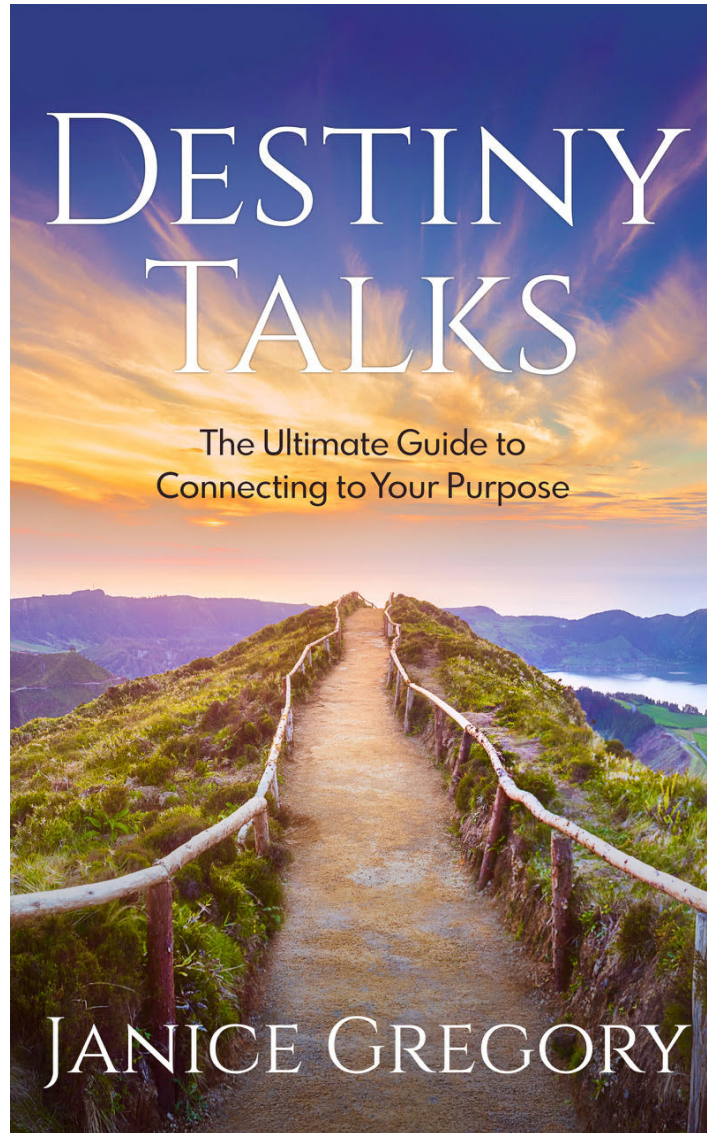


# Destiny Talks Journal



Prompts to Create Your Destiny Profile  
by Janice Gregory



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***Destiny Talks Journal***  
**by Janice Gregory**

“What lies behind you and what lies in front of you,  
pales in comparison to what lies inside of you.”  
Ralph Waldo Emerson

Welcome! I'm so glad you are here!! This is the place to record your soul's journey as you choose the destiny that you desire. Let it be the very best destiny you can imagine, one that honors the essence of who you are.

The *Destiny Talks Journal* is a place to note your insights and thoughts, a journal that you can return to time and again as you grow in self-knowledge. By writing answers to the journal prompts, you will delve deeper and deeper into understanding your many facets. When you reread your entries, you can reflect on what you've learned for even greater wisdom.

Practically, this journal enables you to use the tools in *Destiny Talks: The Ultimate Guide to Connecting to Your Purpose*. It will also come in handy if you decide to work with a partner or create a Destiny Circle.

How to Use this Journal

Use this journal as your soul and spirit direct. This is your journal. There are no rules except those that you set.

The PDF is editable so you can fill it in on your computer or print it out and write long hand. If you need more space to answer a question, there are extra pages at the end.

However, you don't have to write out answers to the questions. You can, for example, take notes, use bullet points, draw pictures, doodle (which lets your subconscious direct your answer), or just contemplate your answers.

You also can choose which questions to respond to. Choose whatever appeals to you. Skip what doesn't.



