

**Allstate**<sup>®</sup> *presents*



# African American Women on Tour

SM

*A special gift from*

**JCPenney**<sup>®</sup>



(Name)

***As my Gift to Me, I will Honor my  
Dreams,  
My Divine Purpose in Life.***



**R**emember the “Dream Diaries” of our childhood, crammed with our secrets, hopes, dreams and frustrations?

We guarded those precious pages as they contained our innermost thoughts on who we were, who we thought we were and who we wanted to be.

Now, all grown-up, with responsibilities and “to do” lists, we invite you to bring back your little girl. Allow her to scribble, map, create, dream and visualize your divine place on this earth. Then, “Name it, and Claim it,” as preached by Jewel Diamond Taylor at many AAWOT conferences. Take action, give it life and nourish it! It’s yours, because it’s in your heart, my Sister.

As you begin this journey, start by sharing some of your journal space with other AAWOT sisterfriends. Exchange names and phone numbers and “Capture the Dream” of Sisters you feel a special energy with. Just say, “I feel touched by your energy; please share a dream, affirmation, thought (whatever) with me.” Don’t be shy. Go ahead, girl! Step out on faith!

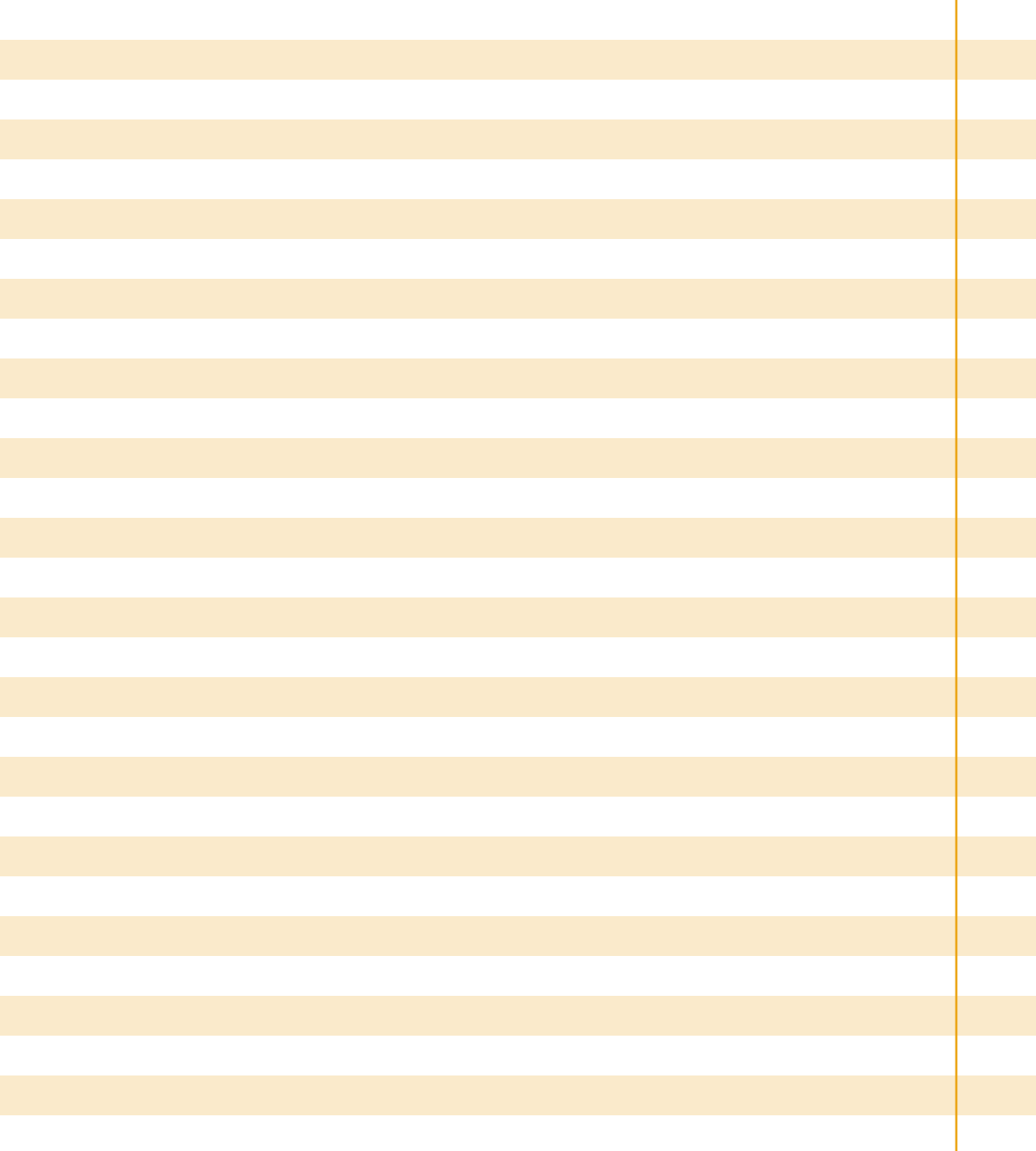
This Dream Journal is humbly presented to you by JC Penney and the crew of African American Women on Tour. We’ve shared some of our personal affirmations to help you stay on your path and on task.

