life.



TEN PRINCIPLES OF GLOBAL LEADERSHIP

1. I and everyone has the ability to become a Global Leader simply by declaring to be one, and then acting from that place of being.
2. I honor the spirit in all people - their gifts, skills, and energy.
3. I understand that leadership is an equal giving and receiving proposition.
4. Leadership results from the interaction within a relationship where the gifts, skills, and energies of all people are honored, appreciated, and used.
5. I assume a leadership role by helping individuals cultivate their uniqueness through dialogue so that the individual and the organization benefit.
6. I know that the overall success of any project requires an agreement of the stated goals and objectives by all people involved; I see conflict simply as an expression of a larger option wanting to emerge.
7. I understand that in true partnership, our individual and unique spirits matter.
8. I support the highest in myself and others. I am concerned with those qualities of the human spirit such as love, compassion, patience, tolerance, forgiveness, contentment, and a sense of personal responsibility and harmony.
9. I am willing to be responsible for maintaining faith, hope, and a spirit of cooperation.
10. I take personal responsibility for making a positive difference in all of my interactions.



DATE _____

CARD WORD _____

REVELATIONS



INSIGHTS



INSPIRATIONS

A series of 18 horizontal lines providing space for writing or drawing.



REVELATIONS



INSIGHTS



INSPIRATIONS



DATE _____

ANSWERS



ACTIONS



OUTCOMES



DATE _____

ANSWERS



ACTIONS



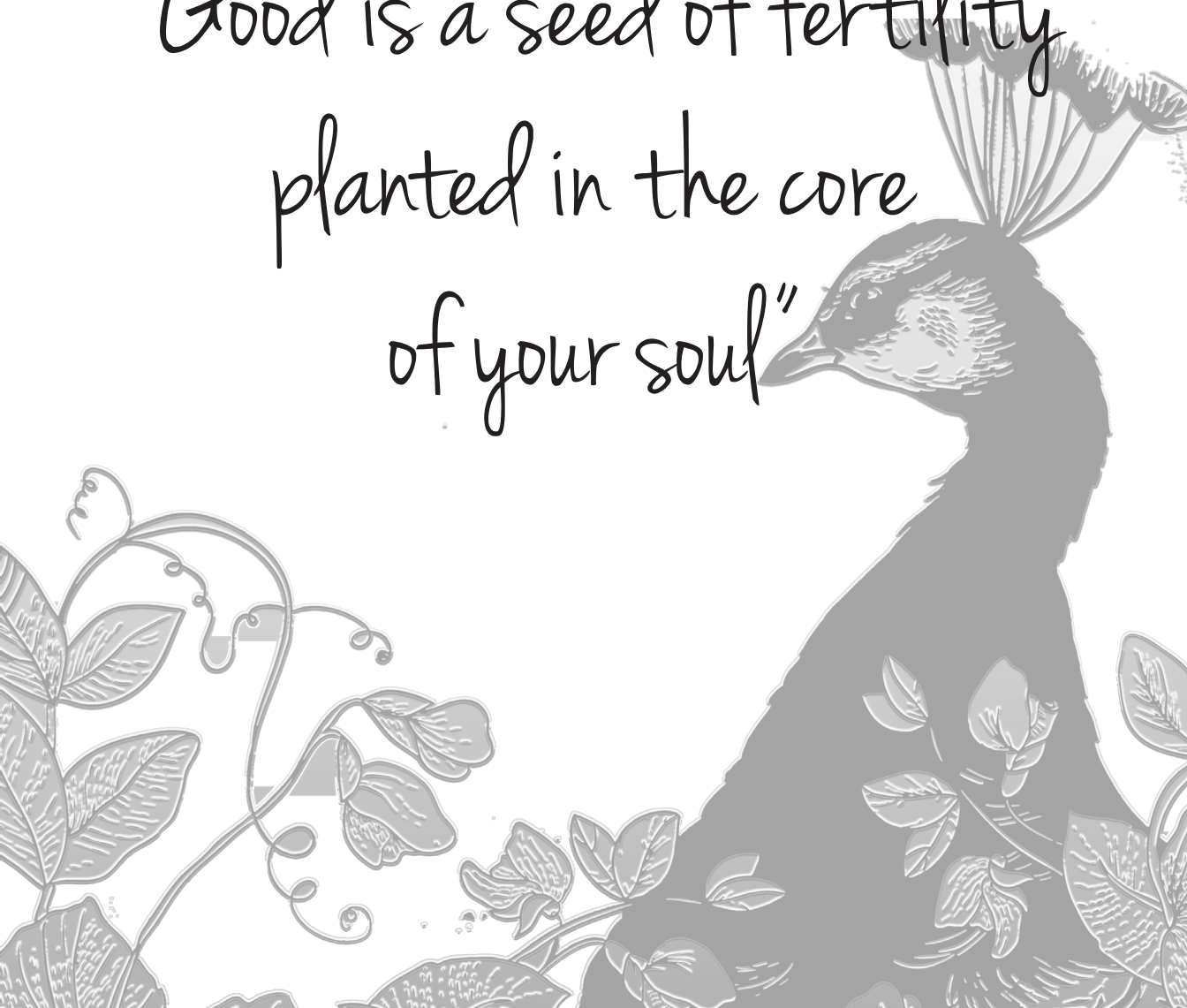
OUTCOMES



NOTES



"Good is a seed of fertility
planted in the core
of your soul"



CARD WORD _____

REVELATIONS  INSIGHTS  INSPIRATIONS

Multiple horizontal lines for writing.



DATE _____

REVELATIONS



INSIGHTS



INSPIRATIONS



ANSWERS



ACTIONS



OUTCOMES

A series of 20 horizontal lines provided for writing in the ANSWERS, ACTIONS, and OUTCOMES columns.



ANSWERS



ACTIONS



OUTCOMES

A series of 20 horizontal lines spanning the width of the page, intended for handwritten notes under the 'ANSWERS', 'ACTIONS', and 'OUTCOMES' columns.



NOTES



NOTES