To keep you from being overwhelmed, I only provide two or three journal prompts per chapter. If you would like to delve deeper into understanding who you are, *The Workbook Companion to Destiny Talks*, available at [www.amazon.com](http://www.amazon.com), contains guidance from *Destiny Talks*, additional prompts, self-discovery exercises, affirmations, and meditations. Because of its greater depth, the published workbook may prove particularly helpful in guiding a Destiny Circle discussion as described below.

### Destiny Circles

A profound joy lies in deeply connecting with others as you progress on your journey of self-discovery and direct your destiny. As well as using the journal or workbook on their own, you can use their prompts to spark conversations with a partner or as a basis for conversations with a Destiny Circle consisting of three or more members.

There is no set curriculum for a Destiny Circle. You can tackle as few or as many subjects from *Destiny Talks* as your members choose.

I recommend that your Destiny Circle meet once a week for 60 to 90 minutes to discuss each of the book's topics. I like to spend at least two meetings on each subject. At the first meeting, members discuss what they know about the topic and where members can find out more information to aid in their quest. At the subsequent meeting, three or more members spend twenty minutes each sharing what they have found out about themselves. Other members listen attentively and provide positive insights.

Alternatively, you could hold longer meetings, once a month. The choice for how long and often you schedule your meetings depends on your members' preferences.

Like many book clubs, a Destiny Circle can have a social aspect where members catch up over coffee and snacks. How wonderful it will be to learn more about the soul mates in your circle.

Let's begin!



## The Journey

“Self-knowledge is the pathway to the soul. So,  
take me down deep, Lord, and reveal to me my true self.”

Caroline Myss

1. *Destiny Talks* begins with the poem *Ithaka* by Constantine Cavafy. What does this poem mean to you? If it didn't resonate with you, note that here.

2. Where are you in the process of self-discovery? What is driving you forward?



3. What life obstacles have you overcome? What are the personal strengths and skills that have enabled your success?



## **Portal I to the Soul: Your Lineage**

“Carve your name on hearts, not tombstones.  
A legacy is etched into the minds of others  
and the stories they share about you.”

Shannon L. Alder

1. Who in your extended family fascinates you? What characteristics and personal gifts do you share?

2. Does a mystery surround a family member? What qualities and/or stories about this family member intrigue you?





3. Where can you find more information about your lineage and the family members who inspire you? If you need help figuring out where to find information, ask a librarian, friends, or a member of a genealogical society. What has your research uncovered?





## Portal II to the Soul Metaphysical Tools, Part 1

“There’s a divinity that shapes our ends,  
rough-hew them how we will.”  
William Shakespeare

### Astrology

You can obtain a free birth chart, which shows where the astrological signs were at the date, time, and location of your birth, by going to [www.astro.com](http://www.astro.com), or you can Google free astrological charts and check out other sites.

1. Fill in each blank with the appropriate sign from your birth chart:

Your sun sign\_\_\_\_\_

Your ascendant (rising) sign\_\_\_\_\_

Your moon sign\_\_\_\_\_

The sign at your midheaven\_\_\_\_\_

2. What characteristics of your sun and ascendant signs describe you? Do their energies reinforce each other or clash?



3. What is the energy from the sign at your midheaven that is affecting your career path?

### Numerology

Here are the number equivalents for the letters in the alphabet:

A,J,S=1	B,K,T=2	C,L,U=3	D,M,V=4
E,N,W=5	F,O,X=6	G,P,Y=7	H,Q,Z=8
I,R,=9			

1. What is your destiny number? \_\_\_\_\_

This is the reduced sum of the numbers in your birth name as written on your birth certificate. Use the chart above to change the letters in your name to numbers. Add the numbers, and then continue reducing them until you have a single digit.

