

Print pages 1-13 to 8.5” x 11” white cardstock or paper. You may decide to print only 1 and 13 to cardstock and the insides to lighter-weight paper. If you want journaling lines on backs of pages, reinsert printed pages in printer and print page 14 to the back of each. Trim 5” x 7” journal pages. Punch and bind with rings. Exercises from the sample Be Real class are included. Additional exercises will be available in this format as class proceeds.

Every story is two stories.

be real

Hard truths.

be real

Action is character.

be real

Saying the unsayable; i.e., trying to explain a feeling.

be real

This mattered.

be real

be real

be real

be real

Quotes on perspective, point-of-view, and assumptions.

While you may want to use these quotes as embellishments, your best results will come from thinking about them and using them to jumpstart ideas and new understandings. Be sure to make notes as you consider them.

“One ship sails East,
And another West,
By the self-same winds that blow,
Tis the set of the sails
And not the gales,
That tells the way we go.”—Ella Wheeler Wilcox:

“Assumptions are the termites of relationships.”—Henry Winkler

“Won’t you come into the garden? I would like my roses to see you.”—Richard Brinsley Sheridan

“If there is any one secret of success, it lies in the ability to get the other person’s point of view and see things from that person’s angle as well as from your own.”—Henry Ford

“From a dog’s point of view his master is an elongated and abnormally cunning dog.”—Mabel L. Robinson

“When you look at yourself from a universal standpoint, something inside always reminds or informs you that there are bigger and better things to worry about.”—Albert Einstein

“If we could see the miracle of a single flower clearly, our whole life would change.”—Buddha

“We simply assume that the way we see things is the way they really are or the way they should be. And our attitudes and behaviors grow out of these assumptions.”—Stephen R. Covey

“When I give food to the poor, they call me a saint. When I ask why the poor have no food, they call me a communist.”—Dom Helder Camara

“Normal is in the eyes of the beholder.”—Whoopi Goldberg:

“Nothing’s beautiful from every point of view.”—Horace

“People who look through keyholes are apt to get the idea that most things are keyhole shaped.”—Author Unknown

be real

Point of view exercise.

Pull out a stack of photos from an outing or gathering and use the chart on the following page to do the following:

1. Make a list of all the major participants.
2. For each participant imagine and record their answers to the following questions about the occasion:
 - what was your mood?
 - what did you want?
 - what did you get?
 - what was your favorite part?
 - what was your least favorite part?
 - which photo would you enlarge?
 - which photo would you toss?
3. Scrap a page while all these thoughts are fresh in your mind.

be real

notes for making pages
that include the humor
in my world

lighten up

With such a reward [*sugar plums*] for
her tears, the child was too wise to
cease crying. –from “Sense and
Sensibility,” by Jane Austen, 1811



OK. So I guess that was funny even though it
means laughing at myself.

lighten up

I've got to remember that one.

lighten up

**I've told this story many times to
get a laugh.**

lighten up

lighten up

lighten up

The styles.

get with the times

Everyone's doing it.

get with the times

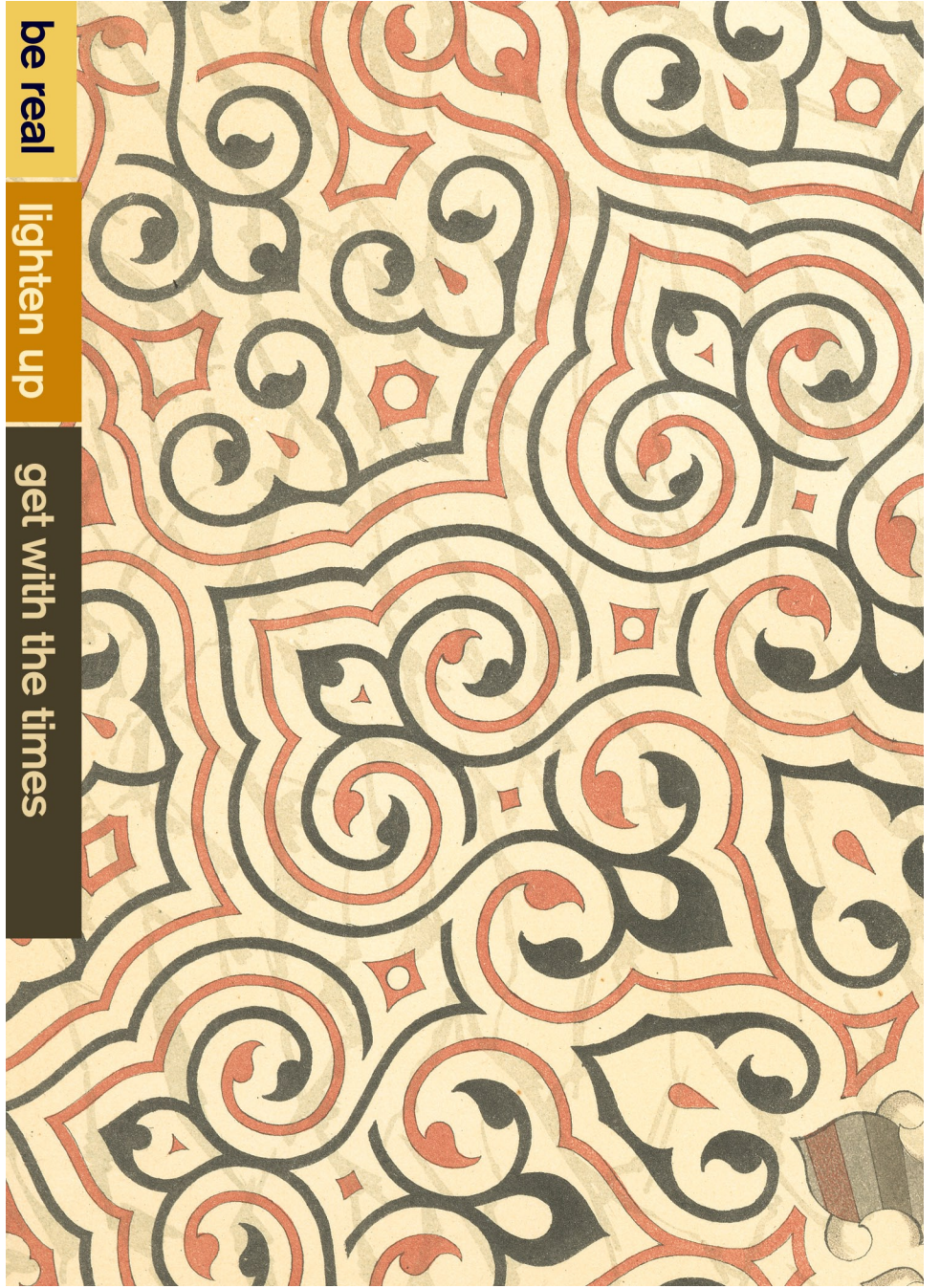
About money.

get with the times

On the front page.

get with the times

A large rectangular area with horizontal lines, intended for writing.



back cover.

