

[Front cover – pretty illustration to be designed]

Heroine's Journal

An Exploration of Your Gifts and How to Use Them

Welcome, heroine!

You have talents, strengths and skills that you were born with and have developed over time. What are your gifts, and how can you use them best? Can you express them in finding and living your life's purpose? Can you apply them to fulfill your greatest dreams?

Think of this journal as an exploration and a journey -- to discover what you love most about yourself and to accelerate your journey of growing into your gifts.

How to use this journal:

This journal includes twelve days of guided activities. Each activity should take no more than fifteen minutes per day. It is recommended to do one activity per day. Print the journal and keep it in a safe space with a pen nearby, so you'll always be ready to work on it. Set a time to focus on the journal over a period of time. For example, you could commit to working on it for 15 minutes a day, or once per week for twelve weeks.

Before you begin, take a moment to consider what value you hope to gain from this experience.

What do you intend to gain from this heroine's journey?

Your plan:

I plan to work on this journal at [time of day:] _____ on [day or days:] _____ and to complete it by [date:] _____ .

Day 1 - A GREAT BEGINNING

“A journey of a thousand miles begins with a single step” -Dao De Jing

Kol hat'halot kashot [hebrew] - All beginnings are difficult. - Rashi on Exodus 19:5:2

This is a momentous day. You are beginning your heroine's journey! To get started, let's take a few moments to capture where you are right now.

Why are you undertaking this journey?

What is most important to you in your life right now?

In what area or areas of your life (for example, family, friends, career, hobbies, community) would you most like to strengthen and use your gifts?

DAY 2 - JOURNEY TO THE PAST

You probably already know a lot -- maybe even too much! -- about some of your talents and strengths, as well as your weaknesses. Let's look first at what you have already learned about yourself from different people who may have been important so far in your life. What have you already learned about what gifts you do or don't have from:

...Your originating family (parents, siblings, grandparents)?

...Teachers and/or supervisors?

...Colleagues and friends? (3 lines)

...Your current family or other important relationships?

DAY 3 - ROLE MODELS

One way we can learn about our gifts is by observing the qualities we appreciate most in other people -- even if we haven't fully grown into them yet.

Think of your friends, family and loved ones. What qualities of theirs do you admire most?

1. _____
2. _____
3. _____

Think of your mentors or role models. What qualities of theirs do you admire most?

1. _____
2. _____
3. _____

Which of these gifts would you love to develop in yourself?

DAY 4 - FEMININE SUPERPOWERS

Jewish tradition can also provide role models, including a wide range of extraordinary women, who might help us recognize our own powers. Here are some of the gifts Jewish women have displayed in ancient and modern times. Circle those which apply most to you currently. Draw a box around gifts you wish you could develop.

WORD CLOUD

Curiosity	Gratitude	Doing what needs to be done
Compassion	Beauty	Negotiation
Self-reflection/self-awareness	Attentiveness	Insight/Intuition
Discernment	Quiet rebellion	Empathy
Persistence	Standing up for what's right	Delegation/ Strategic use of time, resources, help
Loyalty	Revelation	Clarity
Cleverness	Vulnerability	Balance
Wit	Wisdom	Patience
Honesty	Courage	Risk Taking
Generosity	Kindness	
Inquisitiveness		

What other superpowers can you see in yourself?

DAY 5 - EXPANDING OUR CONSCIOUSNESS

Jewish mysticism teaches that every person comes into the world with only part of our soul fully within our body. Other parts of our soul are not yet integrated into our whole self, but scattered across the universe. Our life's mission is to collect these fallen sparks, which are really insights or life lessons we need to be whole.

When we act in a way that accomplishes the purpose of that moment, we raise a spark and absorb its light back into our soul. Moment by moment, we collect fragments of ourselves by learning lessons and expanding our consciousness. Seen from this perspective, our grandest life work is the reconstruction of ourselves.*

We are constantly getting access to new sparks—it's a moment-by-moment process. But some moments seem more important than others. When was the last time you claimed a spark or learned a lesson that seemed especially important to you?

Is there a spark or lesson that has been calling to you, waiting to be claimed in your life?

**You Are What You Hate* by Sarah Yehudit Schneider

DAY 6 - MISTAKES

"I promise you I will learn from all the mistakes" - *Fix You*,
Coldplay

Do you get frustrated with yourself when you miss the mark?
Though we know mistakes are a part of life, most of us still resist them. We often say that mistakes are how we learn, but still wish we wouldn't make them.

From the perspective of Jewish mysticism, mistakes are a critical component of our life's journey. There are times in life when a "spark" (a piece of ourselves, a lesson we need) is located in a realm that is forbidden. In that case the only way to reach the spark is to spiritually or physically go to the forbidden place.