Here is an example of how to do this. Oprah Winfrey's birth name is Orpah Gail Winfrey. (It's Orpah, not Oprah, on her birth certificate. She was named after a character in the Bible's Book of Ruth.) If you substitute numbers for letters, her name translates to  $6+9+7+1+8 = 31$  for Orpah,  $7+1+9+3 = 20$  for Gail, and  $5+9+5+6+9+5+7 = 46$  for Winfrey. Oprah's three names reduce to the numbers 31, 20, and 46, which can be added together and further reduced as  $(3+1)+(2+0)+(4+6) = 16$ , and then finally reduced by adding  $1+6 = 7$ . Oprah's destiny number is 7, the number of a spiritual leader.



2. What is your life path number? \_\_\_\_\_

This is the reduced sum of the numbers of your birth date. For example, you can write December 1, 1976 as 12/01/1976. You then add the numbers in this date as follows,  $(1+2)+(0+1)+(1+9+7+6) = 27$ . You can reduce 27 further by adding  $2+7 = 9$ . Nine, which is the number of a humanitarian, is the reduced life path number for December 1, 1979.

3. Free-write or journal on what your astrological signs and numbers say about your personality, life path, and destiny. (You can find the basic meanings of the astrological signs and the numbers in *Destiny Talks*, on the internet, or in any of numerous books on these subjects.)











3. How can you claim your power and show up authentically? What might be the risks and rewards of doing so?



## **Islands to Explore Work and Love, Part 2**

“Let yourself be silently drawn by the strange pull  
of what you really love. It will not lead you astray.”

Rumi

1. Reflect on your love affairs and friendships. How have you enhanced the quality of experiences with people you love?

2. What could you do differently to build stronger relationships? What would be the consequences for your life if you created stronger relationships?



## **Guiding Your Journey Navigational Tools**

“Whenever you are faced with a choice, a decision, or an opportunity,  
choose in favor of your passions.”

Janet Bray Attwood and Chris Attwood

1. What/who has brought you sustained happiness? Why?



2. Complete the sentence, “When my life is ideal, I am...” <sup>1</sup>

List as many activities and circumstances as you’d like. Examples of answers might include, “I am connecting joyfully with friends and family.” “I am living peacefully in a house overlooking the sea.” “I am enjoying radiant health as I dance the night away.” How can you make your present life more like the wonderful life you envision?

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<sup>1</sup> Janet Bray Attwood and Chris Attwood. *The Passion Test: The Effortless Path to Discovering Your Life Purpose* (New York: Penguin Group, 2008), 30.



## **Guiding Your Journey Navigational Tools Encore**

“At times you have to leave the city of your comfort and go into the wilderness of your intuition. What you’ll discover will be wonderful. What you’ll discover is yourself.”

Alan Alda

1. What are the primary and secondary ways that your intuition speaks to you? Hearing, sight, feelings, smell, taste, or a sense of just knowing?

2. When has your intuition revealed a truth or future event to you?



3. Are you willing to let your intuition guide your life? Why or why not?



## **Skirting Treacherous Shoals, Part 1**

“The cave you fear to enter is where your power lies.”

Joseph Campbell

1. List all your limiting beliefs without editing. Then identify the top three to five beliefs that hold you back the most.

2. Can you identify where these beliefs came from? How old were you when you started believing each one?



3. What money beliefs influence your earning and spending patterns? For example, do you believe that money doesn't grow on trees or that rich people are greedy? What effects have these beliefs had on how much money you have and how you use it? Can you turn any of these beliefs around to your advantage?







## **The Electricity to Juice Your Navigational Tools**

“Say yes. Whatever it is, say yes with your whole heart  
and as simple as it sounds that’s all the excuse life  
needs to grab your hands and start to dance.”

Brian Andreas

1. Do you believe that you can create a fabulous destiny? What events have shown you that the Universe/Divine values your soul’s desires?

2. Are you attached to how your destiny manifests? Why or why not?



3. List people and things that you are grateful for. Include activities and people that make you smile. Whenever you are downhearted, return to this list. Are there things you could do, or people you could call, to raise your spirits?





3. Describe the destiny you would like to create. How can you make the journey to your destination joyful? Will you treasure its riches?

CONGRATULATIONS!!

Celebrate! You have taken valiant steps toward realizing your brilliant self!

🌟 May Your Destiny Shine Brightly Like Your Extraordinary Soul! 🌟



## Extra Pages











