





GIRLS FLY!



ROAD TO ARTDOM®



WORKBOOK



BY GAEL-SYLVIA PULLEN & TATIANA EL-KHOURI



WHAT HAVE  
YOU ALWAYS  
DREAMED  
OF DOING?

THIS JOURNAL BELONGS TO



Use this space to place a picture of you or your dream.  
Place a photograph or cover with a drawing or your writing.

*Ready to release your dreams?*



# Welcome!

**Girls Fly! was my heart's response to the unspoken dreams of the wonderful women and girls I noticed surrounding me a few years ago. This was especially significant because growing up and in business "girls" hadn't always been the kindest people around me.**

**Although this wasn't true of every female and environment, it was a reality that I noticed had shifted. I was surrounded by a lot of wonderful females!**

**This was cool! Really cool! I liked it!**

**I welcomed them and they were welcoming to me. This caused me to intentionally look closer at all the good surrounding me forever after. I also noticed that when I listened to what was not being said by these amazing women, I could see something they longed for: I could see their heart's desire to believe that their lives had purpose and their dreams still had value, regardless of how messy it may appear, regardless of their professional accomplishments, status, age, education or circumstances.**

**Often what enables us is stronger than what appears to disabling. My heart's desire was to create joyful memories together that would spread beyond the moment and beyond us.**



The reference to “girls” comes from my observations that the younger the girl, the more confident she is in her belief that she can achieve any dream. I heard their hearts wanting to turn up the volume on their little girl voices that had once believed they could soar, but along the way had gradually gone mute.

I wanted to create safe spaces to experience more joyful moments in life. Our mantra at Girls Fly! is to let joy be the barometer that we’re heading in the right direction. That was in 2011. 15,000+ girls later and with affiliates now training to bring the joy of being a girl, the joys of life and the possibilities of connecting Dream Releasers (our name for mentors) is spreading.

May you find this book to be a precious guide on your personal journey to a place we explore with Tatiana that she calls Artdom.

**Together, we call it the Girls Fly! Road To Artdom!**

**Let’s go!**

**With joy and gratitude,**

*Gael-Sylvia Pullen*

**Gael-Sylvia Pullen, Founder**

Girls Fly!<sup>™</sup> and Girls Fly! with S.T.E.A.M.<sup>™</sup>

Disclaimer: Many of the activities are universal to creativity, arts and thinking outside the daily norms. When possible, we credit the originators.

**Love recognizes no barriers.  
It jumps hurdles, leaps fences,  
penetrates walls, to arrive at  
its destination full of hope.**

*~ Maya Angelou*



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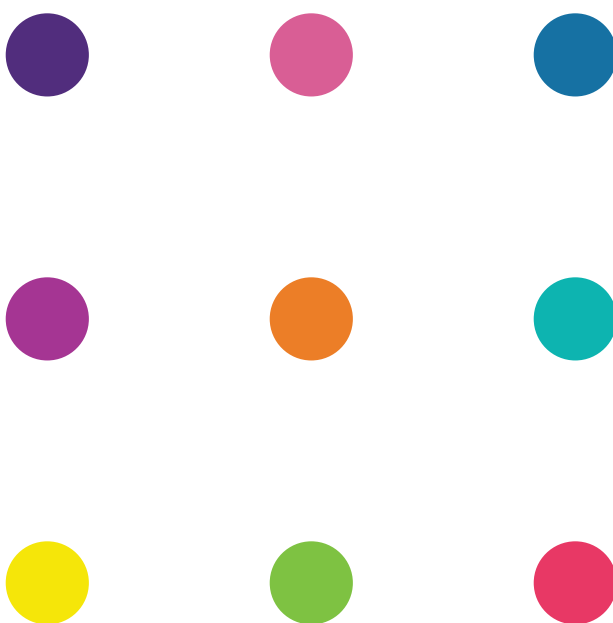


# 01

## THINKING OUT OF THE BOX

### 9 DOTS – CREATIVE THINKING PUZZLE

Use the nine-dot problem to help you “think out of the box.” Below are nine dots arranged in a set of three rows. Your challenge is to draw four straight lines, which go through the middle of all of the dots without taking the pencil off the paper.