Always with love, peace and prosperity,

*Maria*

Maria Denise Dowd  
Executive Producer





*"Listen to my inner voice."* — Maria Montessori



*"I see beyond all illusions."* — *Shquestra Sitawi*





*“Everything I need for my peace of mind is in my mind!”*  
— Djenaba Faal

*“Be the ‘smaller’ person this year...choose your needs over everyone else and you’ll be a bigger person for them in the end.” – Charla Franklin*



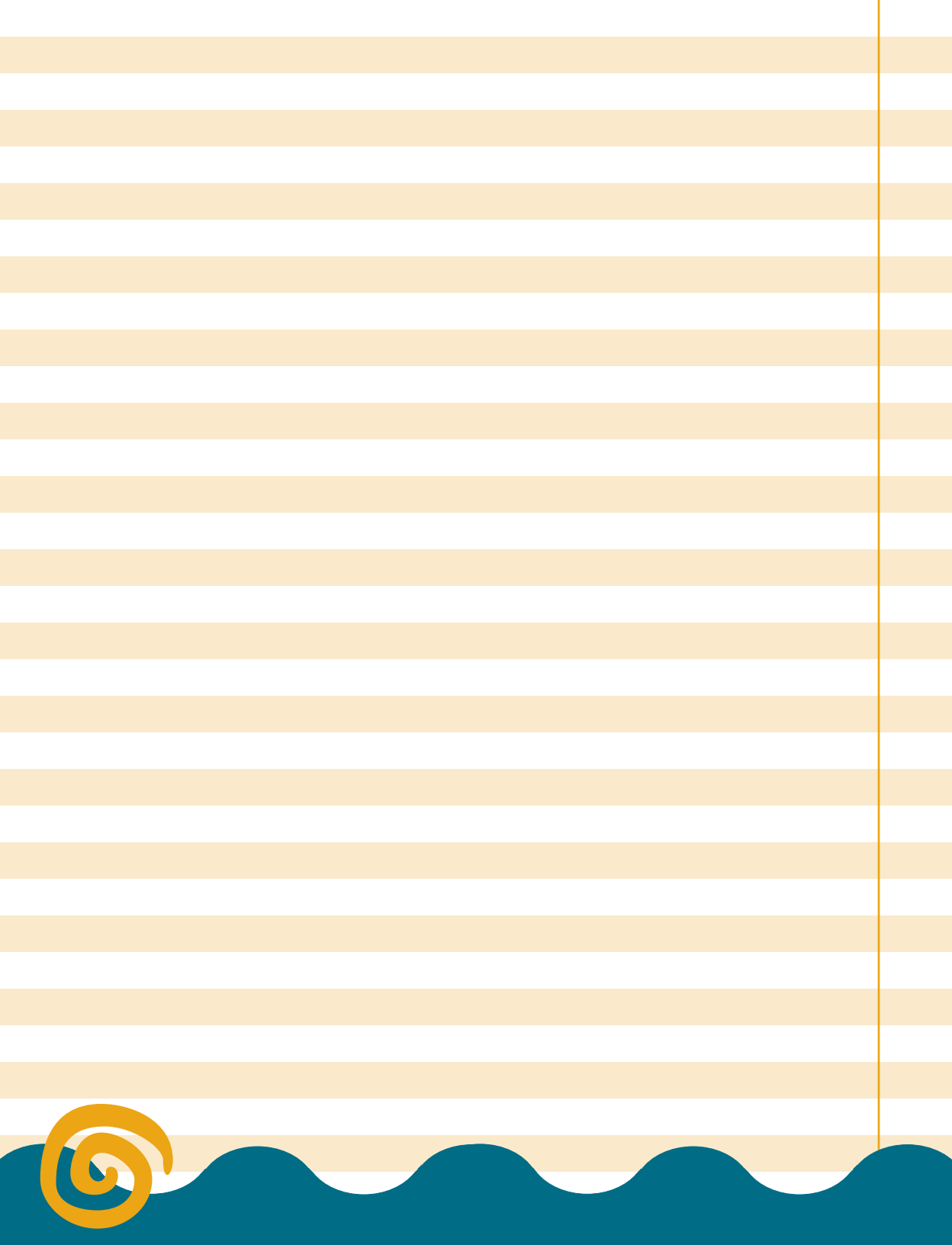


*“When someone says I can’t do it, I take a deep breath,  
say a little prayer and respond with... Watch me!”*

