**Honoring the Journey**

**A Self-Paced Course | August 1–8**

Points for joint thought - Should every day have a pause intention? Is it always a process with a card, should we diversify between sets and offer our own card?

**Agenda by days and topics**

**Day 1 — Where Am I in my Journey?**

**Theme:** Naming My Now

**Day 2 — Looking Back with Gentle Eyes**

**Theme:** What Have I Lived Through?

**Day 3 — The Choices That Shaped Me**

**Theme:** What Have I Chosen Along the Way?  
**Day 4 — What Has Held Me**

**Theme:** Recognizing What’s Supported Me  
**Day 5 – I Was There for Myself**

**Theme:** Recognizing the quiet ways I supported myself

**Day 6 — Reflections Through Others**

**Theme:** **Theme**: Seeing the Best in Myself

**Day 7 — My Ripple Effect**

**Theme:** The Impact of My Journey  
**Day 8 — Honoring the Whole Path  
Theme:** Full Circle

**intro**

So often, we move from one goal to the next — growing, doing, achieving — without pausing to truly see ourselves.

This course is your invitation to stop. To take a breath.

To look at the year so far not through the lens of pressure, but through the eyes of compassion, pride, and presence.

Over 8 days, you’ll be guided through a gentle and meaningful journey.

Each day will offer a short recorded session, including:

* A theme to reflect on
* A creative or emotional process (with cards, writing, nature, or movement)
* A practical prompt you can take into your daily life

Some days will be introspective. Others more playful.

You can do them at your own pace, but we recommend giving yourself space each day — even 20 minutes, to fully arrive.

This is not about doing more.

It’s about pausing long enough to feel proud of how far you’ve come.

To reconnect with the joy that’s already here.

And to carry that joy with you into what comes next.

**No pressure. No rush. Just you, your story, and the light you already hold.**

**Day 1 — Where Am I in My Journey?**

**Theme: Naming My Now**  
Recommended duration: 20–30 min  
Suggested setting: A space where you can pause and hear yourself — no distractions

**Guided Opening**

Welcome to Day 1 of *Honoring the Journey*.  
Before we can reflect on how far we’ve come, we first need to understand where we are — not just in the external world, but inside ourselves.

This is not about progress or goals.  
It’s about meeting your *current self* with honesty and curiosity.

*“If my life is a map, where am I standing today?”*

Card-Based Process:

Choose one image card from any tool you choose. Let your hand reach for it without thinking too much.

Take a few minutes to explore:

* What does this card show me about where I am in my journey right now?
* Does this reflect something physical? Emotional? Mental?
* What season or moment in my life does it connect to?

Write freely. You don’t need to define it perfectly, just *notice*.

**Deeper Reflection**

You can journal or voice-record answers to any of these questions:

* What area of my life feels most present right now — and why?
* What’s moving? What feels stuck?
* What am I beginning to understand about myself in this chapter?

**Integration Invitation**

You don’t need to change anything.  
Just carry today’s insight gently.  
If you like, place the card somewhere visible — let it remind you that you’ve named this moment.  
Tomorrow, we move forward. But today, we pause and *see*.

\*\*\*A little tip? Take a picture of the card that came up today and save it to your gallery. To keep track of the processes, it's a good idea to create a folder with the name of the course.

**Day 2 — Looking Back with Gentle Eyes**

**Theme:** What Have I Lived Through?  
**Recommended duration:** 20 to 30 minutes  
**Suggested setting:** Somewhere peaceful, indoors or outdoors

**Guided Opening**

Yesterday, you paused to ask: *Where am I now?*  
Today, we gently turn our gaze backward. Not to judge, but to remember.

This is not a checklist of accomplishments.  
It is about the moments that shaped you, even the ones you did not choose.  
The resilience you did not know you had.  
The lessons that left a mark.  
The quiet strength that carried you here.