In this situation, we may find ourselves facing a test which is beyond our own capacity to pass... and as a result we do something we shouldn't. When we do *teshuva* (repent) and make things right, we redeem the spark that we needed all along.

In other words, sometimes the only way we can become the person we are meant to be is by making a mistake and learning what we need to by growing from it.

What is one mistake you've made that, if you did *teshuva*, would enable you to claim a spark for yourself?

**You Are What You Hate* by Sarah Yehudit Schneider

DAY 7 - The Antidote to Polarization

According to Jewish mysticism, when a large piece of wisdom – larger than our small minds can understand – is entering the world from a higher, more spiritual level, the truth splits into two mutually exclusive half-truths, which are contradictory but both true. Thus, a paradox is born. Jewish tradition teaches that this phenomenon is the source of all disagreement in the world.

We can expand our consciousness, and perhaps find solutions that may elude us, by being willing to recognize that there can be truth in multiple different perspectives. This is the key to deeper wisdom.

Practice this mental expansion by listing three areas where you have been holding firmly to a half-truth and could now, perhaps, see an opposing half-truth that is also, paradoxically, true.

1. _____
2. _____
3. _____

For each half truth, write the other perspective that is the opposing half-truth:

1. _____
2. _____
3. _____

Can you think of any solutions that could meet the needs of both views?

1. _____
2. _____
3. _____

[*QR code to an extraordinary video series on Paradox](#)

DAY 8 - RATZON

The highest level of our soul mirrors the highest level of G-d. At that level, all that exists is our “will” or *ratzon* (*Hebrew*). When G-d wants to let us know our deepest purpose, it is implanted in that highest level of ourselves and is experienced as our deepest will.
[footnote needed]

Therefore, one way to know what we are doing here is to consider what we truly, deeply want.

What do you want most in each of these areas?

Relationships

Community/Neighborhood

Personal Goals

Spirituality/Faith/Connection

List three things that you truly, deeply want right now from the deepest desire of your heart.

1.

2.

3.

DAY 9 - HINENI

When G-d called to the great prophet Samuel as a young child, at first he did not understand the voice he was hearing. The priest Eli, realizing that the child was hearing a divine Voice, encouraged the child to respond “Hineni” - here I am. This is the same way Abraham responded when G-d called to him.

This was markedly different from the way Adam and Eve responded in the Garden. When they were called, they hid.

How do you respond to an experience of calling? Do you take time to listen, seek and pursue your purpose, or do you resist and hide? Do you keep yourself so busy and distracted that you cannot hear any calling at all?

Where have you sensed a calling in your life? Is there something you could say “I am here” to right now?

DAY 10 - OVERCOMING BARRIERS

Growth always requires expansion. To receive new levels of awareness and new purpose in your life, a larger vessel is needed. The larger vessel is **you**, growing to accommodate what you have learned.

After what you saw in days 5-9, you may find that your current life structure, and your current understanding of yourself, are not large enough to fit your big dreams and largest passions.

No problem! The expansion is the work itself.

What barriers might you encounter if you begin to pursue some of the dreams and visions on the previous pages?

How could you expand your life or your sense of self to overcome those barriers?

Who can you count on to support you in expanding?

DAY 11

Go back to Days 2-4. Considering what you've learned, what three gifts will you be working to grow into this year?

1. _____
2. _____
3. _____

What would it look like in your life, to grow into those gifts?

How will you use your gifts to bring your calling into life?

DAY 12

Baby Steps.

What steps will you take THIS WEEK to grow into those gifts?

1. _____
2. _____
3. _____

Who can you tell about this journey, who will support you in your next steps?

1. _____
2. _____
3. _____

Is there anything else you want to say right now about this process and what's next for you?

Inside back cover

You did it! Congratulations, heroine.

[Beautiful design for this part:]

Write a prayer to set your intention and seek help in growing into your gifts.

May I grow into all my gifts, and especially the gift of:

I most want to use this gift to bring

into my life.

You can tear this page out and hang this prayer in a place where you will see it, tuck it into a prayerbook for a moment of personal prayer, or memorize it and say it in the morning when you wake up or at bed before going to sleep.

Next steps:

- Have you read *The Prophetess* yet? If you liked the journey, you'll love it. You can order signed copies for yourself and other heroines in your life at www.growintoyourgifts.com/products. Use coupon code HEROINE for 10% off everything in the store.
- Join the Growing Into Our Gifts community on facebook.
- Follow @heroinewhisperer on instagram to see featured heroines and see inspirational messages to support you over time!

Back cover

Pretty design