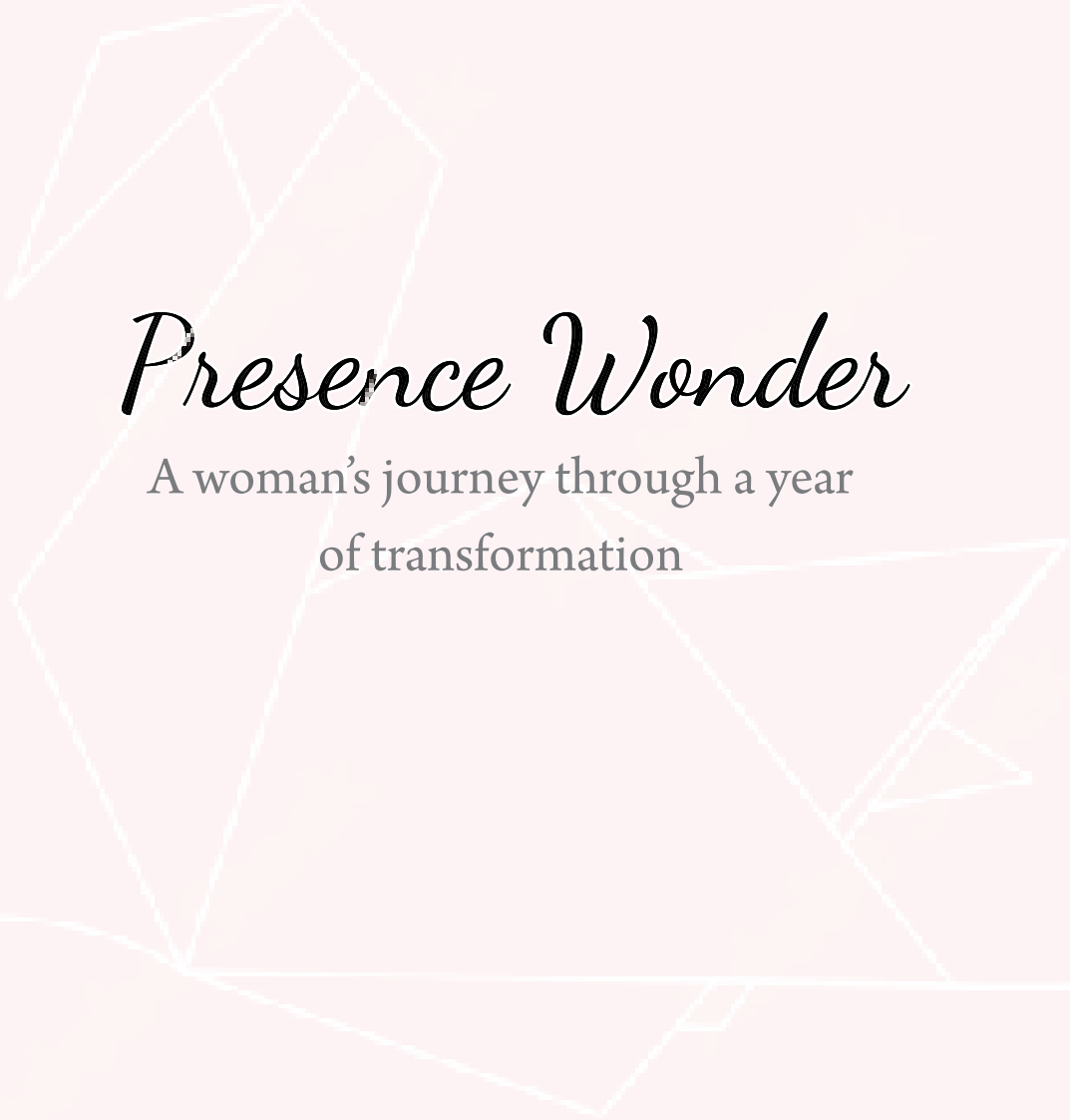


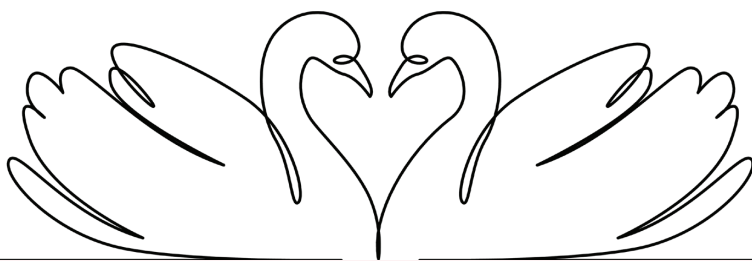
The background features a light pink color with white line art. The art consists of several overlapping, irregular geometric shapes, primarily triangles and polygons, some of which are nested within others. A single, continuous, flowing line starts from the bottom left, loops around, and extends towards the right side of the page, passing behind the geometric shapes.

Presence Wonder

A woman's journey through a year
of transformation

Dedication

This journal is dedicated to all women in the world. Women play an important leadership role in the 21st Century. As women empower themselves as Global Leaders, everyone on our planet can experience more balance, justice, and freedom.



This journal belongs to.....

Date.....

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Name.....

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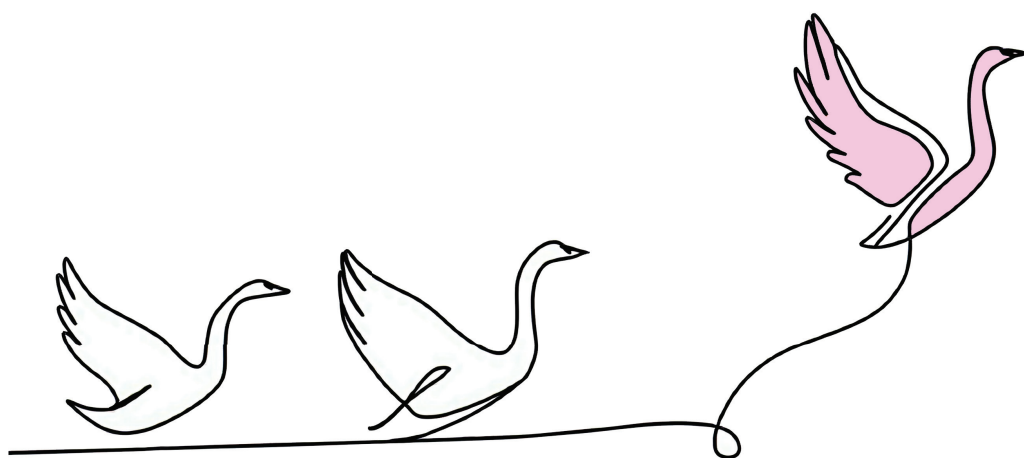


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HOW TO USE THIS JOURNAL

PRESENCE WONDER is your essential companion journal to PRESENCE WOMEN: BITE-SIZED WISDOM FOR WOMEN GLOBAL LEADERS inspiration cards. This journal is designed to educate and support you to think, live, and act as a woman Global Leader. Together with the 52 inspiration cards, this journal takes your personal growth to a whole new level: self-coaching based in wonder. Week after week and chapter by chapter, you'll experience a journey of self-discovery, empowerment, and evolution over the course of an entire year.

The *Presence Women* card deck encapsulates 10 principles of global leadership. When applied, these principles foster goodwill in all your interactions. Refer to the principles at the end of this section as you use the cards and journal to deepen your practice of global leadership.

Beyond just learning the principles, you also will be supported in this journal to express yourself through writing, reflecting, coloring, sketching, and noting development that results from applying the *Presence Women* cards in your daily life. Prompts in each chapter easily guide you in self-coaching to enhance your use of the cards. This journal also includes wonder-based activities, as well as a final self-assessment, to track your growth through a year of transformation.