*“The path behind me is not perfect. But it is mine. And I walked it.”*

**Card-Based Process: What Has This Year Taught Me?**

Choose a card from your deck.  
Let it represent something you have lived through in the past year, whether it was a challenge, a change, or a turning point.

Ask yourself:

* What experience does this card remind me of?
* What did I learn, even if it was hard?
* How did I respond, and what parts of me showed up?
* What would I like to remember from that time?

This is a moment to witness your own courage with kindness.

**Journaling Prompts**

* What is one thing I survived or moved through this past year that I had not acknowledged yet?
* What quality did I discover in myself through that experience?
* What message would I send to the version of me who was in that moment?

**Integration Invitation**

Let today be a soft honoring.  
If it feels right, write one sentence that affirms your journey and carry it with you — in your notebook, your phone, or your heart.

Examples:

* “I walked through it, and I am still here.”
* “I honor the version of me who kept going.”
* “That moment changed me, and I am proud of who I became.”

Let this sentence be a quiet anchor throughout your day.

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**Day 3 — The Choices That Shaped Me**

**Theme:** What Have I Chosen Along the Way?  
**Recommended duration:** 20–30 minutes  
**Suggested setting:** A quiet space for reflection

**Guided Opening**

Not everything in our journey happened *to* us.  
Some parts we chose.  
Maybe the choice was big and loud: a career path, a relationship, a change of place.  
Or maybe it was quiet: to stay, to keep trying, to believe in something no one else saw.

Today is a day to honor the choices you made.  
Not because they were perfect but because they were yours.  
Because they shaped the road beneath your feet.

*"Each choice, even the small ones, moved me forward."*

**Card-Based Process: A Choice Worth Honoring**

Choose a card from your deck. Let it reflect one choice you made, big or small, that changed something in you or in your life.

Ask yourself:

* What was this choice about?
* What made me choose this path, even if it was hard or uncertain?
* What did this choice say about what mattered to me at the time?
* How has this choice shaped who I am now?

**Journaling Prompts**

* What am I proud of in the way I chose?
* What cost did that choice carry, and was it worth it?
* What does this reveal about my inner compass — what guides me, what I stand for?

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**Day 4 — What Has Held Me**

**Theme:** Recognizing What’s Supported Me  
**Recommended duration:** 20–30 minutes  
**Suggested setting:** A quiet space at home or in nature

**Guided Opening**

You didn’t get here alone.  
Sometimes, what supported you wasn’t loud or obvious, but it was there.  
Today, we pause to notice what held us gently, consistently, and maybe even without being asked.

**Option 1: *Photographic Still Life — Your Support Map***

**Step 1: Collect 3–5 meaningful objects** from your space that represent things that supported you this past year.  
These could be symbolic or literal — a candle, a journal, a cup of tea, a photo, a stone…

**Step 2: Arrange the objects** in any way that feels right. Let your hands lead, without overthinking.

**Step 3: Take a photo** of this arrangement — your “support map.”

**Step 4: Look at the photo.**

Ask yourself:

* What emotions or energy does the photo evoke?
* Which object draws my eye first — and why?
* What does the photo reveal about *what matters* to me?
* What else can I learn about and cherish that has supported me this year?

**📷 Option 2: *Found Support — Photography from the Moment***

**Step 1: Take a mindful walk** — even if it’s just to your balcony or front yard.  
Let your senses lead. Slow down. Observe.

**Step 2: Take one photo** of something that speaks to you in this moment.

Anything around you that attracts attention without even knowing why  
It might be a color, a texture, a tree, a crack in the sidewalk. Trust your intuition.

**Step 3: Sit with your image.**  
What do I see now that it has become a photograph in front of me?

What is significant to me?

What do I see in the photograph that I didn't notice in reality?

What does the angle I chose change or add?

Ask yourself:

* Why did I choose to capture *this*?
* What does this image symbolize for me about what has held me?

**Integration & Journaling**

* What do I now see as a source of support that I hadn’t named before?
* How do I want to honor or invite more of this into my life going forward?

