



THE JOURNEY PRISM MANUAL

THIS IS A COMPANION TO THE BOOK – “*LETTER TO MY CHILDREN*”

LETTER TO MY CHILDREN – A LIFE JOURNEY AID

Letter To My Children is a "Life Journey Aid" that serves as a personal development guide that integrates faith, philosophy, and self-reflection. Your life is not a rigid, pre-written script but rather an evolving journey that requires intentional choices, regular reflection, and commitment to personal growth while respecting and/or serving others. By using the included “Journey Prism”, you can assess your priorities, refine your daily habits, and live with greater clarity and intention. This "Life Journey Aid" encourages humility, adaptability, and integrity, helping you to navigate life with wisdom, responsibility, less stress and a greater sense of purpose.

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Journey Prism—What It Is and Why It Matters

The **Journey Prism** is repeatable self-assessment tool that turns the vague notion of “living intentionally” into a concrete, visually mapped plan. By listing **what matters most (Column 1)**, **what you actually do (Column 2)**, and the **specific outcomes you want (Column 3)**, you create a living snapshot of how well your daily habits serve your deepest values—and where they don’t. Annual or semi-annual updates help you to course-correct as life evolves, preserving focus without stifling flexibility.

How to Build Your Own Prism (in brief)

1. **Brain-dump your priorities** – Write nouns that capture people, ideals, or resources you refuse to neglect (e.g., *health, integrity, family legacy*).
2. **Audit your time** – List regular actions, from “respond to e-mails” to “evening walk.” Include aspirational habits you wish to start.
3. **Name the finish lines** – Convert each priority into a measurable target: finish a half-marathon, earn a PMP, fund a college account.
4. **Draw connections** – Pencil lines from priorities → activities → goals. Gaps reveal habits that need adding or pruning.
5. **Craft mission & vision statements** – Use the “noun–verb–outcome” flow to draft a concise *mission* (how) and an inspiring *vision* (why).

Built-in Reflection & Metrics

The manual proposes simple tracking indices—Value Alignment, Activity Effectiveness, Relationship Quality, and SMART goal scores—so progress is visible, not wishful. A quick daily log, weekly review, and deeper monthly/quarterly check keep data lightweight but actionable.

Three Fast Use-Cases

Persona	How They Use the Prism	Example Outcome
Early-career engineer feeling unfocused	Lists <i>Career Growth, Continuous Learning, Family</i> , then maps daily doom-scrolling vs. evening Coursera lessons.	Replaces 45 min social media with a nightly Python course; earns AWS cert in 6 months.
Mid-life wellness seeker managing stress	Prioritizes <i>Health and Peace of Mind</i> ; sees few Column 2 items support them.	Starts 20-min morning yoga and swaps energy drinks for water—Value Alignment score rises from 55 % to 82 % in three months.
Retiree turned community volunteer	Values <i>Service and Legacy</i> ; adds weekly food-bank shift and mentors two teens; sets goal to launch a community garden.	Tracks Relationship Quality index; reports ≥ 7/10 with new mentees and secures a micro-grant for garden start-up.

Self Reflection Take-away

The Journey Prism is less a worksheet and more a **personal dashboard**: quick to draw, powerful to revisit, and rich enough to guide both daily habits and decade-long dreams. Use it to ensure the hours you spend tomorrow really do point toward the life you say you want today.

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□ Personal Development Framework

◆ THE JOURNEY PRISM

◇ Overview and Purpose

Self-reflection functions as a mental prism, transforming our seemingly unified experiences into a spectrum of distinct insights. In practical terms, this means examining the parts of our lives—values, routines, goals—to reveal hidden insights

and make better choices. Just as a prism reveals that white light consists of multiple wavelengths, self-reflection exposes the complex dimensions within our thoughts and feelings. Through this process, what once appeared one-dimensional becomes rich with nuance—each revealed perspective carrying its unique significance, much like individual colors in a spectrum. This introspective prism allows us to disperse

singular experiences into components of self-awareness, ultimately illuminating aspects of ourselves previously hidden from view and catalyzing personal growth.



