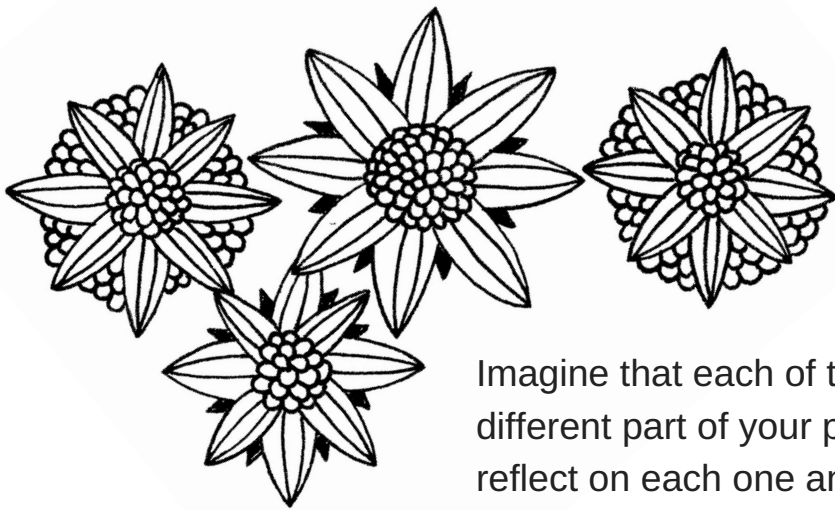




THE JOURNEY THROUGH
YOUR PASSIONATE DOMAINS
WORKBOOK

A Companion to Begin Your Passionate Journey

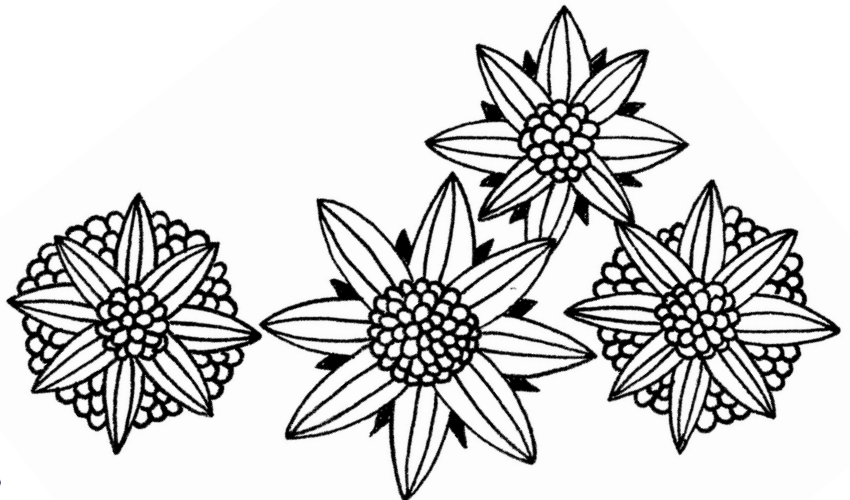
CATSKINNER.CLUB

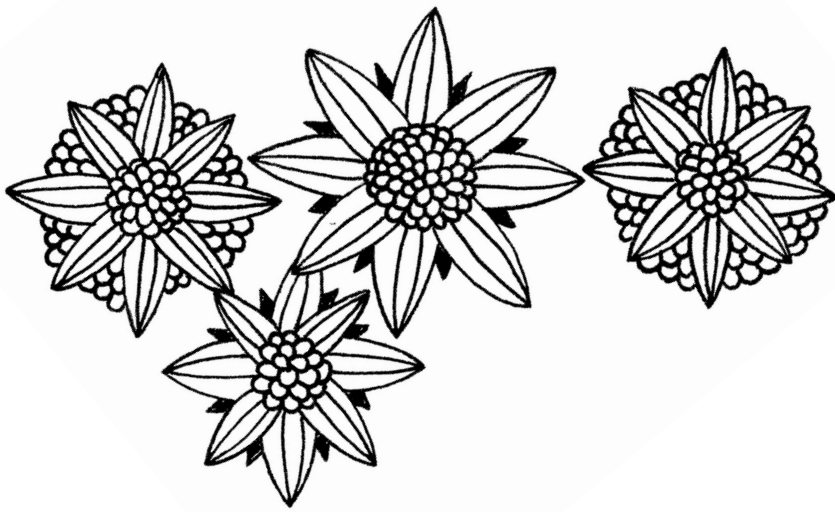


Imagine that each of the domains listed below is a different part of your psyche. Take a moment to reflect on each one and write down any of the ways you feel unsatisfied in each domain. Be sure to include any ideas about how to gain satisfaction.

