



## Is the Journal to the Self® Instructor Certification Training Intensive right for you?

Take this simple quiz and find out. Answer YES or NO to the following questions:

	YES	NO
1. Have you ever said to yourself, "I wish my work were more personally satisfying"?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you love journal writing, and know from personal experience that journal writing can be a wonderful tool for personal growth, healing, creative expression, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
3. Could you use an expansion of your income, clientele, and/or way of working?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you ready for a personal "stretch," a new challenge?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you want to use journal writing in your current work, with both individuals and groups?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have roots in your own community? Have you lived there a while? Do you know at least some of the bookstores, schools, churches, workplaces, libraries, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you a self-starter? Do you follow through with plans? Is it easy for you to make time for yourself, meet deadlines and stay on track with projects that are "just for you"?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you enjoy high-energy, stimulating, intense experiences?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you like to learn in a setting with a community of other explorers, hands-on experiential learning, and the opportunity to work directly with a master teacher?	<input type="checkbox"/>	<input type="checkbox"/>
10. Are you willing and able to invest in yourself?	<input type="checkbox"/>	<input type="checkbox"/>

See scoring on the next page



## **SCORING:**

### **If you answered YES to at least three of #1-6, including #2:**

You are likely an excellent candidate for the Journal to the Self® Instructor Certification Training (ICT), whether Home-Study or Intensive! However—

### **If you answered NO to #2:**

This may not be the right time for you to undertake training. Every Certified Instructor must have personal experience with journal writing as a positive tool in her or his own life. We require a minimum of two years of consistent journal writing (at least one solid entry a week). Please order *Journal to the Self* and any of our other books from our online bookstore, immerse yourself in your own journal for a couple of years, and check back with us.

### **If you answered NO to #7:**

You will likely do much better with the Intensive than you would with the Home Study Program. If YES, you would likely do fine with either.

### **If you answered YES to either #8 or #9:**

You are an excellent candidate for the Intensive. (Double that if YES to both.) However—

### **If you answered NO to #8:**

The Home Study training might be better for you. The Intensive is called that for a reason. It's very highly energized and stimulating. If you know this type of environment is stressful for you, to the point where it would affect your learning capacity, think carefully about the Home Study training.

### **If you answered NO to #10:**

This may not be the right time for you to consider the Instructor Certification Training. The ICT requires investment of time, money, energy and resources. You'll leave the Intensive with a step-by-step written plan for how you can earn back the entire cost of your training in your first few classes or groups, but it does require you to take a risk and invest in yourself at the front end.