Figure 1: The Journey Prism



This personal tool outlines a self-reflective exercise, a “Journey Prism,” designed to help you clarify your **values**, **goals**, and **actions**. It involves identifying **core principles** (governing values), **what matters most** (WMM, key priorities), and **daily activities**, connecting them to illuminate the alignment (or misalignment) between your values and your actions. The process encourages **self-examination** and **consistent review**, using a journal format to track progress over time and gain insights into decision-making. Ultimately, the Journey

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Prism aims to foster a more **intentional and fulfilling life** by aligning actions with deeply held beliefs and priorities, minimizing internal conflict arising from unmet expectations.

If you are new to this type of self-examination, seeking counsel from a trusted and respected individual can provide valuable guidance. As Proverbs 15:22 (“*Plans fail for lack of counsel, but with many advisers they succeed*”) reminds us, seeking advice leads to better plans and outcomes. Consulting with someone you trust, such as a clergy member, mentor, or certified counselor/therapist, can help you explore your inner perspectives, clarify your motives, and uncover your core values.

This interaction can be instrumental in validating your principles and determining what matters most to you. A trusted adviser can offer an objective perspective, helping you reflect on your life choices and align them with your deeper beliefs and aspirations. Whether through spiritual guidance, professional counseling, or honest conversations with a mentor, this process can provide clarity and confidence as you navigate self-discovery and personal growth.

The Journey Prism is a personal tool designed to help individuals reflect on their lives and routine actions. Its primary purpose is to align your resources, actions, and efforts more effectively with your goals. By using the Journey Prism, you can create a clear roadmap for personal growth and ensure that your daily choices contribute meaningfully to your aspirations.

The Journey Prism is a simple and dynamic, living document that should be updated regularly—ideally once a year or every other year. Each time you review and update it, you have the opportunity to assess your progress toward your goals and make adjustments based on your current priorities, circumstances, and achievements. This process allows you to stay focused, intentional, and adaptable as your life evolves.



Figure 2 : Purpose of the Journey Prism

The Journey Prism consists of 3 columns on a blank sheet of 8.5x11 standard paper in landscape orientation. Each column of the 3 is used to record a different aspect of your life’s journey, your priorities, your routine/daily activities, and your goals. Use a pencil for the first draft as

changes and thoughts will be “dynamic”. Alternatively, you can use 3 sheets of paper with each sheet representing the columns of the one-sheet design.

To assist in this process of self-discovery, take a moment to reflect and answer the following questions on another sheet of paper:

- **Who has greatly influenced your life?** Consider individuals who have shaped your thoughts, values, or actions. How or why did they influence you?
- **What are your current talents or strengths?** Identify the skills or abilities that you excel at and feel confident using.
- **What talents or strengths would you like to develop?** Reflect on the skills or qualities you wish to acquire or improve in the future.
- **What are your lifetime goals?** Think about the long-term aspirations and achievements you hope to accomplish in your life.
- **What activities or events did you routinely enjoy as an adolescent?** Recall hobbies, passions, or moments from your youth that brought you joy or fulfillment.
- **What would you like your legacy to be?** Consider the impact you want to leave behind—how you hope to be remembered by family, friends, and your community.

Take your time with these questions, as they will help uncover deeper insights into your values, priorities, and vision for your life.

◇ **Making Connections**

Once you’ve listed all the elements in columns 1 through 3, it’s time to analyze how they interconnect. Begin by using a pencil to draw lines between the elements in **column 1** (What Matters Most, WMM) and the related actions or activities in **column 2** (Daily Activities). Each WMM element in column 1 should relate to one or more activities or actions in column 2.

For example:

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- If “**Health**” is listed as a WMM element in column 1, draw a line to related activities in column 2 such as “**walking**,” “**taking the stairs**,” or “**meal prepping**.”
- If “**Spirituality**” is listed as a WMM element, draw lines to column 2 activities like “**meditation**” or “**attending worship services**.”
- Some activities may link to multiple WMM elements. For instance, the column 2 activity “**meditation**” could relate to both “**Spirituality**” and “**Health**” in column 1.