*— Sarah Akinfosile*

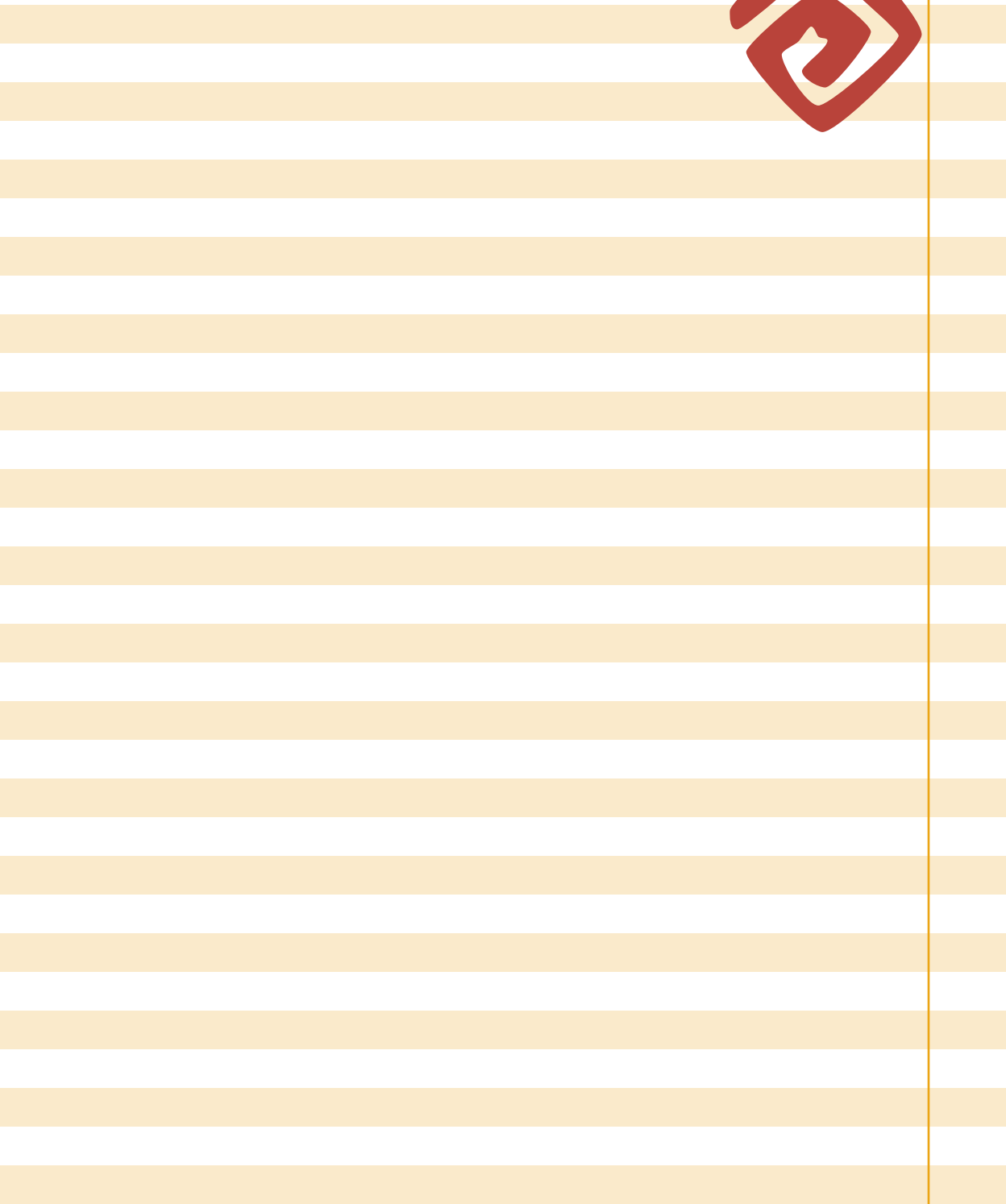


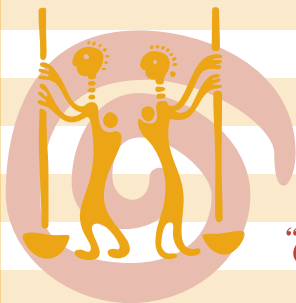






*“Stay in the Light.” – Jewel Diamond Taylor*