Journaling is a great way to be present to yourself. Writing things down is a powerful way to embody your inner world and your outer life. Journaling can lead to breakthroughs for you. Countless studies show the benefits of journaling to live more fully into your potential.

These benefits include

- Increase focus and awareness
- Improve self-esteem
- Enhance creativity
- Reduce stress and anxiety
- Manage your emotions
- Improve communication and interactions with each other, and
- Achieve your goals.

DISCOVER THE POWER OF WONDER AND PRESENCE

Wonder is a state of heightened awareness that brings joyful movement to your everyday life and unifies your mind, emotions, body, values, and beliefs. Presence is a state of engaging fully in the moment, feeling unified in yourself, and feeling alive and free. Wonder helps you connect with your soul, enhance your presence, and develop your potential. In this journal, you will find enriching nature-based and other activities, as well as a meditation series, that develop your sense of wonder.

Recent studies show the benefits of developing wonder in your life, including

- Improve your satisfaction with life
- Maintain well-being
- Help you think more critically
- Increase your sense of belonging and connection, and
- Expand your perspective.



Learn, Reflect, and Unveil Wonder

This journal provides a variety of activities that connect you more deeply to each of the 52 concepts in the Presence Women card deck. Prompted exercises and questions for reflection will help you step into a new mindset: living the powers and principles of a woman Global Leader. Other activities help you to focus, gain clarity, and explore your own insights as you create positive results in your life.

EXERCISES AND QUESTIONS FOR REFLECTION

Each chapter in this journal begins with a concept from the *Presence Women* card deck. Short exercises take you further into the concept and give you actionable practice to implement the concept in your life. Following the exercises, meaningful questions help you to reflect on the concept and record your thoughts and insights.

UNVEILING WONDER: NATURE-BASED AND OTHER ACTIVITIES

Our inspiring Unveiling Wonder series leads you through fun, nature-based activities and other experiences to develop your sense of wonder.

EXPLORE MORE: GET INSPIRED, COLOR, AND RECORD INSIGHTS

To enhance your transformation, we provide pages with inspirational quotes, as well as beautiful art to color swans in iconic locations around the world. Coloring is a great way to develop focus and presence. You'll also find additional ruled pages to jot down insights about how you might improve your leadership.

WONDERINGS: WONDER YOUR WAY TO BREAKTHROUGHS

Blank Wonderings spaces allow you to express yourself freely. Use this space to doodle, write a poem, or draw an inspiration that illuminates your use of the *Presence Women* cards and this journal. Get even more creative as you practice global leadership in your daily life.

MOMENTS OF WONDER: GUIDED MEDITATIONS BASED ON THE WATER ELEMENT



Move deeper into the beauty of transformation with our meditation series, Moments of Wonder. Enjoy 52 short, downloadable meditations with inspiring words, beautiful visualizations, and vitalizing water sounds recorded in nature in southwestern Australia. Discover calm and clarity as you develop as a woman Global Leader. Scan the QR code at left to access the playlist of meditations.

Disclaimer: GEI Global Leaders provides our meditations as an aid for self-improvement, relaxation, and decreasing stress. Meditation does not constitute a replacement for medical or psychological treatment, and GEI Global Leaders neither expresses nor implies any claims to the contrary. Although many studies show the benefits of meditation, more recent studies also highlight some adverse effects, most commonly anxiety and depression. Anyone meeting the conditions listed below should not use our meditations without first seeking medical advice:

- Epilepsy sufferers
- Pregnant women
- People who wear a pacemaker
- People prone to seizures
- Do not use our meditations while under the influence of alcohol or other mood-altering substances
- Do not listen to our meditations while driving or operating machinery

YOUR YEAR IN WONDER AND PRESENCE: MAPPING THE JOURNEY BACK TO YOURSELF

At the end of this journal, you can track your evolution after your year of wonder and presence. Use our detailed self-assessment to gain actionable insights about your progress. Take time to celebrate yourself! You're developing into a powerful woman Global Leader.