Next, repeat this process for **column 2 (Activities/Actions)** and their connections to **column 3 (Goals/Outcomes)**. For each activity in column 2, identify the related goals or outcomes in column 3 and draw lines between them.

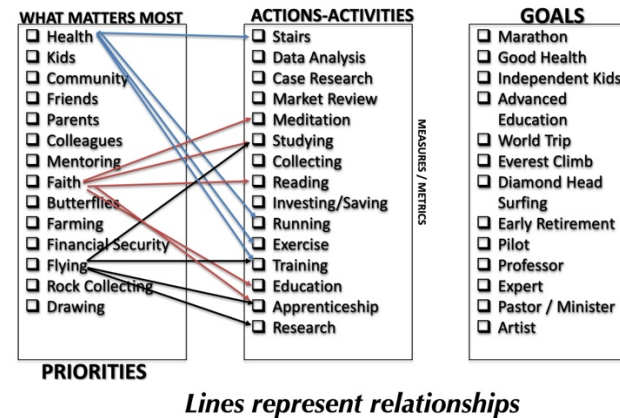


Figure 3 : Finding relationships in Priorities and Activities

For example:

- If the column 3 goal is “**Achieve good health**,” draw lines from column 2 activities like “**walking**” and “**taking the stairs**” to this goal.
- If the goal in column 3 is “**Become a minister or pastor**,” draw lines from column 2 activities such as “**meditation**” and “**studying**” to that goal.

Continue this process until all relationships between the elements in columns 1, 2, and 3 are fully mapped out. These connections create a visual representation of how your values, actions, and goals align and support one another.

◇ Constructing Personal Statements

Once you’ve mapped the relationships, think of the elements in column 1 as **nouns/subjects**, the elements in column 2 as **verbs/actions**, and the elements in column 3 as **outcomes/goals**. When you’ve completed your Journey Prism by mapping connections between your

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values (Column 1), **daily activities** (Column 2), and **goals** (Column 3), you can transform these elements into powerful personal statements that articulate your purpose and direction. The utility of the Journey Prism lies in how it helps you to naturally form complete “sentences” that reflect your authentic life path:

- **Column 1 (Nouns/Subjects):** These are your core values and priorities - the foundational elements that matter most to you. Think of these as the subjects of your life story - the “who” and “what” that drive your existence.
- **Column 2 (Verbs/Actions):** These represent how you express your values through daily behaviors and practices. These are the “doing” words - the active ways you manifest your priorities in the world.
- **Column 3 (Outcomes/Goals):** These are the tangible results you hope to achieve - the destination points that give your actions purpose and direction.

◇ **Examples in Practice**

Let's expand on how this works with several detailed examples:

➤ **Example 1: Spiritual Growth**

- **Column 1 (Subject):** “Faith”
- **Column 2 (Action):** “Daily scripture reading and prayer”
- **Column 3 (Outcome):** “Develop deeper spiritual wisdom to guide family decisions”

Personal Statement: “I nurture my faith through daily scripture reading and prayer, allowing me to develop the spiritual wisdom needed to guide my family with confidence and clarity.”

This statement connects your value (faith) with your practice (daily spiritual disciplines) and your desired outcome (wisdom for family leadership).

