

My JOURNEY ★★ JOURNAL

THIS JOURNAL BELONGS TO: _____



Girlscon

OCTOBER 22, 2022



SELF-CARE!

Do. Be. Have.
ANYTHING

GIRLSCON 2022



WELCOME TO GIRLSCON 2022!

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ABOUT THIS YEAR'S GIRLSCON

GirlsCon is a safe and fun environment for identifying girls ages 10-18. Get ready to explore your strengths and interests, meet new friends and get mentored by inspiring women of all ages!

You can get inspiration and tools/tips surrounding this year's theme: **self-care**. Are you excited to have fun and learn about the importance of self-care?

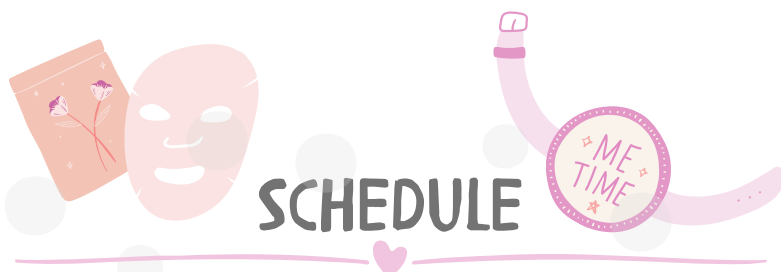
ABOUT THE WOMEN'S JOURNEY FOUNDATION

Our mission is to strengthen confidence and resilience in girls through a multi-generational, mentroship approach.



WELCOME TO
GIRLSCON!

Today I feel...



SCHEDULE

9:30 REGISTRATION

10:30 FREEZE-DANCE W/ DJ PREZ

10:45 MEET OUR EMCEES!

11:00 REFLECTION PERFECTION

11:30 TAPPING WITH JACKIE

12:00 LUNCH & SING-A-LONG

12:30 VIRTUAL PARTICIPANTS JOIN!

1:10 MINI-WORKSHOPS!

2:10 TAKEAWAYS IN THE MAIN ROOM

2:30 PARACHUTE ACTIVITY/CLOSING CEREMONY

2:55 PHOTO OPPS & TAKE HOME BAGS

TIMES ARE NOT EXACT AND ARE SUBJECT TO CHANGE

THANKS TO OUR AMAZING YOUTH COUNCIL!

Our Youth Ambassador Council created this journal for our 17th annual GirlsCON. We hope you find it informative and helpful. We left space in it for you to express your creativity and individuality.

MISSION BRIEFING



MISSION SELF-CARE

Congratulations! You've been recruited to help us on a very important mission: to uncover the secrets of self-care.

We know that you are up for the job.
Best of luck!

Do you accept?



SELF-CARE TOOL WHEEL

Write down some self-care ideas that you learn throughout the day. Examples: journaling, breathing, take a walk...

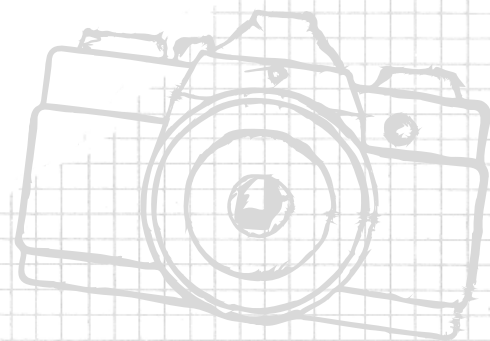


GATHERING INTELLIGENCE

Use this page to write down some notes on our guest speakers!



