



The Message of You Journal: Finding Extraordinary Stories in an Ordinary Day

Judy Carter

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As a companion to “The Message of You,” Judy Carter has created “The Message of You JOURNAL” -- a 21-Day Interactive Journal that will guide you to uncover the inspiring stories that occur in an ordinary day before they slip through your fingers. You don’t have to wait for dramatic life events to have a story that can turn into your TED talk, a memoir, Toastmaster’s speech, blogs, TV appearances, and more. Nor, do you have to rely on funny things happening to have a story that will have an audience wiping tears from their eyes in laughter. In a seemingly ordinary day, there are hidden stories that contain laughs, drama, and a powerful message that can create a ripple effect of inspiration. How does it work? This interactive journal, guides you to answer specific questions about 21 days of your life. After spending 15 minutes a day writing in this book version (or the downloadable PDF version available at judycarter.com), Carter shows how the scenes from your daily life, combined with past memories can be turned into stories that can be used to promote your brand, enhance your speeches, and understand the meaning of your life. Benefits of this Journal: • Uncover stories for speeches, TED talks, blogs, social media, TV appearances • Become conscious of your effect on others • Discover what holds you back from success • Control your experiences rather than letting them control you • Become a passionate leader and a motivational force in the world • Capture the details of your day • Discover lost memories • Find and live “The Message of You”

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