



PATHWAYS OF DISCOVERY
A Journal to Inspiration & Purpose

Never lose an opportunity of seeing anything beautiful,
for beauty is God's handwriting."
-- Ralph Waldo Emerson

Photo by Blaker Photography

Welcome!

Thank you for choosing Pathways of Discovery – A Journal to Inspiration & Purpose. My intention in writing this journal is to share with you a bit of my heart and how God has been unraveling and revealing Inspiration and Purpose in my life. My hope is that it will be of help to you and a guide of sorts, as you pursue living your life filled with Inspiration and Purpose.

Warning! As you journey your way through this journal, you may have recurring bouts of Joy. You may get excited about the creative ideas that flood your mind and lead you to unexpected places in your life.

You will notice this is not a typical journal. It is divided into individual Pathways of Discovery, each of which begins with an explanation of a concept. At the end of each section, you will find thought provoking questions and space to reflect and record your ideas. I hope you enjoy the photos, art, poem and links to true stories of extraordinary people.

The chapters (Pathways) are divided as follows...

Pathway #1 ~ What is Inspiration?

Pathway #2 ~ How is Inspiration Important in My Life?

Pathway #3 ~ How Will I know When I'm Inspired?

Pathway #4 ~ What Inspires Me?

Pathway #5 ~ What Do I Do with Inspiration?

And, a free bonus tool is included, **“Writing as Meditation.”** It is specifically designed to aid you in connecting with your personal Inspiration, and assist you in exploring and organizing your thoughts and ideas.

Use this journal in any way that works best for you. You might enjoy using it every day, once a week or as creative ideas pop up for you. Dive in today, and watch how tapping into your Inspiration will richly enhance your life.

Please enjoy the following sample of the first few pages of this journal.

*Warmly,
Pam Day*

Pathway #1

What is Inspiration?

Inspiration is a prompt in your Spirit that presses you to BE still and take notice. It gives peace, joy, creativity, motivation, and purpose in life. Reflect on the following definitions the *American Heritage Dictionary* gives us.

- ✿ To breathe life into.
- ✿ Divine guidance or influence exerted directly on the mind and soul of humankind.
- ✿ An agency such as a person or work of art that moves the intellect or emotions, or prompts action or invention.

Recognize Inspiration when someone articulates just what you need to hear at a timely moment, or in a beautiful sunset that ends your day and time seems to stand still.

Take time to BE still and reflect on the inspiring experiences you had today. Use the “Keys for Reflection” to guide you.

“I learned... that inspiration does not come like a bolt, nor is it kinetic, energetic, striving, but it comes to us slowly and quietly and all the time, though we must regularly and every day give it a little chance to start flowing, prime it with a little solitude and idleness.”

Brenda Ueland

Photo by Blaker Photography

Pathway #1
Keys for Reflection



1. Today, I noticed I was inspired by...
2. This inspiration made me feel...
3. It guided my Spirit to...
4. What I take away from this experience is...

Additional thoughts and reflections