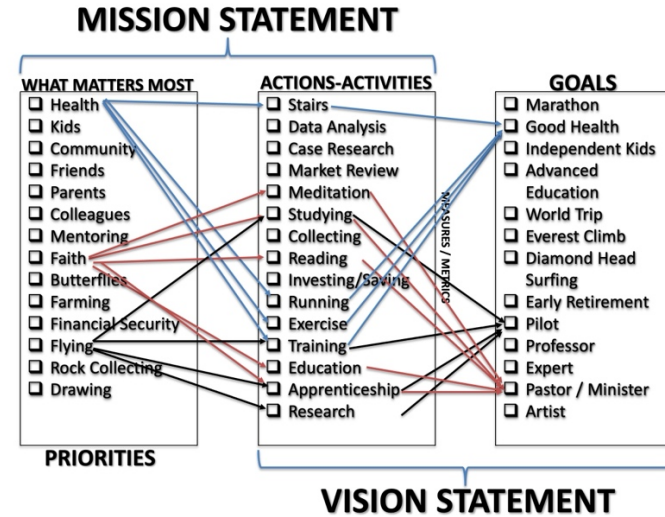


Figure 4 : Finding Relationships in Path to Goals

➤ **Example 2: Health and Wellness**

- **Column 1 (Subject):** “Physical well-being”
- **Column 2 (Action):** “Morning workouts and nutritious meal planning”
- **Column 3 (Outcome):** “Maintain energy and vitality into my senior years”

Personal Statement: “I prioritize my physical well-being through consistent morning workouts and thoughtful meal planning, creating the foundation for sustained energy and vitality throughout my lifetime.”

➤ **Example 3: Professional Development**

- **Column 1 (Subject):** “Intellectual growth”
- **Column 2 (Action):** “Reading industry publications and attending workshops”
- **Column 3 (Outcome):** “Become a recognized thought leader in my field”

Personal Statement: “I cultivate intellectual growth by regularly reading industry publications and attending professional workshops, building the expertise needed to become a respected thought leader in my field.”

◇ **Creating Compound Statements**

You can also create more complex statements that integrate multiple connections:

Integrated Statement: “By honoring my commitment to family (Column 1) through scheduled quality time and active listening (Column 2), while simultaneously investing in my career through continuous learning (Column 2), I am creating both a nurturing home environment and professional advancement opportunities (Column 3) that allow me to provide security and positive modeling for my children.”

◇ **Using Personal Statements for Direction and Motivation**

These statements serve several powerful purposes:

1. **Clarity of Purpose:** They articulate why you do what you do, connecting daily actions to deeper meaning.
2. **Decision-Making Guide:** When faced with choices, these statements help you evaluate which options align with your authentic path.
3. **Motivational Reminders:** During challenging times, they remind you of the “why” behind difficult habits or disciplines.
4. **Identity Affirmation:** They help you recognize and embrace who you truly are and what you value.

The Journey Prism transforms abstract concepts like “**values**” and “**goals**” into a coherent narrative that represents your unique life story. By translating these connections into clear personal statements, you create a practical reference point for daily decisions and a meaningful framework for your life's journey.

This framework allows you to create meaningful personal statements that reflect who you are and what you aim to achieve. These personal statements serve as affirmations of your values, the actions you're taking, and the goals you're working toward. They provide clarity, alignment, and purpose, helping you better understand how your daily activities contribute to your broader life vision.

Your **mission statement** defines the **specific actions and strategies** you take to achieve your goals, outlining **how** you accomplish your objectives. It is practical, action-oriented, and focused on the present and near future.

Your **vision statement**, on the other hand, expresses the **ultimate purpose and long-term aspirations** behind your efforts, explaining **why** you are committed to your mission. It is inspirational, future-focused, and provides a guiding principle for decision-making.

○ **Key Differences Between Mission and Vision:**

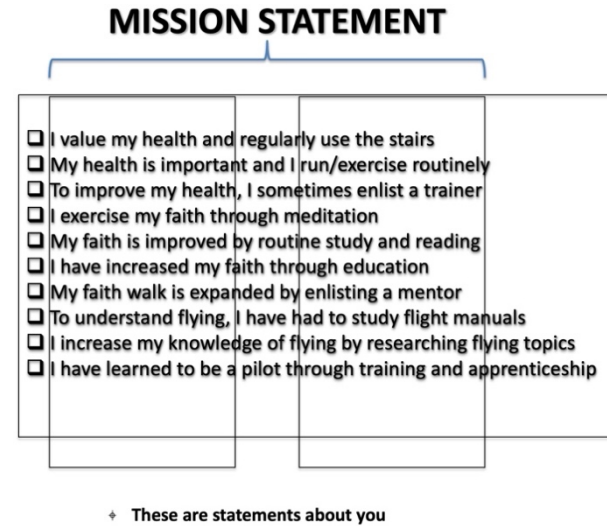


Figure 5: Demonstration of Mission Statement Development

Aspect	Mission Statement (How)	Vision Statement (Why)
Focus	Day-to-day operations and strategies	Long-term purpose and aspirations
Timeframe	Present and near future	Future and ultimate goals
Nature	Practical and action-oriented	Inspirational and motivational
Example	<i>"We build user-friendly software to improve workplace efficiency."</i>	<i>"To revolutionize the way people work through innovative technology."</i>