## 02

**PASS-A-LONG  
DRAWING****BLINDLY CREATE A PIECE OF ART  
WITH OTHERS**

In a Group of 3 - 4 people, you will collaborate on a single drawing without seeing what the other people are drawing. Can you trust your imagination to run wild?

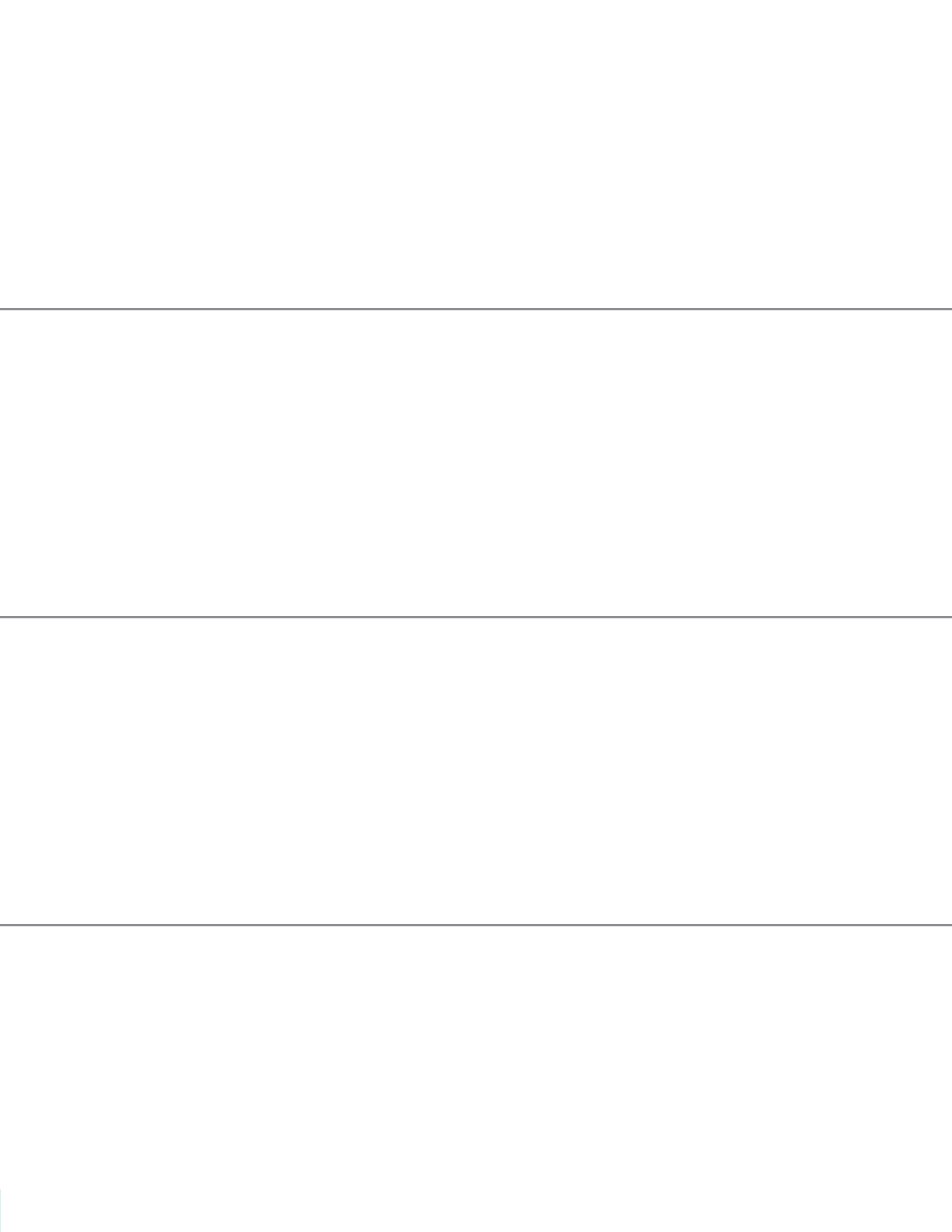
1. Tear out one of the next 2 pages with the lines and fold the papers along the lines.
2. Each person draws a head and neck. Fold the top of the paper down to conceal your drawing, letting only the bottom of the neck show. Hand the drawing to the person to your left.