Ten Principles of Global Leadership.....

1. I and everyone has the ability to become a Global Leader simply by declaring to be one, and then acting from that place of being.
2. I honor the spirit in all people—their gifts, skills, and energy.
3. I understand that leadership is an equal giving and receiving proposition.
4. Leadership results from the interaction within a relationship where the gifts, skills, and energies of all people are honored, appreciated, and used.
5. I assume a leadership role by helping individuals cultivate their uniqueness through dialogue so that the individual and the organization benefit.
6. I know that the overall success of any project requires an agreement of the stated goals and objectives by all people involved; I see conflict simply as an expression of a larger option wanting to emerge.
7. I understand that in true partnership, our individual and unique spirits matter.
8. I support the highest in myself and others. I am concerned with those qualities of the human spirit such as love, compassion, patience, tolerance, forgiveness, contentment, and a sense of personal responsibility and harmony.
9. I am willing to be responsible for maintaining faith, hope, and a spirit of cooperation.
10. I take personal responsibility for making a positive difference in all of my interactions.

Abundance

The Universe's natural state is Abundance. Gratitude and positive expectation help you to connect to this river of plenty. When you do so, you can experience an effortless flow of livelihood and well-being.

EXERCISE: Designing Your Abundant Life



Abundance flows when you get clear on what you truly want. This exercise helps you envision your ideal life and open the door to limitless possibilities.

Step 1: Envision Your Ideal Life. Close your eyes and imagine yourself one year from now, living in total abundance. Everything you desire flows effortlessly into your life. Write down your ideal vision for each of these eight major areas:

- *Finances:* What does financial freedom look like for you? What income, savings, or investments do you have? _____

- *Career/Work:* What fulfilling work are you doing? How does it impact your life and others? _____

- *Relationships:* Who surrounds you? How do these relationships uplift and support you? _____

- *Health/Fitness:* How do you feel in your body daily? What does vibrant health mean for you? _____

- *Free Time/Fun:* What hobbies, adventures, or experiences bring you joy? _____

- *Personal/Spiritual Growth:* What practices expand your mind and soul? _____

- *Possessions:* What meaningful things enhance your life? _____

- *Contribution:* How do you give back or make a difference? _____

Step 2: Align with Gratitude. For each area, list one thing you already appreciate that aligns with your vision. Gratitude amplifies abundance and attracts more of what you desire. Refer to this list daily.

Reflections on Abundance

As a woman Global Leader, it's important to connect to the natural state of Abundance. Think of an area of your life in which you would like to experience more abundance, and then answer the questions below.

What would a typical day look like for you, and why is that important?

1

How would living abundantly change your outlook on life?

2

What limiting beliefs about scarcity or worthiness are you holding onto, and how can you shift them toward an abundance mindset?

3

Could you live abundantly now—including experiencing feelings of gratitude—even though all eight categories in the previous exercise are not fulfilled yet?

4

Unveiling Wonder

Find a safe, quiet place outdoors where you can watch a sunset. As the sun drops behind the horizon, allow yourself to feel connected to the sun and to all life on Earth. Feel grateful for all the Abundance.

Record any revelations, insights, and inspirations below:

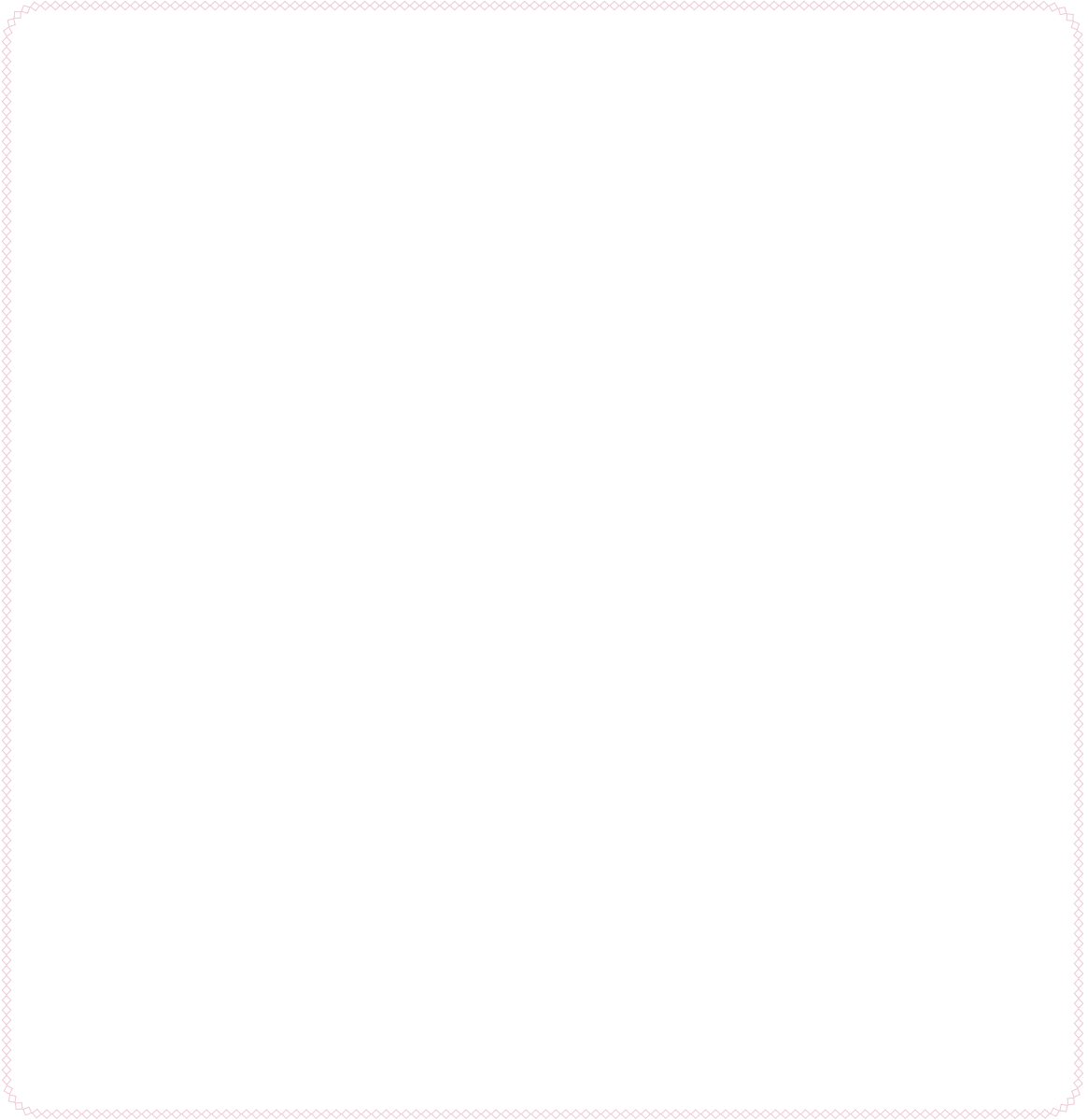
{Immersing yourself in the beauty, complexity, and serenity of the natural world helps you experience more wonder. Wonder helps you to unify your internal states of existence, bring joyful movement into your everyday life, and become more effective as a woman Global Leader.}

"Abundance is a primary gift from the Universe, a river of plenty that overflows with limitless bounty."



Wonderings

Use this space to draw, doodle, or record any additional thoughts or feelings that illuminate your understanding of Abundance.



Meditation

Enjoy Moments of Wonder, a meditation series at

<https://soundcloud.com/gei-global-leaders>



Acting

Acting allows you to realize your feminine purpose and honor it. It's important to act from your authenticity. Being authentic gives you the capacity to act with more spontaneity and awareness to meet challenges.