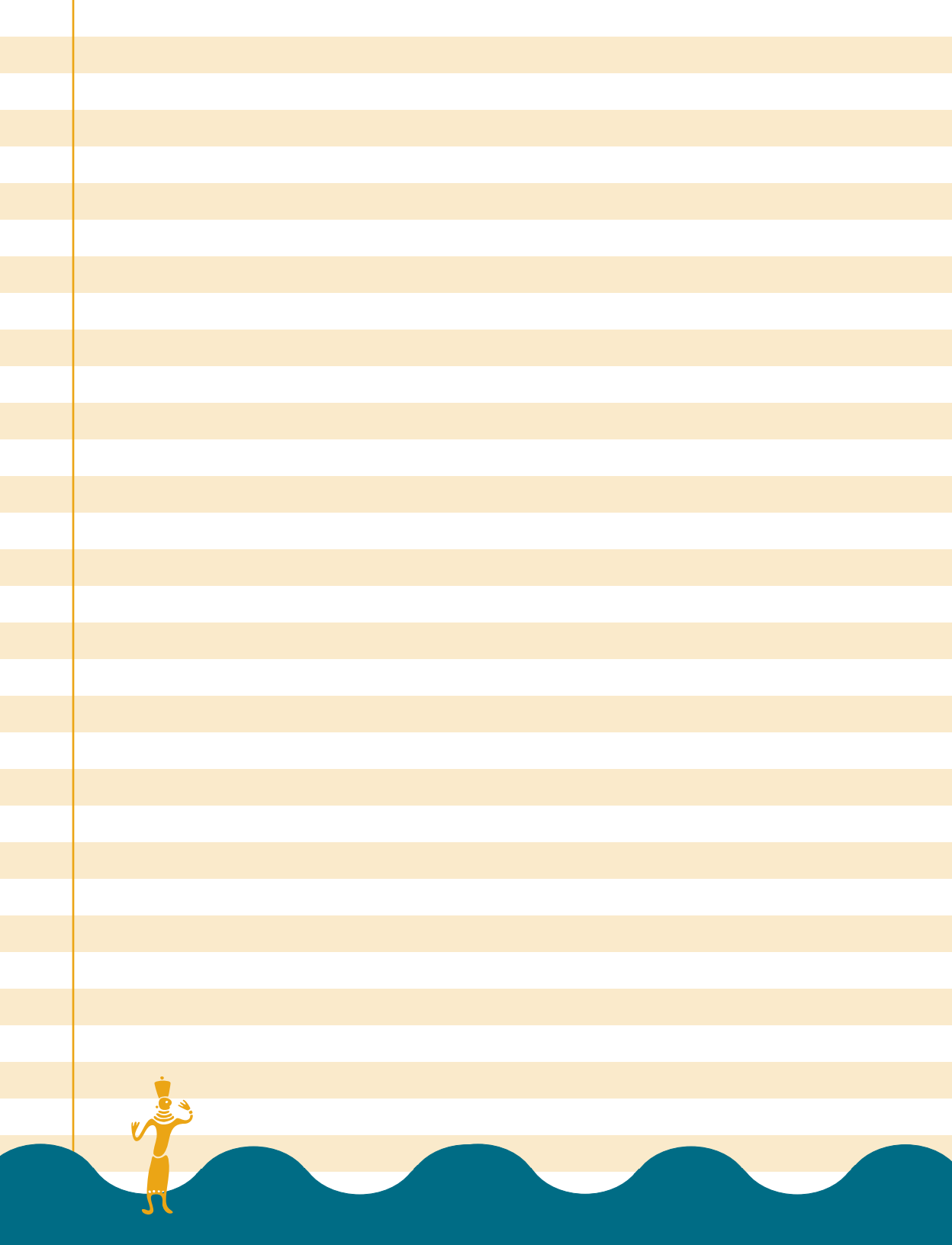




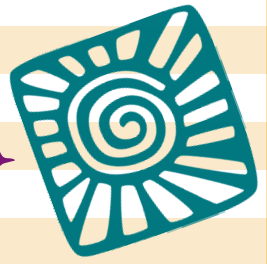
*“Everything in life is negotiable.” – Maria Denise Dowd*