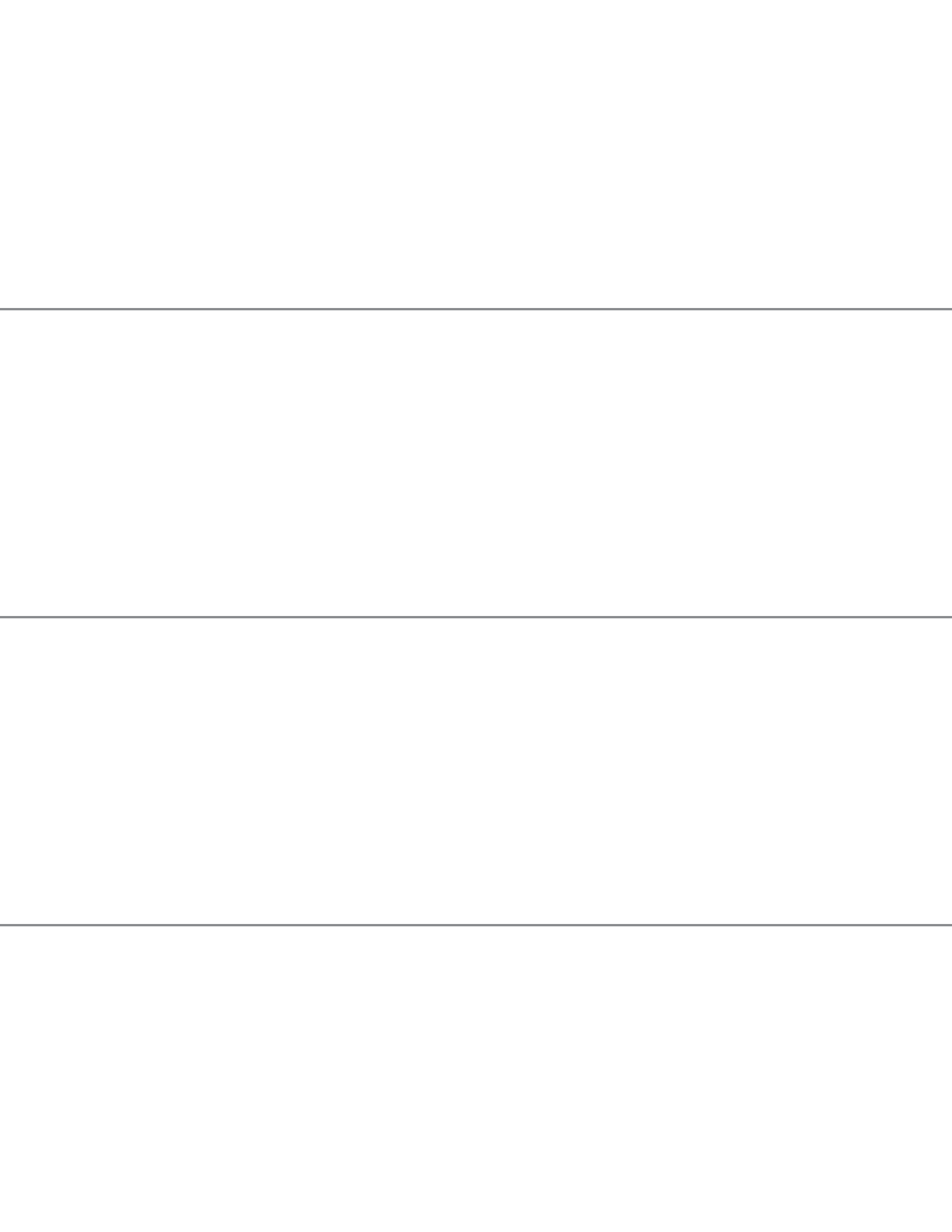
# PASS-A-LONG DRAWING

3. Everyone draws the torso and arms, using the neck lines as the beginning point. Again, fold the paper down to conceal your drawing, letting just the bottom of the waist line show. Hand the drawing to the person at your left.
4. Draw from the waist to the knees. Fold the paper down, and pass to the left.
5. Draw from the knees to the feet. Fold the paper and pass again.
6. Unfold the paper to reveal the final collaborative drawing.