EXERCISE: Take the Next Most Obvious Step



Acting in alignment with your values, emotions, and inner wisdom will propel you to success. Yet, too often, we hesitate, overthink, or wait for the “perfect” plan before taking action. Instead, progress happens when you take the next most obvious step that aligns with who you truly are.

Step 1: Tune into Your Authentic Self. Take a deep breath and reflect on an area of your life where you feel disconnected or uncertain. Ask yourself these questions and record your answers:

What do I truly want in this situation?

Where am I out of alignment—acting from fear, obligation, or external pressure rather than my truth?

Step 2: Identify the Next Most Obvious Step. Now, shift your focus to action. What small, clear step can you take today that moves you toward greater authenticity? It might be speaking honestly, setting a boundary, or making a decision based on your inner wisdom rather than outside expectations.

Step 3: Take the Step. Courage comes from action. Take the step, no matter how small, and notice how it feels to move in alignment with your values, emotions, and inner wisdom. Are you clearer now about how to accomplish what you want? Are you more confident after taking this action? Record your answer below:

Do you have more clarity about your leadership role (if any) by taking this step? Record your answer below:

Reflections on Acting

Taking the next most obvious step is a practice in trust—trusting yourself, your desires, and the process of growth. Use the questions below to reflect on your experience in the previous exercise and deepen your connection to authentic Acting.

What did you learn about yourself by taking the next most obvious step?

1

How did taking this step bring you closer to alignment with your authentic self?

2

Where in your life are you acting out of habit or external expectation rather than from your deepest, most authentic intentions?

3

What is the next most obvious step you can take now to continue moving forward?

4

Unveiling Wonder

Engage in a new hobby or study a new subject. The excitement of discovering new knowledge or skills can ignite your sense of wonder and authentic Acting. Record any revelations, insights, and inspirations below:

{Inviting wonder into your life often involves shifting perspectives and being open to new experiences. Wonder helps you feel engaged with life, maintain a state of flow, and become more effective as a woman Global Leader.}

Explore More

Coloring is a joyful activity that harmonizes your inner thoughts and emotions. From this place, you can clarify your intentions and Act more easily. Get out a box of crayons, colored pencils, or markers, and enjoy a moment of presence by bringing out more beauty in the swans below.



Wonderings

Use this space to draw, doodle, or record any additional thoughts or feelings that illuminate your understanding of Acting.

Meditation

Enjoy Moments of Wonder, a meditation series at

<https://soundcloud.com/gei-global-leaders>



Balanced Exchange

Balanced Exchange creates interdependent relationships that express phases of action and expression, as well as reflection and allowing. Balanced exchange builds struggle-free dynamics. Ultimately, balanced exchange leads to a pure flow of feminine wisdom in your life.

EXERCISE: The Rhythm of Giving and Receiving



Cultivate a flow between action and reflection, giving and receiving, to create harmonious relationships.

Step 1: Identify an Imbalance. Reflect on a relationship (personal or professional) where the exchange feels one-sided or strained. Ask yourself: *Am I over-giving or over-receiving? Am I always leading, or always following?* Record your answer below:

Step 2: Tune into the Natural Rhythm. Imagine this relationship as a dance. Every dance has moments of movement (action, giving, expression) and moments of pause (reflection, allowing, receiving). Ask yourself: *Where can I soften or step forward to restore flow?* Record your answer below:

Step 3: Shift Your Approach.

- If you tend to over-give or over-lead, practice allowing: Listen more, ask for support, or trust others to take the lead.
- If you tend to hold back or over-receive, practice expressing: Speak up, initiate action, or contribute in a new way.
- Create a small intention: Today, I will adjust my energy in this relationship by _____

Observe and Adjust. Pay attention to how the relationship shifts when you create more balance. Check in with the other person. Ask: "Is there more ease and flow? Do both of us feel more valued and free?" Record your answer below:

Reflections on Balanced Exchange

Balanced Exchange allows relationships to breathe, preventing burnout, resentment, or stagnation. Reflect on the questions below to discover more about how you are developing as a woman Global Leader, whose connections are effortless.

