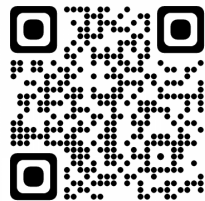


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JOURNAL

SWAN

I HONOUR THE BEAUTY
WITHIN ME AND REFLECT
IT IN MY UNIQUE WAY.

JOURNAL PROMPTS

WHAT QUALITIES OR VIRTUES DO I CHERISH MOST WITHIN MYSELF? HOW CAN I REPRESENT THESE INNER STRENGTHS AND VALUES THROUGH SPECIFIC COLOURS OR SIMPLE PATTERNS?

WHAT ASPECTS OF THE WORLD AROUND ME DO I FIND MOST BEAUTIFUL OR INSPIRING? HOW CAN I CAPTURE THE ESSENCE OF THIS OUTER BEAUTY USING COLOURS OR SIMPLE PATTERNS?

HOW DO MY INNER QUALITIES AND THE BEAUTY I SEE IN THE WORLD CONNECT OR COMPLEMENT EACH OTHER? WHAT COLOURS AND PATTERNS COULD I USE TO VISUALLY EXPRESS THE HARMONY BETWEEN MY INNER AND OUTER BEAUTY?

REFLECTION

REFLECT ON YOUR FEATHERS AND THINK OF A SPACE WHERE THEY SHOULD HANG IN ORDER TO REMIND YOU OF YOUR INNER AND OUTER BEAUTY.