*Scan the QR code to watch a demonstration of this activity.*







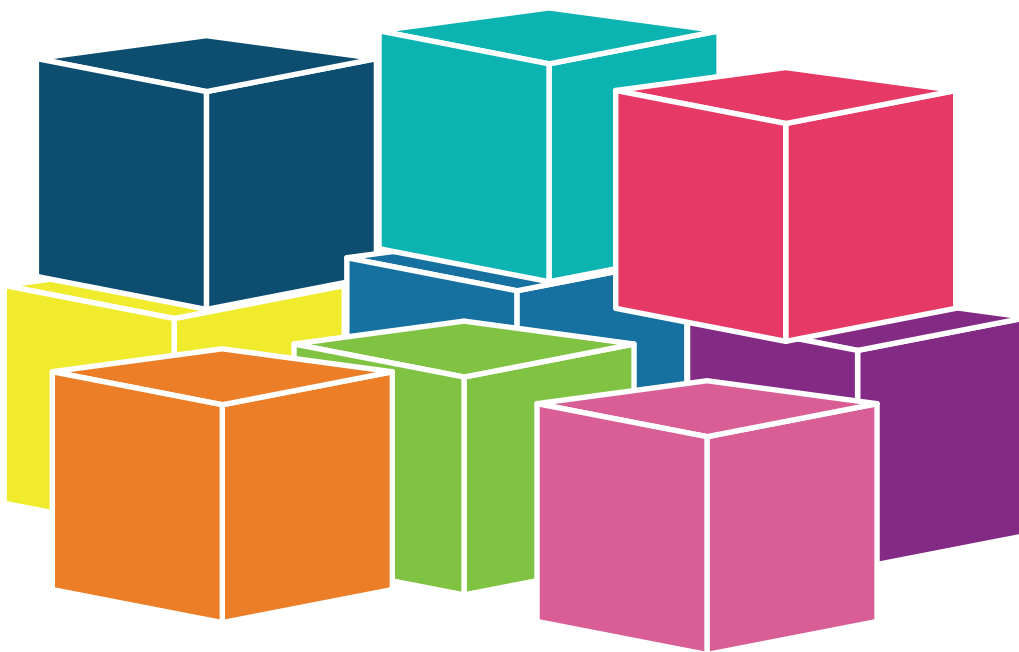


## 03

**BUILDING  
TOWERS**

**WORK TOGETHER AND SOLVE  
PROBLEMS BY COMMUNICATING  
AND COLLABORATION.**

Split into teams of four. Teams are given tape and newspaper, or spaghetti and marshmallows and they have to build the highest tower.



*Scan the QR code to watch a demonstration of this activity.*





# BUILDING TOWERS

## Reflections

**Did your group have a leader?**

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**Who in your team took charge?**

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# 03 BUILDING TOWERS

**How did the group decide how tall to build the tower?**

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**Did all of you decide the base was going to be the biggest part? Or did all of you want to use the resources for building the tower higher?**

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# 04

## SETTLING DOWN & ICE-BREAKER

**BIG GROUP: ZIP ZAP ZOP**

- Help them get used to paying attention to one another and responding
- Everyone stand in a circle
- One person claps and says “Zip” and while pointing to another person in the group
- The person pointed at has to immediately clap and point to someone else and say “Zap”
- Third person pointed at repeats and says “Zop”
- Repeat the pattern of “Zip” “Zap” “Zop”; if someone was pointed at but failed to say the correct word or waited too long to say the correct word, they get a strike.
- One strike, you’ re out.
- Repeat another round if time isn’ t up.



# 05

## TWO TRUTHS AND A LIE

**THIS ACTIVITY ENABLES GROUPS  
TO GET TO KNOW EACH OTHER.  
(SMALL GROUPS)**

- Get to know the small groups on a deeper level
- This is a funny guessing game, you come up with two truths and a lie about yourself and people have to guess which one the lie is
- Give a mixture of personal and funny facts / lies



## 06

VISION BOARD  
CARD

VISUALIZE YOUR VALUES

Creating a symbol of what is important to you, is a great way to give yourself a daily reminder.