Questions



WORKSHOPS



EFT Tapping
w/ Jackie VanCampen



Live in Your Full Positive Power!
w/ Kim Somers-Egelsee



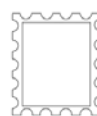
Understand Your Rhythms & Rest!
w/ Christy Funk



Healing Energy Techniques
w/ Barbara Klein-Robuck



And I Still Rise !
w/ Dr. Jeanne Michele



w/ Tara Ward



w/ Janet Moore



w/ Pattie Mercado



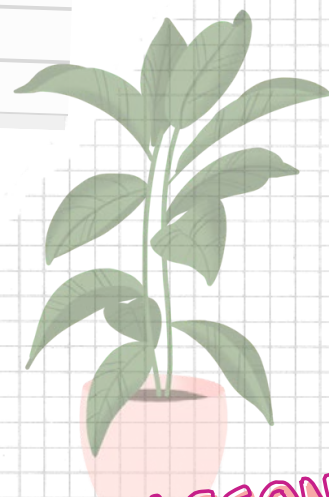
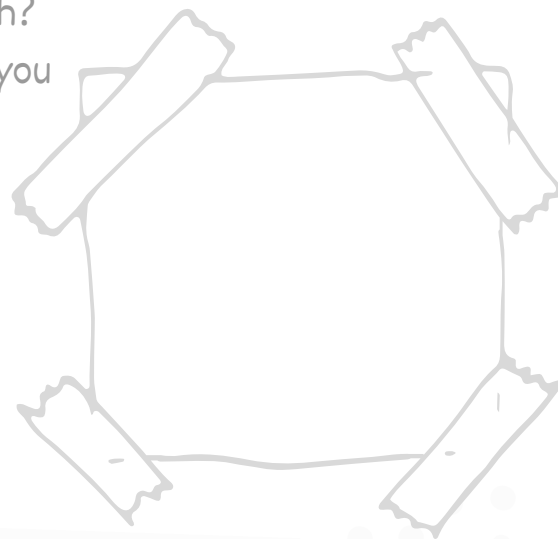
w/ Afrah Salhuiddin

Reflection Perfection! Mirror Workshop

What self-care secrets have you uncovered? What have you learned today? Who can you share these self-care tips with? What's one or two things you will do differently from what you learned today to improve your self care routine?

write your answers below:

MISSION REPORT



@WOMENSJOURNEYFOUNDATION

@WJFOUNDATION

@WOMENSJOURNEYFD



SPY RECON ACTIVITIES

Mission Self-Care: Uncovering Secrets

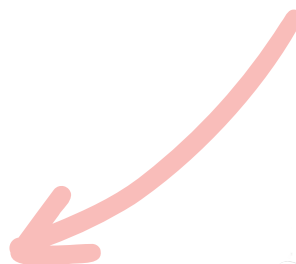
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T	I	N	I	N	L	G	N	I	P	P	O	H	S

READING
BREATHE
PAINTING
STRETCH
DANCING
DECLUTTER
SHOWER
SHOPPING
WORKING OUT
POWER NAP
JOURNALING
CHILL OUT
SINGING
MEDITATION
EAT A SNACK
HEALING
LISTEN TO MUSIC

First time at GirlsCon!	Plays a sport	Same fave color as me
Is wearing a bracelet	Has an older sibling	Has a pet
Volunteered in the last month	Likes to sing	Has broken a bone

Spy Recon

A part of being a good spy is knowing your surroundings. Talk to the girls around you to see if you can find someone that fits the following descriptions! And write their name in the box.



ACKNOWLEDGEMENTS

A BIG THANK YOU TO...

Our 2022 Speakers & Workshop Facilitators
 Our WJF Board of Directors
 WJF Youth Ambassador Council
 All of our awesome volunteers
 Monique Furuike, Marion Whitson and our WJF Event & Logistics Committee
 Yazmin Guerrero and our WJF Outreach & Fundraising Committee
 Lisa England, Melissa Karl, Natasha Meskal and our WJF Social Media, Marketing & Content Committee
 HB Center for Spiritual Living
 Center for Spiritual Living Newport Mesa
 Mark Wood Entertainment
 Our tech team- Kent Speakman and his team at Knekt TV
 Jeffrey Brown at True Market Group
 Diane Middleton
 Carl and Barbara Mosen
 Paul Williams
 for their support of the women's journey foundation GirlsCon 2022.

