

Discover Your Creative Self

A 6 Week eCourse Strengthening Your Journaling Practice

\$99.00 to participate in eCourse

Please Note: Upon receipt of your payment, your request to participate will be processed, and email instructions will be sent within 24-48 hours.
A valid email address is required to participate.

Join Anytime! Weekly eCourse Assignments Are Sent Each Monday.

Please add our email address to your contact list.

Join author Rosemary Augustine on a journaling journey - writing creatively while exploring your various senses. If you journal periodically and would like to make journaling a regular practice, want to strengthen your current journaling practice, want to advance your creativity or just like to write, this eCourse is for you. This unique creative writing eCourse will take your journaling to new heights and will inspire you while sitting in a comfortable chair of your choice.

With this creative eCourse, you may identify patterns, heal your soul, resolve problems and / or create solutions in your life to areas that you want or need to address. You probably will significantly improve your creativity, generate new ideas, stimulate your creative thinking and maybe even launch new ventures, while quietly advancing your spirit's journey.

Discover Your Creative Self is an opportunity to stretch yourself, exploring the use of your five senses: touch, smell, sight, sound and taste. The 6th week we explore your 6th sense – intuition – that good ole gut feeling. This eCourse gives you a chance to hone your journaling skills making journaling a regular part of your daily life while working on areas to enhance your daily living.

Each week we explore a sense. Rosemary Augustine offers prompts examples, and special “tool” words to stimulate your writing around each week's topic.

This is an eCourse. You will be emailed weekly assignments for 6 weeks beginning each Monday. You are welcome to email a brief summary of your experience at the end of each week as well as questions or comments around the topic.

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ROSEMARY AUGUSTINE - AUTHOR

If you feel you would benefit from such an eCourse, please participate. Or if you know of anyone who may benefit, please pass this on to them. I feel anyone will benefit from such a unique writing course. Here's what you may expect:

- ✍ Assignments to prompt your journaling time.
- ✍ Guidance via written words to spark your inner inspiration and creative juices.
- ✍ Opportunities to create using writing or other forms of artistic expression.
- ✍ Through journaling, identify areas of your life to improve, change or resolve.
- ✍ Identify patterns, behaviors, toxic relationships and consider ways to adjust or change.
- ✍ Consider new directions, new careers, new business ideas, new creations since through journaling, creativity expands the mind for more creativity.
- ✍ Motivate yourself to create. Journaling may very well stimulate other forms of creativity including art journals, painting, sketching, collage work, creating music, beading, etc.

Journaling on your thoughts and feelings as well as completing all assignments is greatly encouraged. If you journal periodically and would like to make journaling a regular practice, want to strengthen your current journaling practice, want to advance your creativity or just like to write, this eCourse is for you. This unique creative writing eCourse will take your journaling to new heights and will inspire you while sitting in a comfortable chair of your choice.

Register Now!

To register by mail or pay by check (a valid email address is still required since all assignments will only be emailed to participants on a weekly basis). Please make check for \$99.00 payable to Rosemary Augustine and indicate on the memo section that check is for Discover Your Creative Self. Check accepted if drawn on US funds and US banks only. Please send to:

Rosemary Augustine

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Berwyn, PA 19312

Please join us to enhance your journaling experience and expand your creativity. Look forward to your participation and feedback. Thanks Again!