*“Leap and the net will appear.”*  
– Kemetiic Proverb from Shquestra Sitawi

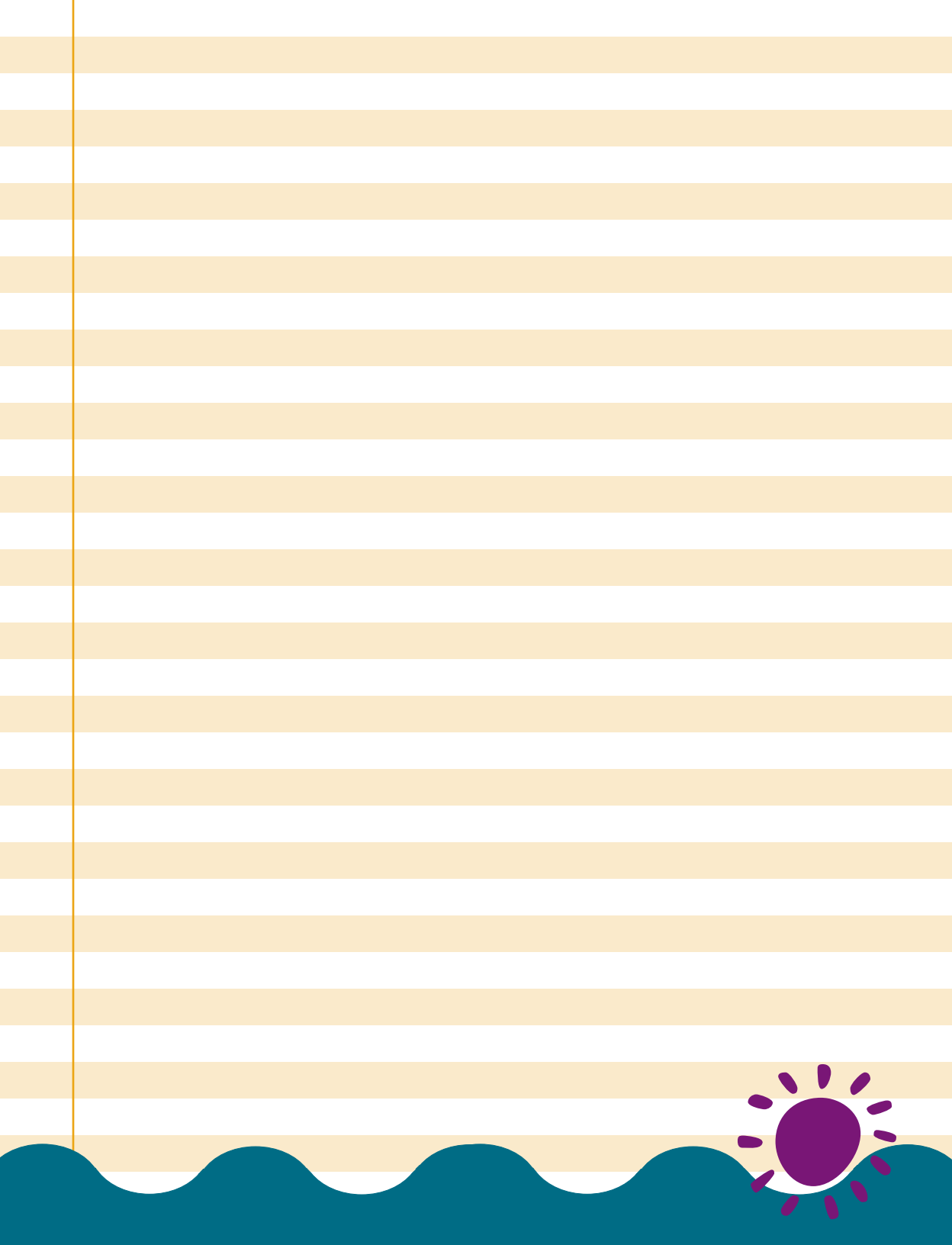




*“Imagine, focus...let it be.”*  
*— Jacquelyn Hughes Mooney*

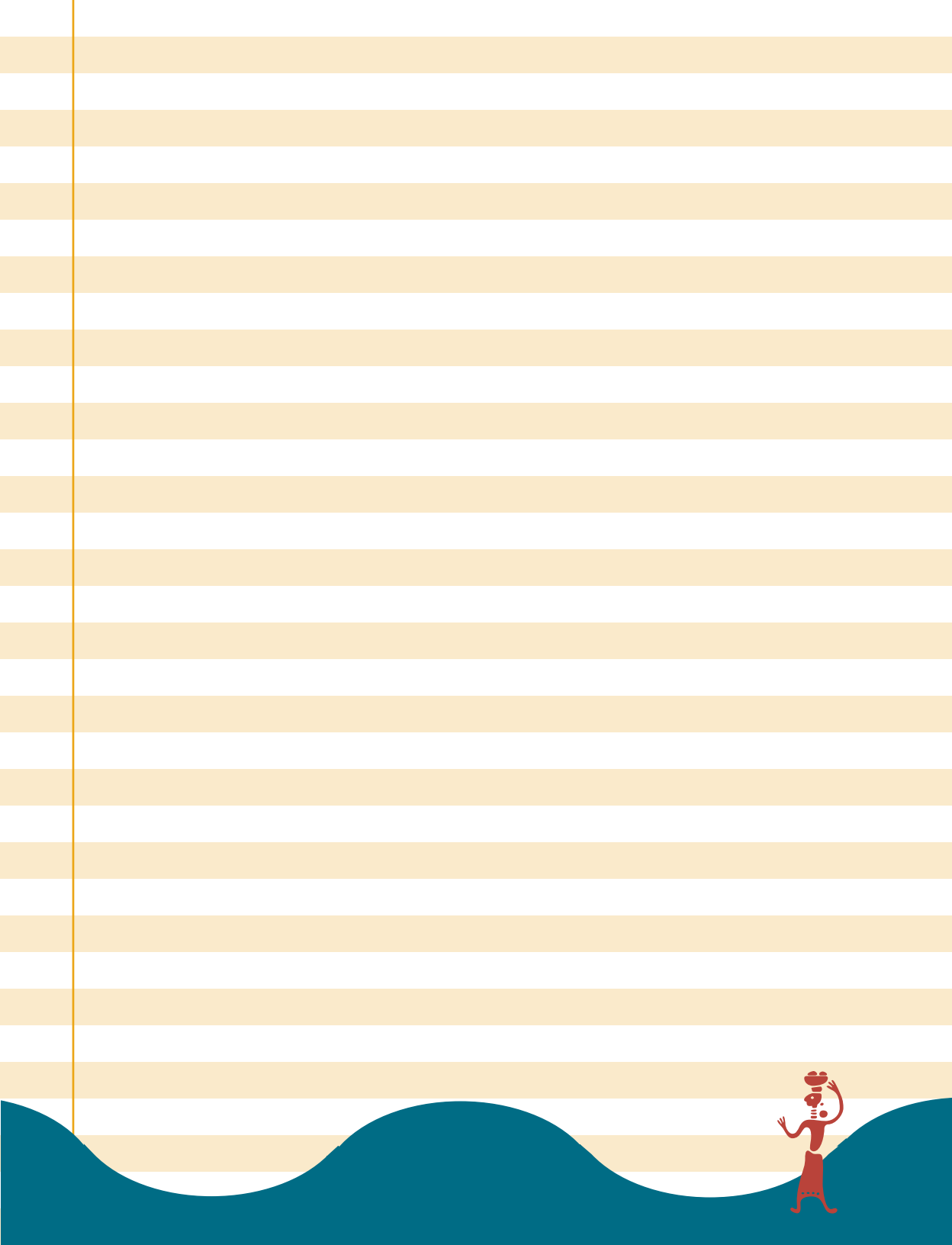




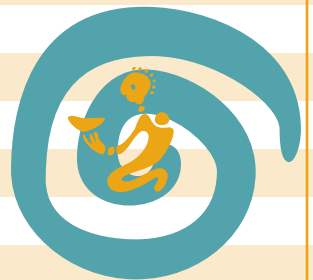




*“If you are too busy to pray, you are too busy.”*  
— Deborah Martino



*"I am an innovative and disciplined force."*  
— Maria Denise Dowd





*“To change your mood or mental state, change your vibration.”*  
*— Kemetic Proverb from Shquestra Sitawi*

