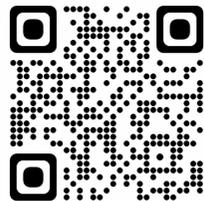


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JOURNAL
SALMON
CELTIC ANIMAL

I EMBRACE THE WISDOM OF MY JOURNEY,
FLOWING CONFIDENTLY THROUGH
THE CURRENTS OF LIFE AND GROWING
STRONGER WITH EACH RETURN.

JOURNAL PROMPTS

HOW DO YOU RESPOND WHEN FACED WITH A DIFFICULT OR REPETITIVE TASK IN YOUR LIFE?

IN WHAT AREAS OF YOUR LIFE DO YOU FEEL A STRONG SENSE OF PURPOSE OR DIRECTION?

REFLECT ON A TIME WHEN YOU RETURNED TO A PLACE OR SITUATION WITH NEW INSIGHT WHAT DID YOU LEARN?

WHAT CYCLIC EVENTS IN YOUR LIFE, SUCH AS MOVING HOUSE OR RECURRING PATTERNS, FEEL SIMILAR TO THE SALMON'S JOURNEY UPSTREAM?

REFLECTION

PLACE YOUR FISH SCULPTURES IN A MEANINGFUL LOCATION, SUCH AS WITHIN YOUR PLANTS OR ON YOUR DESK, WHERE YOU CAN SEE THEM REGULARLY. CONSIDER ARRANGING THEM IN A SEQUENCE THAT REFLECTS DIFFERENT STAGES OF YOUR PERSONAL JOURNEY, WITH LARGER OR MORE DETAILED FISH REPRESENTING SIGNIFICANT MILESTONES OR ACHIEVEMENTS. LET THESE SCULPTURES SERVE AS DAILY REMINDERS OF RESILIENCE, GROWTH, AND THE CYCLICAL NATURE OF LIFE. EACH TIME YOU SEE THEM, TAKE A MOMENT TO REFLECT ON WHERE YOU ARE IN YOUR CURRENT CYCLE AND HOW YOU CAN NAVIGATE THE NEXT STAGE WITH INTENTION AND INSIGHT.