





Spiral Journal

Calmly prepare for the work ahead while sharpening observational precision. Inspired by
Lynda Barry



Draw a continuous
spiral as slowly & tightly
as possible



**One thing
going well at
work**



**One thing
going well at
work**

**What
motivates you
at work?**



**One thing
going well at
work**

**What
motivates you
at work?**



**What are you
great at?**

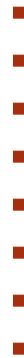
**One thing
going well at
work**

**What
motivates you
at work?**



**What is your
purpose?**

**What are you
great at?**

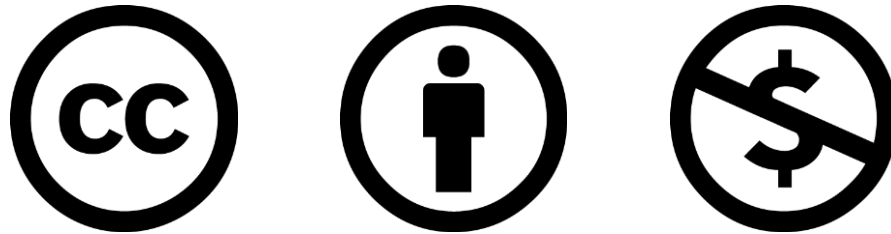


Pairs (2 mins)

Review your ideas together. Each person needs to select one from their list. Help each other figure out which one.



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**You can use 'em, you can share 'em,
but you can't sell 'em**

Slide content adapted from materials developed by Keith McCandless
Most photographs by Keith McCandless, Fisher Qua, and others as noted