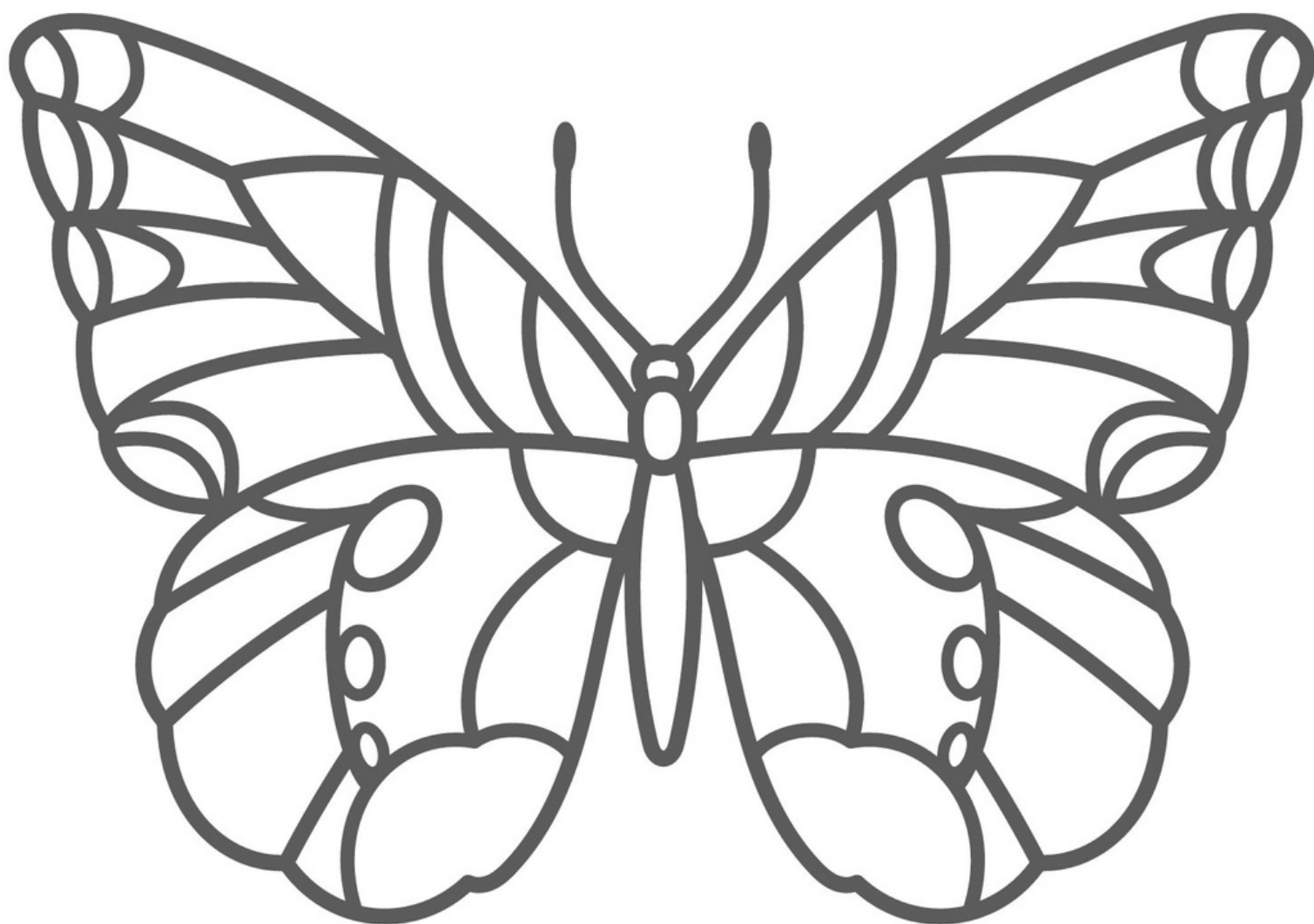
SPECIAL THANKS TO...

Patty Turrell, Founder and President WJF
 Justine Arian-Edwards, Vice President WJF
 Paulina Wodarz, YAC President
 Erica Turrell, Miguel Chicas, Laura Schultz-Irvine, CA School teachers
 DJ Prez
 Emcees: Allison van Erp, & Akshita Tripathi
 Evelyn Seidman and Reggie McNerney-Event Space Designers

Thank you for attending Girls Con 2022!



"Still I Rise"



**"Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise!"**

-Maya Angelou