My Creativity

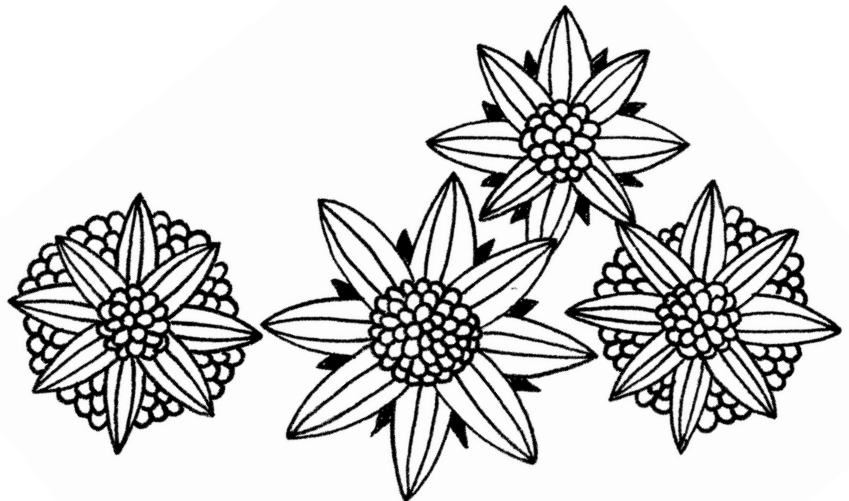
My Family/Friends

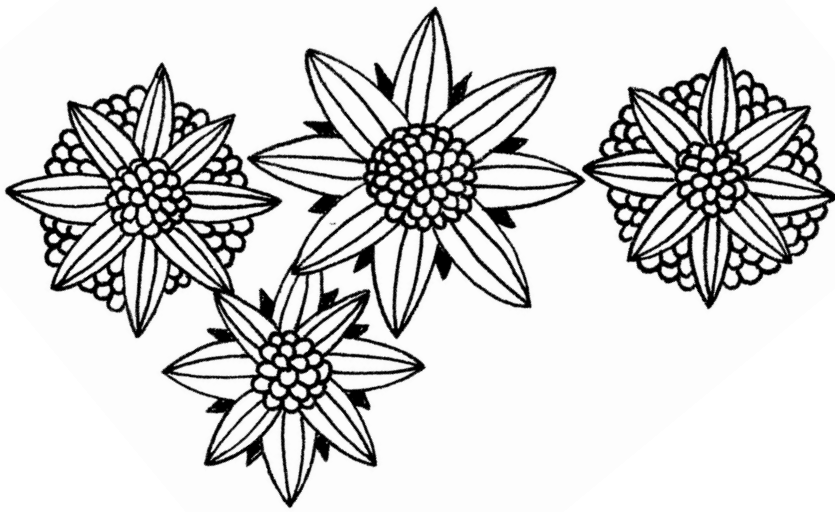




My Work

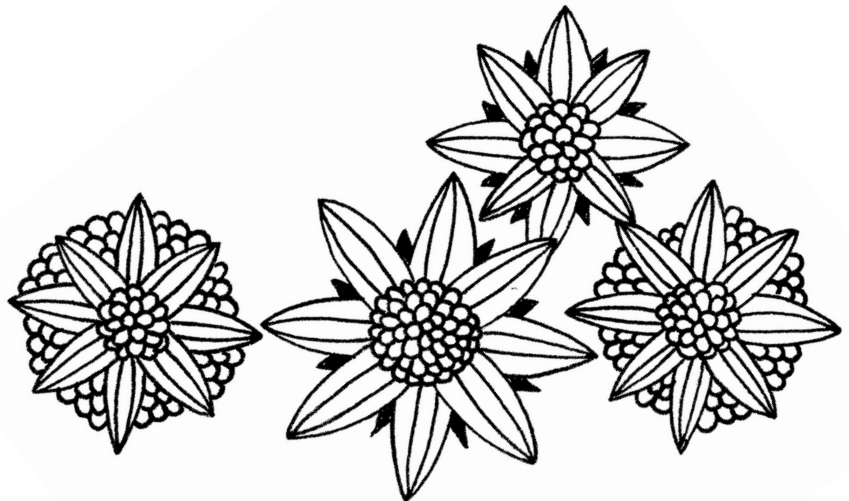
My Body/Physical Health

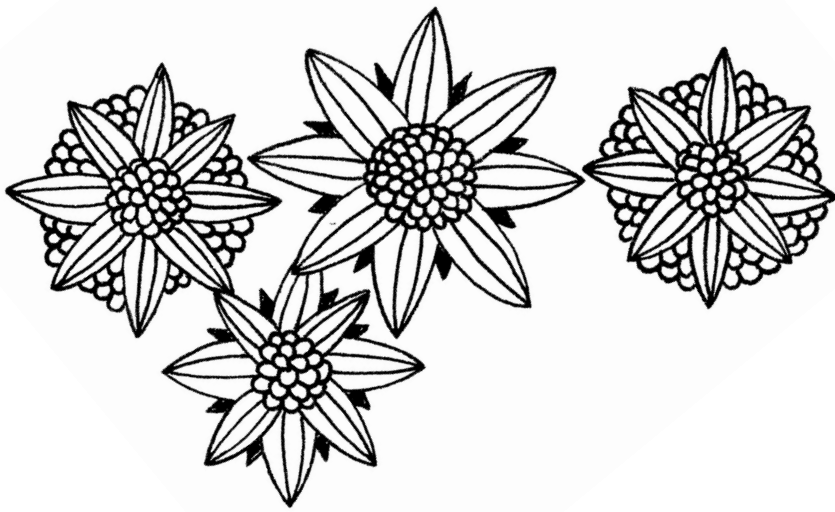




My Mind/Mental Health