**Gentle Action**

Choose one insight from today and turn it into a sentence or reminder.  
Place it near your image — or save the photo as your phone background for a few days.  
Let it be a quiet whisper: *You are held.*

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**Day 5 – I Was There for Myself**

**Theme:** Recognizing the quiet ways, I supported myself

**Recommended duration:** 15 minutes  
**Suggested setting:** A quiet space at home or in nature

**Guided Opening**

Yesterday, you looked outward at the objects, moments, or people that supported you. But today, we turn inward.  
Not every source of strength comes from outside.  
Some of the most meaningful support… came from *you*.

**Step 1: Look Again**

Take another look at the photo you created or captured yesterday.  
This time, ask:  
**Was I also part of this support system?**  
Did I choose that place? Reach out to that person? Take the pause I needed?

Even if the image shows something external **what role did I play in inviting, allowing, or receiving that support?**

**Step 2: Gentle Reflection**

Write about one moment this year when you *were there for yourself* even if no one else noticed.

* Maybe you slowed down, even when the world pushed you to keep going
* Maybe you showed up to something hard
* Maybe you didn’t criticize yourself, even when things didn’t go “perfectly”

This is your space to remember those quiet victories.

**Step 3: Flow Card Reflection**

This time, we’ll do things a little differently.  
Below, you’ll find four cards from the Flow.  
Don’t overthink, just notice which one draws you in.

It could be the word, the photo, or simply a feeling.  
Whichever card you choose — it's the right one for you right now.

|  |  |  |
| --- | --- | --- |
|  |  | תמונה שמכילה אדם, משחקים, משחק לוח, משחק שולחן  תוכן בינה מלאכותית גנרטיבית עשוי להיות שגוי. |
| תמונה שמכילה אדם, לבוש, הנעלה, ריקוד  תוכן בינה מלאכותית גנרטיבית עשוי להיות שגוי. | תמונה שמכילה צילום מסך, אוזניות  תוכן בינה מלאכותית גנרטיבית עשוי להיות שגוי. | תמונה שמכילה אדם, בתוך מבנה, כלב, חום  תוכן בינה מלאכותית גנרטיבית עשוי להיות שגוי. |

Now, look closely at the card you chose.  
Allow yourself to dwell on the details, the colors, the story in the photo. Let the word echo in your mind.

Ask yourself:

* What message does this card hold for me today?
* What part of me does it reflect — or awaken?
* How does this relate to the way I’ve supported myself this year?

Maybe the card shows a strength you didn’t name yet.  
Maybe it highlights a forgotten moment of courage, clarity, or calm.  
Let it add a layer to your self-recognition. Let it affirm what’s already true.

**Closing the Day**

The card you chose isn’t random.  
It’s a reflection of something alive in you, a part of your inner support system.  
So often, we look outside for encouragement.  
But today, you remembered:  
**You’ve been supporting yourself all along.**

With small choices.  
With honest pauses.  
With the courage to keep going.

Take a moment now to write down:

* One way this card reminds you of your own inner strength.
* A sentence or phrase you want to carry with you — as a quiet reminder that you can trust yourself.

You might even want to place the card somewhere visible this week as a mirror, an anchor, a small act

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**Day 6 — Reflections Through Others**

**Theme: Seeing the Best in Myself**Recommended duration: 20–30 min  
Suggested setting: A quiet space where you can remember and reflect

**Guided Opening**

Not all growth happens in solitude.  
Sometimes, the most uplifting parts of our journey are reflected through others, those who saw us clearly, believed in us, or simply reminded us of who we truly are.

**Today’s Intention**

To honor someone who supported, inspired, or empowered you this year, and to recognize how their presence helped shape your path.

**Step 1 — Pause and Reflect**  
Take a few quiet breaths and let your memory wander through these past months.  
Who made a difference in small or big ways?  
Whose presence reminded you of your strength, beauty, or worth?