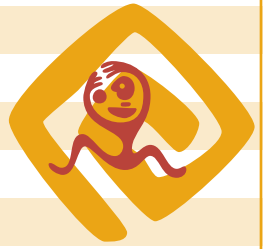




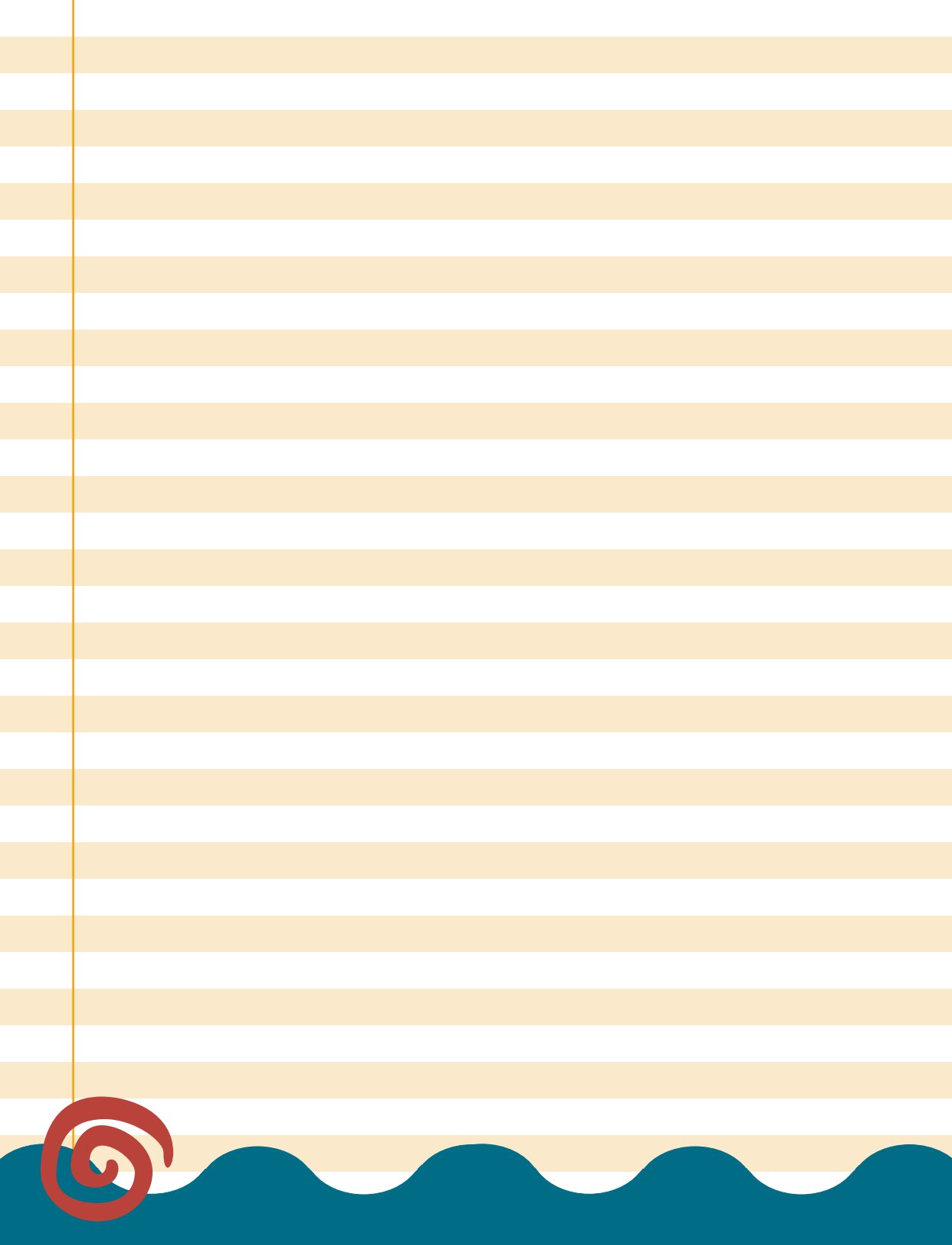
*“I choose to have positive thoughts, attitude and energy.”*

*— Emily Gunter*

*“As I walk on my path I know that the  
Creator has provided me with the entire  
universe as a tool to work with.”*  
— Djenaba Faal

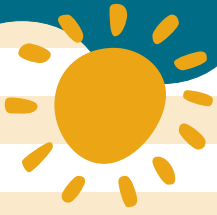


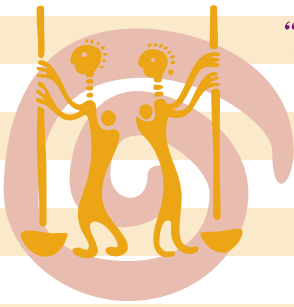






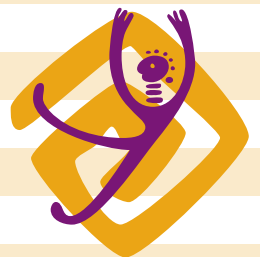
*“Don't sit on your assets.” – Jewel Diamond Taylor*