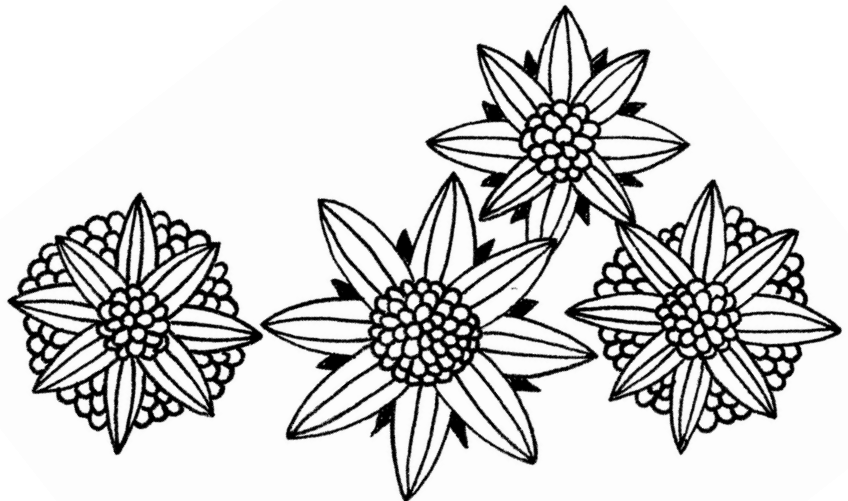
My Soul/Spirituality

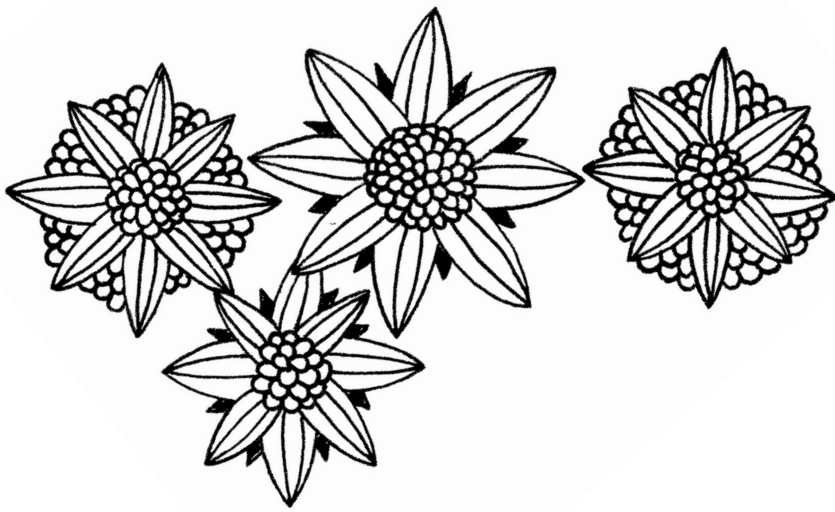




My Playful Self/Inner Child

My Sensuality

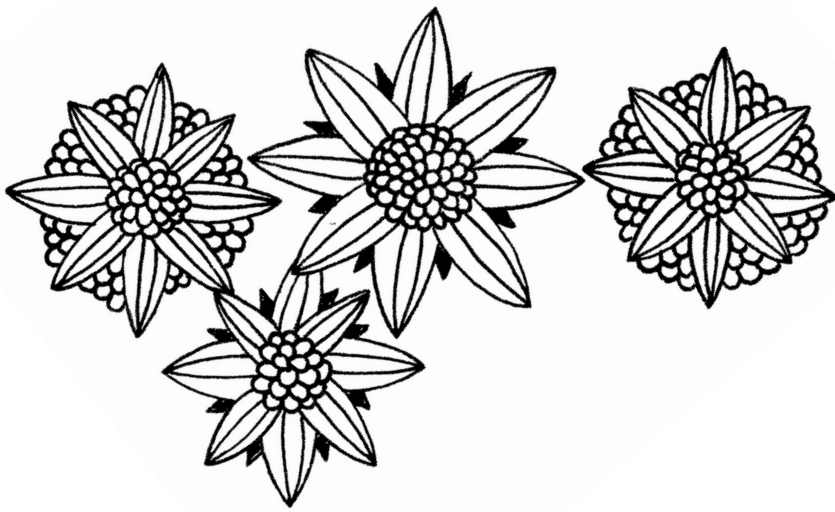




My Humanity

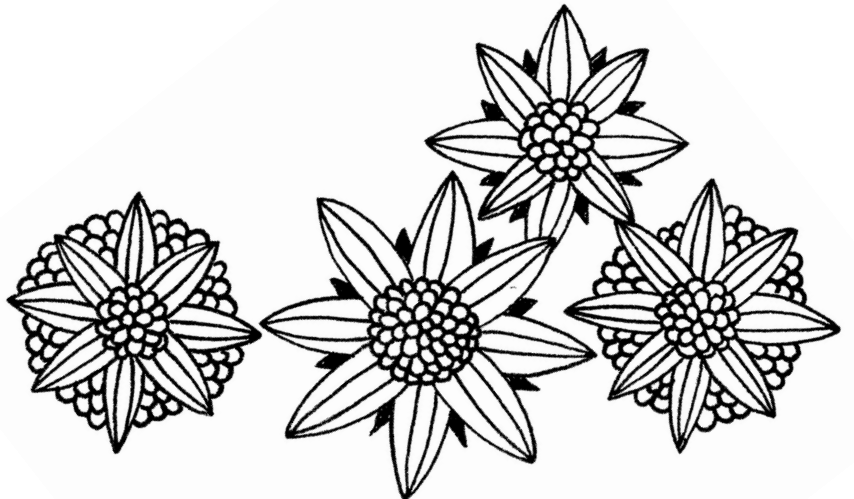
Now return to each domain and reflect on all of the positive things that are happening in each. List them in a different color in the sections above, or print these additional pages and start fresh. Don't forget to color in all of these delightful doodles by Charlene LeBlanc

