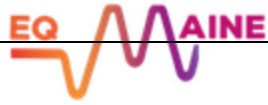


Journey Journal - Week 2 – Meeting Your Mentors and Trusting Yourself

To navigate the deeper, often more turbulent aspects of life, one may benefit from a mentor. There are three types of mentors; the interpersonal (allied with others), the intrapsychic (reliance on one's inner wisdom) and Spiritual (a "protecting, power of destiny, reassuring us that we do not have to risk the adventure alone).

Establishing an alliance with someone who may guide us through turbulent times is crucially important. Learning to rely on one's inner voice is as important. Establishing this relationship with one's inner voice is important because it fosters the ability to know and trust themselves; their own judgment, perceptions, feelings, thoughts, intuition even their very own senses. To that end, taking a personality assessment helps to identify personality traits that may be beneficial, as well as those that may be rigid, polarized and self-defeating.

- What do you trust MOST about yourself?
- What do you trust LEAST about yourself?
- Take one of the assessments listed. What do you think of your results?
- Which aspect of your personality do you rely upon most, and why??



- How do your dominant traits influence your thoughts, feelings, and behaviors?
- Identify any 3 real-world resources or alliances you hold dear. How do these support your efforts to make life-changes.

Identify a story, myth or legend and correlate key points to your own tribulations and triumphs.

Describe the key results of your “DreamVisions” analysis.

Compare dream images to another source such as an image from a myth, from art, or literature. Examine it from various points of view.