

Week 25: Where Have We Been?



**WE CAN ONLY KNOW
WHERE WE'RE GOING IF
WE KNOW WHERE
WE'VE BEEN**

MAYA ANGELOU

PICTUREQUOTES.com

So glad you are HERE!

Welcome to Week 25 of my FREE year long art journaling class..."I Say Yes". If you are just joining me I invite you to [read this](#) so you know what this class is all about. You can find [ALL 24 lessons here.](#)

We have been talking about living an authentic life. What exactly IS an authentic life?

I like this explanation by Dianne Mottl...

"Being authentic means coming from a real place within. It is when our actions and words are congruent with our beliefs and values. It is being ourselves, not an imitation of what we think we should be or have been told we should be. There is no "should" in authentic."

Our lesson this week

I am LOVING our lesson this week..we are talking about several things...

1. Who are you?
2. Where have you come from in life?
3. What parts of yourself and all that you have achieved feel the best?
4. Out of your achievements which ones would you choose over and over again?

I believe each of us have achieved GREAT and mighty things. However I also believe that out of those things not every single one of them fully resonated with our Heart's Desire. One of my examples would be I KNOW I am a pretty good business woman. I have helped my husband for nearly 28 years with our business's and for the most part enjoy it. However business doesn't make my Heart beat faster...or my tummy fill up with butterflies. It's my achievements with my ART and my TEACHING that give me TRUE JOY and LIGHT ME UP! My work with the

Wounded Warriors Foundation, young children and the women in my on-line groups that fill me up and keep me going!

Create!

I invite you to create a road of your life this week in your journal. Where you have been and where you are going. Try to be your very best Authentic Self when thinking about where you want to go...Think BIG! Think ALMOST OUT OF REACH! Think PIE IN THE SKY!

**An authentic life is
the most personal
form of worship.
Everyday life has
become my prayer.**

Sarah Ban Breathnach

QuotePixel.com

Here is your FREE PDF to print off and use on your road. Enjoy!

[I Say Yes_ Week 25 "Who are you](#)

Weeks 23 & 24: More Gratitude

GRATITUDE
TURNS
WHAT
WE
HAVE
INTO
ENOUGH

Welcome to Weeks 23 &24

We are taking two weeks to focus on Gratitude by making Gratitude cards. Girls this is one of the BEST ways I know of to keep myself out of a funk...by finding a few things a day to be GRATEFUL FOR!!!!

Be sure and join my private FB group if you haven't yet...we have a very powerful community of women that uplift and support one another!!! [Join here.](#)