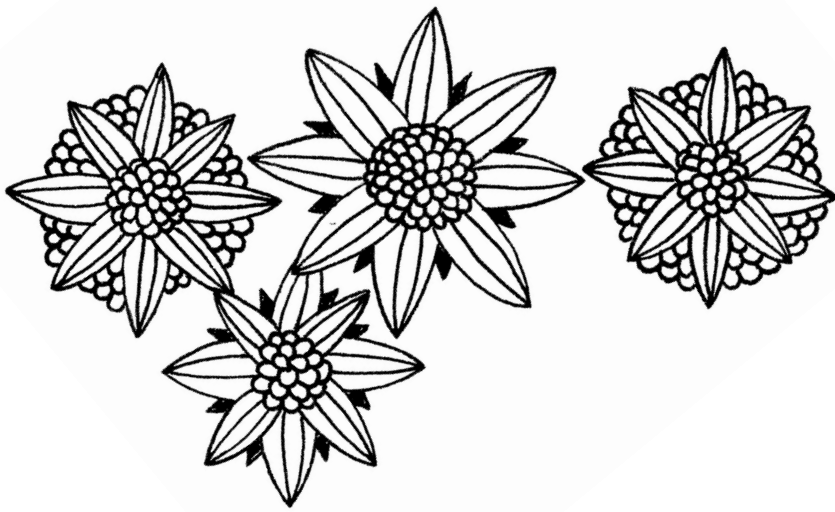




My Creativity

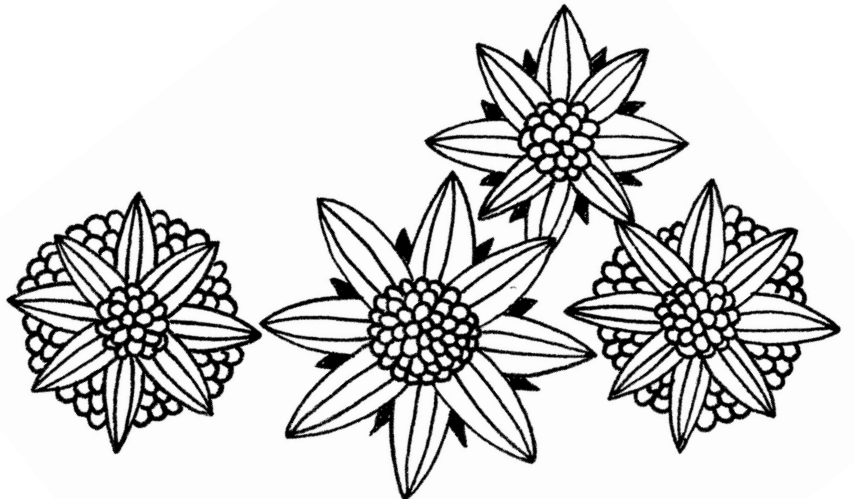
My Family/Friends

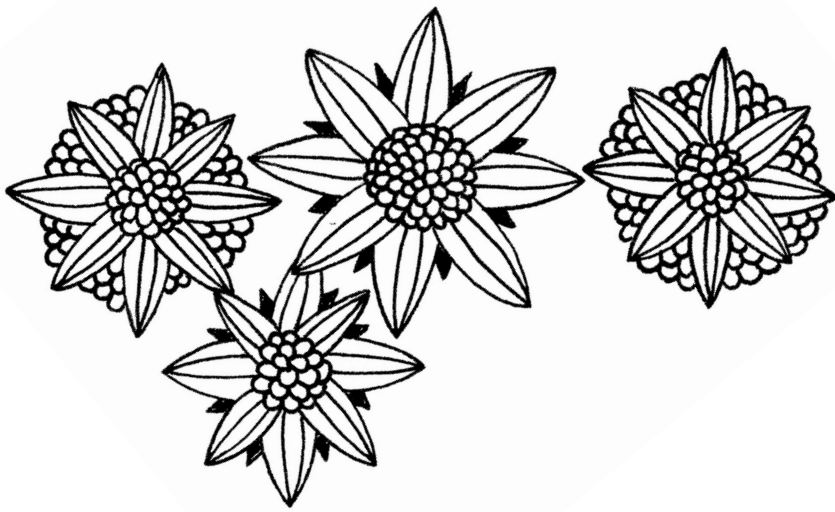




My Work

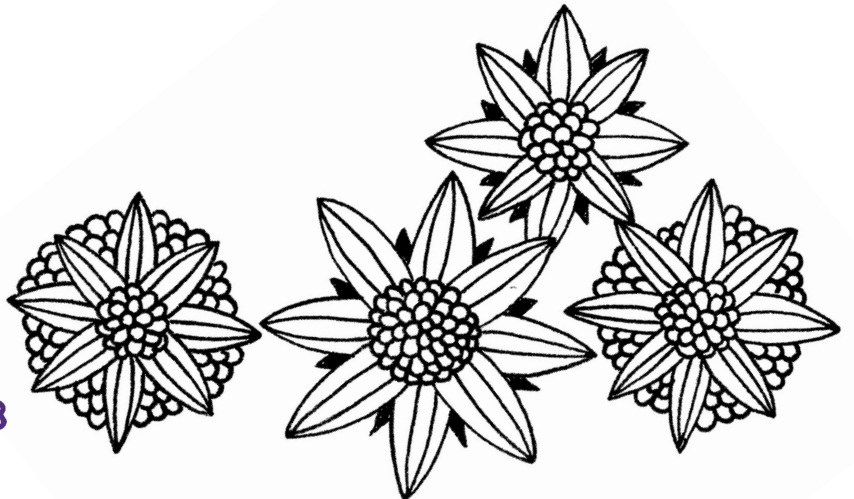
My Body/Physical Health