Choose one person who empowered you.

**Step 2 — Choose a Card**  
From any deck that feels right (FACES, Coaching Game, etc.)  
Select one card that reflects this person — either how you see them, or what they awakened in you.

**Step 3 — Journal Prompt**  
Take 5–10 minutes to explore:

* What did this person reflect back to me about myself?
* How did I grow through their encouragement or belief in me?
* What qualities did they mirror that I want to embrace more fully?
* What else does the card show me about what I took from them and how they contributed to me?

**Optional Deepening**

Write a short note of appreciation. It can be a thank-you, a memory, or a message you’d like them to know.  
You can choose whether you want to share this gratitude with them or just keep it to yourself.

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**Day 7 — My Ripple Effect**

**Theme:** The Impact of My Journey  
**Recommended duration:** 25–30 min  
**Suggested setting:** Somewhere you feel connected — maybe near nature, a favorite window, or even your reflection

**Guided Opening**

You’ve honored your path, celebrated your growth, and recognized your inner strength.  
But growth doesn’t live in a vacuum.  
Every time you choose courage over fear, presence over rush, kindness over judgment, it touched someone.  
Today, we’ll explore the ripple effect of your journey.

**Step 1 – Choose a Card:**

Pick one card from any deck

Let it reflect **one moment or quality in your journey** that may have inspired or impacted someone else.

**Journaling prompts:**

* What part of my journey do I think others have felt, seen, or been touched by?
* Who might have witnessed my growth, even without my knowing?

**Step 2–A Mirror of Impact**

Place the card you chose in the center of a blank page.  
Now take a few deep breaths, and begin an intuitive exploration:

Look at the image, the word, or the mood of the card.

Ask yourself:

* What words or qualities does this card evoke in me?
* If this card was a part of me — what would it be offering to the world?

Write freely around the card — no filter. Let each word, memory, or feeling find its place around the card.

Now, look at your page and gently ask:

* What of this might have touched someone else?
* Who in my life might have been supported, inspired, or comforted by this part of me?

Close your eyes for a few seconds and let one sentence complete itself in your mind:  
“This part of me gave others…”  
Write that sentence near the center of the page.

You’ve now created not just a ripple map, but a reflection of the good that quietly flows from your being.  
This is your reminder: your growth is not only for you. It creates space for others to grow, too.

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**Day 8 — Honoring the Whole Path**

**Theme:** Full Circle  
**Recommended duration:** 20-30 min  
**Suggested setting:** A quiet, meaningful space — where you can look back and look ahead.

**Guided Opening**

You’ve shown up for yourself day after day.  
You paused. You remembered. You felt. You celebrated.  
Now it's time to gather the moments and honor the *whole* of your journey.

**Step 1 — Visual Collage: Witnessing the Journey**

Collect the images, cards, reflections, and photos from the past 7 days.  
Spread them in front of you — on the floor, a table, or a large piece of paper.

Now, create a visual *expression* of your journey:

* Arrange the pieces however you’d like — in a shape, a timeline, a circle
* You can add drawings, colors, extra words or symbols
* Let it reflect *you* — your rhythm, your essence

**Step 2 — Witnessing in Words**

Answer one or more of the following prompts:  
• What surprised me in this journey?  
• What am I most proud of discovering, feeling, or admitting?  
• What part of me feels more seen or alive now?  
• If I could name this 8-day path with a single title — what would it be?

**Syep 3 — Sharing it with the World (Optional)**

If you feel this is your way of echoing the experience and the process, write a short message, post, or image caption that expresses a piece of what you experienced.

**Closing Reflection**

Place your hand on your heart and take a long, slow breath.  
Feel the fullness of this path — the quiet strength, the joy, the honesty.

Say to yourself, aloud or silently:  
**“I am proud of the journey I’ve walked.”**  
**“I am open to what’s next, and I carry myself with love.”**