In your relationships, do you tend to give more, receive more, or flow naturally between both?
How does this impact the dynamic?

1 _____

Where do you feel resistance—either in expressing yourself or in allowing others to take the lead?
What does this reveal about your needs or fears?

2 _____

How did adjusting your approach in the previous exercise (either giving more or allowing more) change the energy of the relationship? Did it create more ease?

3 _____

How can you create more space for others' perspectives, experiences, and needs in your relationships, while still honoring your own?

4 _____

Unveiling Wonder

Participate in seasonal changes. Experiencing the transitions between seasons—from the blooming of spring to the crispness of autumn—can highlight the beauty of change and the Balanced Exchange of life. Record any revelations, insights, and inspirations below:

*"Balanced Exchange is a currency of value
between you and others."*



YOUR WELL OF WONDER

Review your lists of ratings on the previous page. What concepts are the ones in which you rated yourself a 5? These are concepts in which you already have developed advanced capabilities. Thus, you don't need to continue to work on the application of these concepts, unless you choose to evolve to an even higher level of effectiveness.

What concepts are the ones in which you rated yourself a 1, 2, 3, or 4? These are concepts that you can continue to develop as you strive to become more effective as a woman Global Leader.

In the space below, write down the concepts that you want to focus on to develop your leadership further.

Now answer these questions as you continue to assess your progress throughout the year.

What were your Top 3 highlights?

1.

2.

3.

What strengths did you discover in yourself this year?

What are you most looking forward to in the coming year?



YOUR WELL OF WONDER. CONT.

To continue strengthening your leadership year after year, you can order a new copy of *Presence Wonder* self-coaching journal and work through the concepts that you identified on the previous page as areas for your growth and development. In addition, continue to work with the companion card deck, *Presence Women: Bite-Sized Wisdom for Women Global Leaders*.

These tools make for lasting resources for you in your journey of evolution and transformation as an exceptional woman leader. Empower the global movement of women leaders worldwide. Be a woman Global Leader. Goodwill in Every Interaction.



Scan the QR code at left to order more journals and card decks.
Or visit livingasagloballeader.com



ABOUT PRESENCE WONDER

PRESENCE WONDER: A WOMAN'S JOURNEY THROUGH A YEAR OF TRANSFORMATION was created by a diverse team of women across different regions, countries, and cultures. Each informed this project with unique wisdom and expertise.

About the Coauthors and Team



Janet Switzer, coauthor. Janet is the *New York Times* bestselling coauthor of *The Success Principles* book series and, for the past 30 years, has inspired countless individuals around the globe to unlock their personal potential in the areas of leadership, business, philanthropy, innovation, the arts, and more. She empowers readers to embrace their strengths, develop productive new habits, trust their instincts, and transform their lives through proven strategies and research-supported behaviors. *Presence Women* is her latest offering to millions of readers who are inspired to pursue their dreams and achieve at their fullest potential.



Laura L. Brown, MS, coauthor. Laura is the founder of GEI Global Leaders. She is a global thought leader, author, and management consultant focused on Global Leadership models and practices, and transformational communication tools and resources. Laura is a member of the World Intellectuals' Wisdom Forum, based in La Creuse, France. She also is a member of The Peace Alliance National Department of Peacebuilding Committee, where she advocates in the US Congress for a historic, Cabinet-level Department of Peacebuilding.



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Leila Eden, design. Leila specializes in storytelling. Through her studio Leila Eden Soulful graphics, she partners with visionary individuals and conscious businesses to interpret their unique visions and values, translating them into authentic, purposeful design solutions. Leila's work helps bring clarity and form to ideas that matter, creating thoughtful designs that resonate deeply and reflect true intention in form.

About GEI Global Leaders:

For more information, please visit livingasagloballeader.com.

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ISBN: 978-1-300-36832-8

USD \$39.99

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