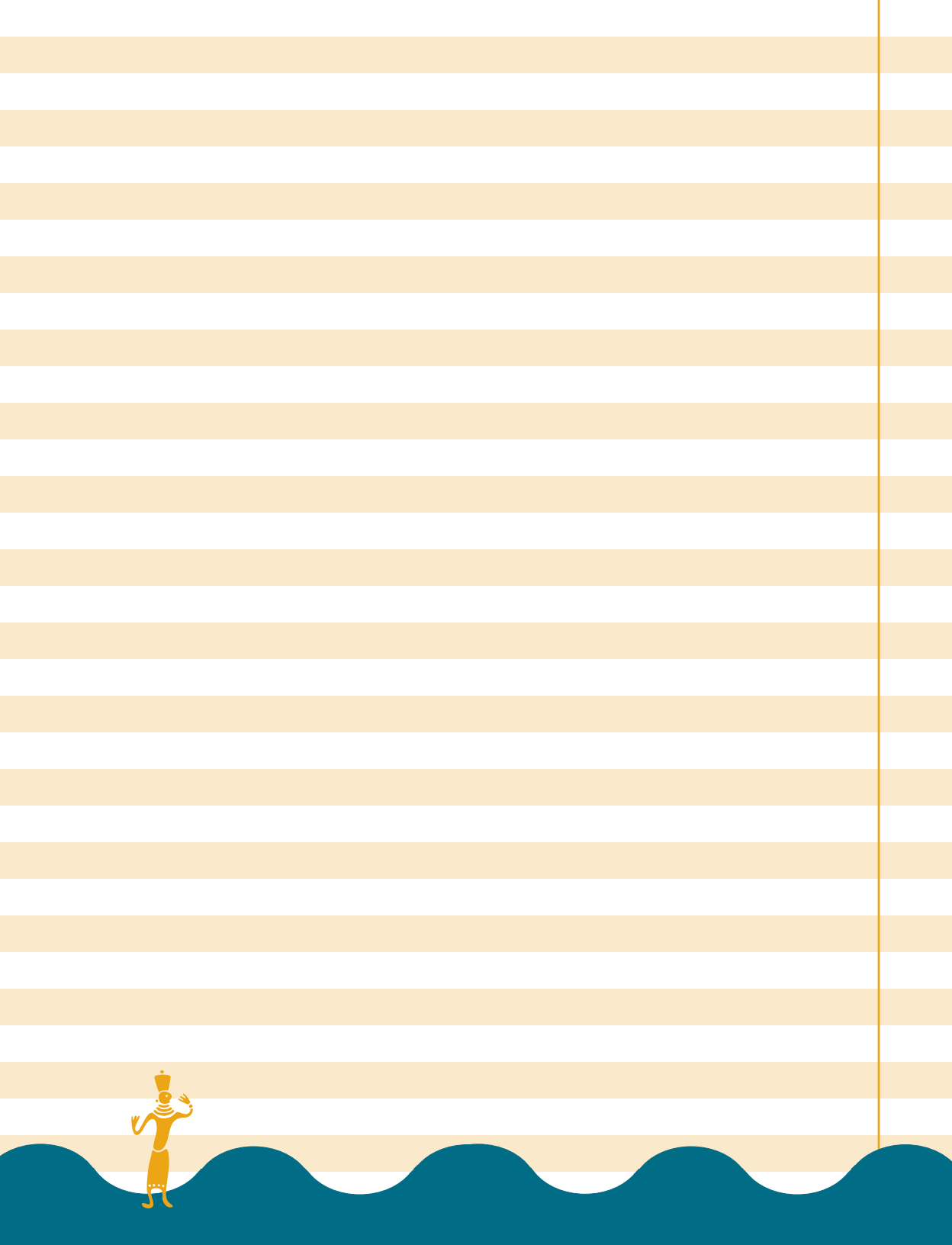




*“Be quick to listen and slow to  
speak. . .you will learn a lot.  
— Deborah Martino*

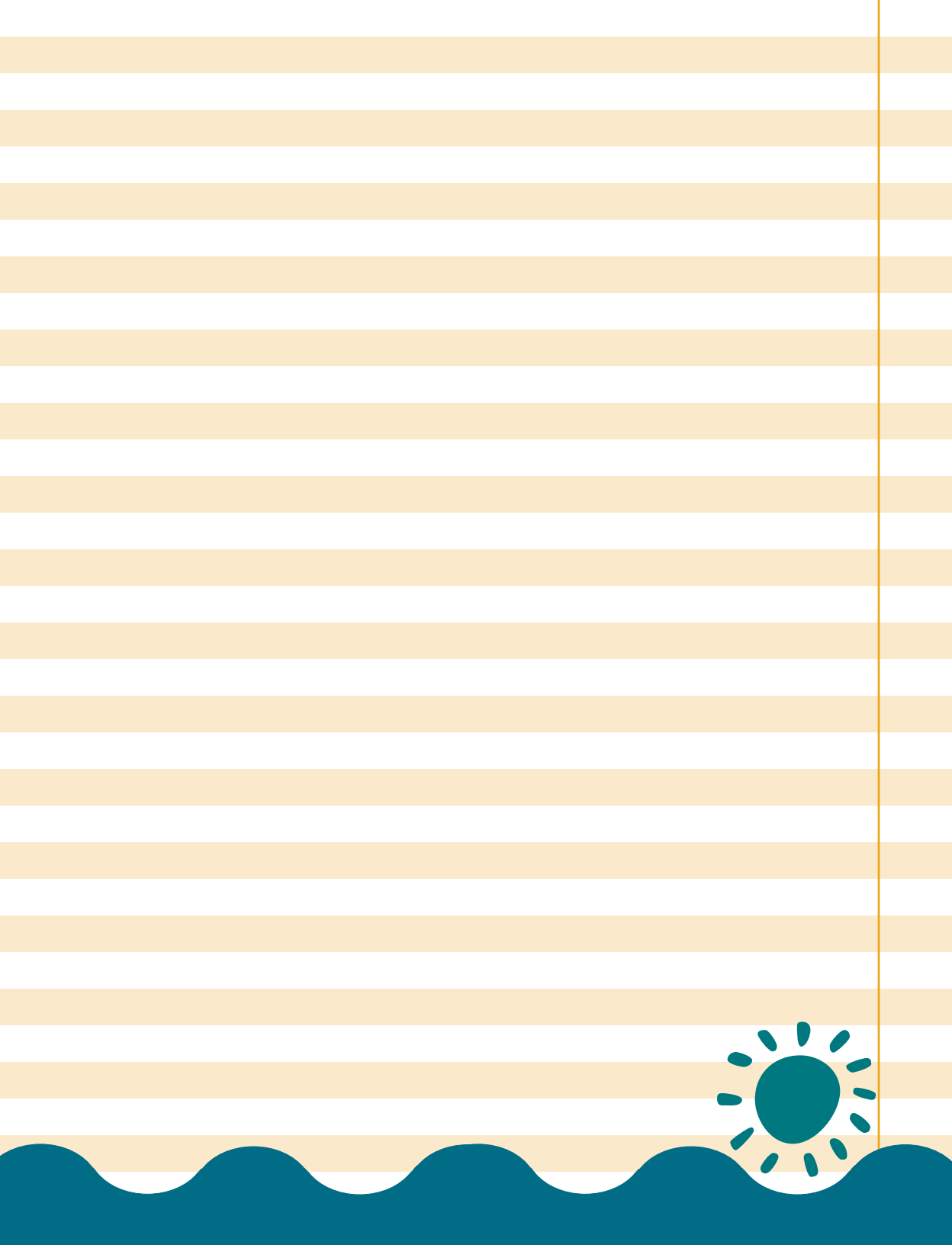
*“The main thing is to keep  
the main thing the Main Thing!”  
— Jewel Diamond Taylor*