Figure 6: Mission and Vision Characteristics

Your **vision statement is your North Star**—it defines the purpose and ultimate impact of your efforts. Your **mission statement is your roadmap**, detailing the actions and strategies that move you toward that vision.

To move forward, I recommend that you use this Journey Prism as a physical workbook. Writing out these elements by hand provides a unique mental perspective that encourages deeper reflection and more thorough analysis. While digital methods may seem convenient, our experience has shown that they often lack the persistence, flexibility, and positional context needed for long-term engagement and meaningful adjustments.

Using this tool allows you to track your thoughts and progress over time. As you update it with evolving corrections, notations, additions, and even strikeouts, it becomes a living record of your journey. This process helps you gain a clearer understanding of yourself and provides a framework for honing your core principles. By visually seeing how your thoughts and values develop, you create a powerful tool for self-discovery and alignment with your goals.

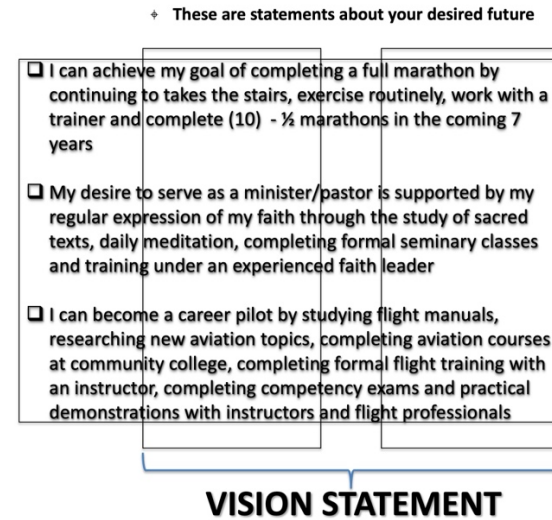


Figure 7: Demonstration of Vision Statement

◆ Practical Application

◇ Self-Assessment Process

In this life, each of us is uniquely gifted with talents, opportunities, experiences, challenges, and time. These gifts vary greatly from person to person, reflecting the diversity of God’s creation and His purposes for us. Along our journey, we will encounter countless people, and among them, some will stand out as individuals with whom we share special connections. Our divine challenge, as taught in the Bible, is to love God and love our neighbors as ourselves (Matthew 22:37-39). This foundational principle calls us to use our resources—our time, talents, and treasures—to serve others, improving the lives of those placed in our care. Whether these connections arise by choice or by chance, they

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carry a responsibility: to guard, protect, grow, improve, and respect those with whom we share these bonds. After all, as Scripture reminds us, *“Whatever you did for one of the least of these brothers and sisters of mine, you did for me”* (Matthew 25:40).

Some of the people we encounter in life become our charges by intention, such as family members, mentees, or those we deliberately choose to support. Others come into our lives unexpectedly, by providence rather than planning—a stranger in need, a coworker facing hardship, or a child looking for guidance. Regardless of how these relationships are formed, we are called to care for them as God’s precious creation. In Luke 16:10, Jesus reminds us, *“Whoever can be trusted with very little can also be trusted with much.”* This verse underscores the importance of demonstrating faithfulness in small, everyday acts of kindness and stewardship. Whether offering a kind word to a struggling friend or dedicating resources to a larger cause, it is the consistency of these actions that defines our integrity. True integrity is living out compassion and empathy in both grand gestures and quiet moments, treating each person—whether of great stature or little acclaim—as valuable in God’s eyes.

HUMOR: It’s amazing how much easier it is to be critical than to be correct