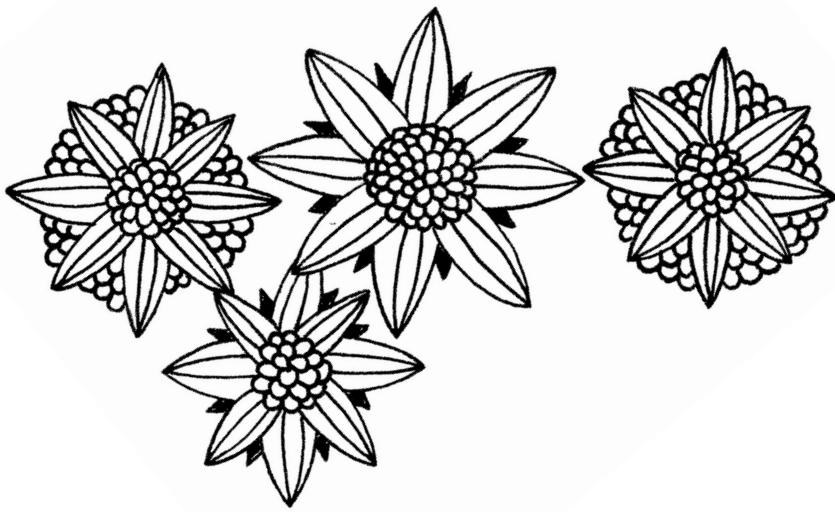




My Mind/Mental Health

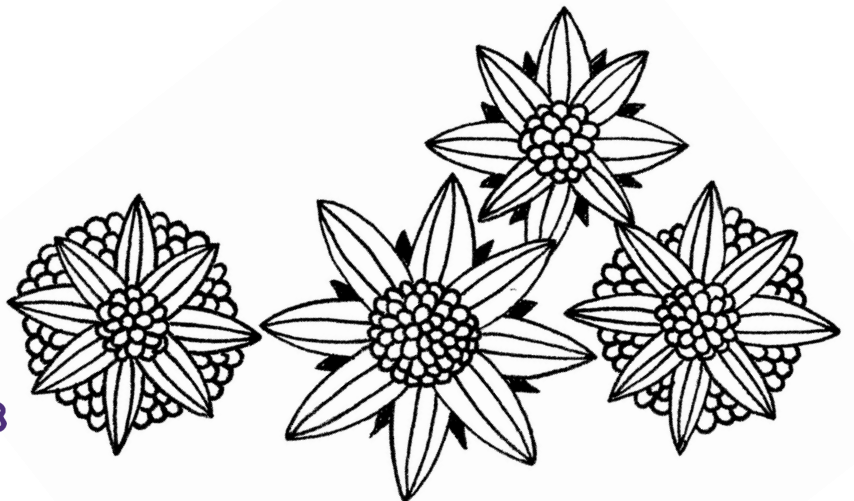
My Soul/Spirituality

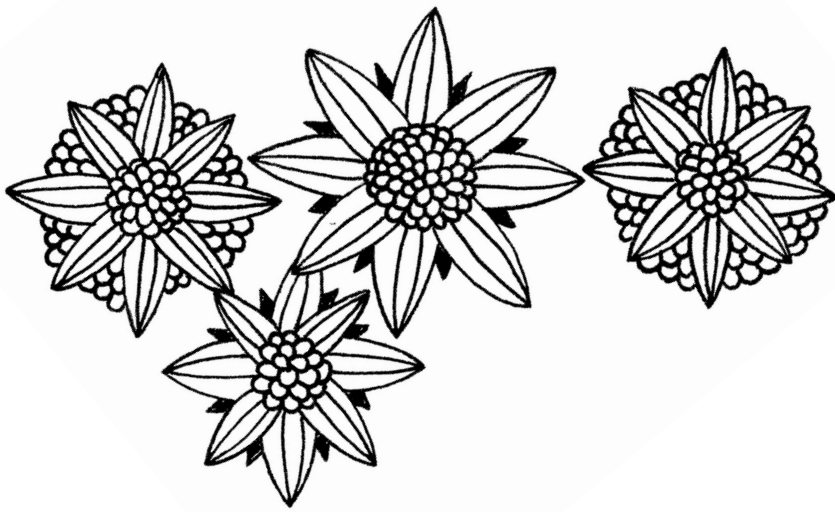




My Playful Self/Inner Child

My Sensuality





My Humanity