*“I choose to heal myself first  
by staying in the Loving Light of God.”*  
— Emily Gunter



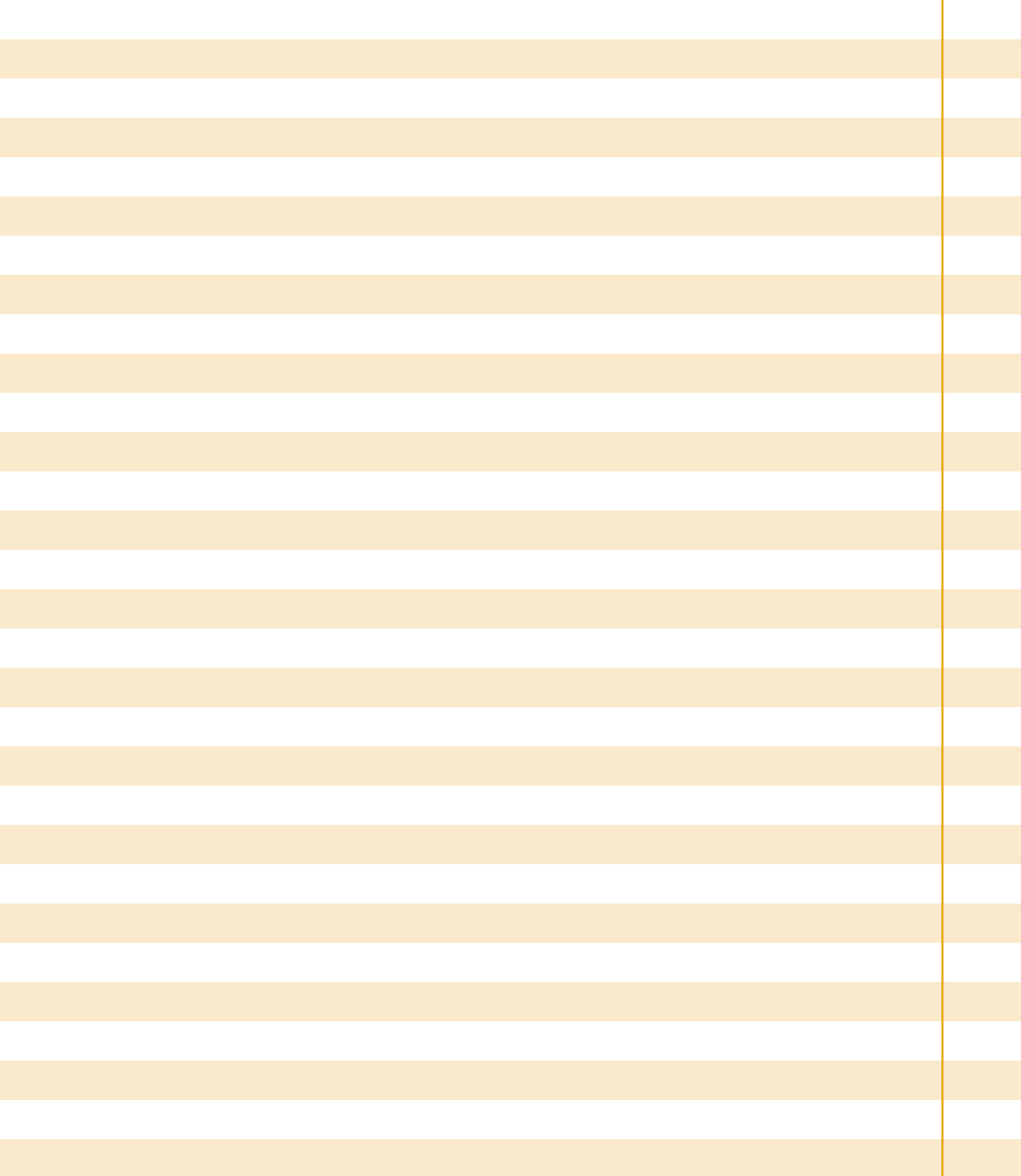






*“The entire universe works for my betterment.”*

*— Djenaba Faal*



*“Let your first conversation in the morning and  
your last conversation at night be with God.”*  
— Deborah Martino

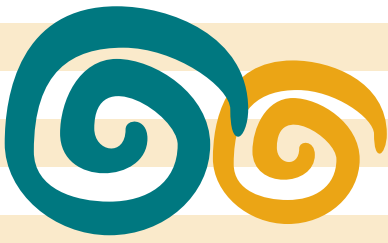




*"I am choosing to have a balanced life NOW."  
— Emily Gunter*

*“For everything there is an appointed time.”*  
— Jacquelyn Hughes Mooney





*“I choose to live with clarity.” – Emily Gunter*

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TRENDS  
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