Choose a Value, Guiding Phrase, or Short word that represents a theme for your year.

Decorate the next page with your word. Cut it out and place it in a spot you'll see daily.



# VISION BOARD CARD

Use this page to Create your Vision Board Card.  
Decorate your word and bring in your personality.





**VISION BOARD  
CARD**

*Reflections*

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# 07

## MAKE A LIST OF

THE PEOPLE WHO NURTURE YOU –  
GAEL-SYLVIA CALLED THEM  
“YOUR ‘A’ LIST”

Your A-List are people who give you a sense of  
your own competency and possibility.



**Name your Top 3 Nurturing Friends.**

1

2

3

07  
**MAKE A  
LIST OF***Reflections*

**Which of their traits particularly help you feel better about yourself and the possibilities of you achieving your dream goals? Write near their names.**

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# 08

## MAKE ANOTHER LIST OF

THE PEOPLE WHO NURTURE YOU –  
GAEL-SYLVIA CALLED THEM  
“YOUR ‘A’ LIST”

List five people you admire.

1

2

3

4

5

# MAKE ANOTHER LIST OF

List five people you secretly admire.

1

2

3

4

5

MAKE ANOTHER  
LIST OF

Reflections

What traits do these people have that you can cultivate further in yourself?

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## 09

**HOW ABOUT  
MAKING ANOTHER  
LIST OF****“YOUR ‘B’ LIST”**

Make a list of the of people who say they're interested, they ask questions and pretend to be supportive, but at the end of the conversation you're questioning your goals and ability to make it happen. Don't be surprised if you feel like you may need to include yourself – Your “B” List



**Name your Top 3 Disabling Friends.**

**1****2****3**

**HOW ABOUT MAKING  
ANOTHER LIST OF**

*Reflections*

**Which of their traits particularly make you feel bad about yourself and the possibilities for achieving your dream goals?**

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Knowing who and what empowers you is as important as recognizing who and what is happening that minimizes or disables you. Now you have a glimpse into both! *That's progress.*



**Know what's weird?  
Day by day, nothing seems  
to change. But pretty soon,  
everything's different.**

*~ Bill Watterson*



# 10

## HOW FAST ARE YOU?

IF YOUR LIST LOOKS PRETTY EXCITING, EVEN CRAZY, YOU'RE ON THE RIGHT TRACK.

Answer quickly. Fill in the blanks.

5 hobbies that sound fun?

1

2

3

4

5

5 classes that sound fun?

1

2

3

4

5

# HOW FAST ARE YOU?

5 things that you personally would never do that sound fun?

1

2

3

4

5

5 skills that would be fun to have?

1

2

3

4

5

5 things that you used to enjoy doing?

1

2

3

4

5

5 things that you'd like to try once?

1

2

3

4

5

# HOW FAST ARE YOU?

What would I try if it weren't too crazy?

## Your Answers

1

2

3

4

5

## Gael-Sylvia's Answers

*Done! What I tried and it seemed crazy to other people*

1

*Hot air balloon ride and she's afraid of height*

2

*Surf at night after almost drowning in daylight years before.*

3

*Find a pilot with a disability to speak at the first Girls Fly! Tucson.*

4

*Board a plane out of the country with only her passport and purse.*

5

*Gael-Sylvia also believes Boys Fly! and tries to keep up with her son and husband who believed her.*

# 10 HOW FAST ARE YOU?

## Reflections

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**Success is not final, failure  
is not fatal: it is the courage  
to continue that counts.**



*~ Winston Churchill*



# 11

## STEP OUT OF THE BOX

THE PEOPLE WHO NURTURE YOU

List 3 steps you would take if you were going to try one of these pretty exciting, crazy things.

1

2

3

*A. 39 years*

# STEP OUT OF THE BOX

List 10 things you would love to do, but don't allow yourself to do.

1

6

2

7

3

8

4

9

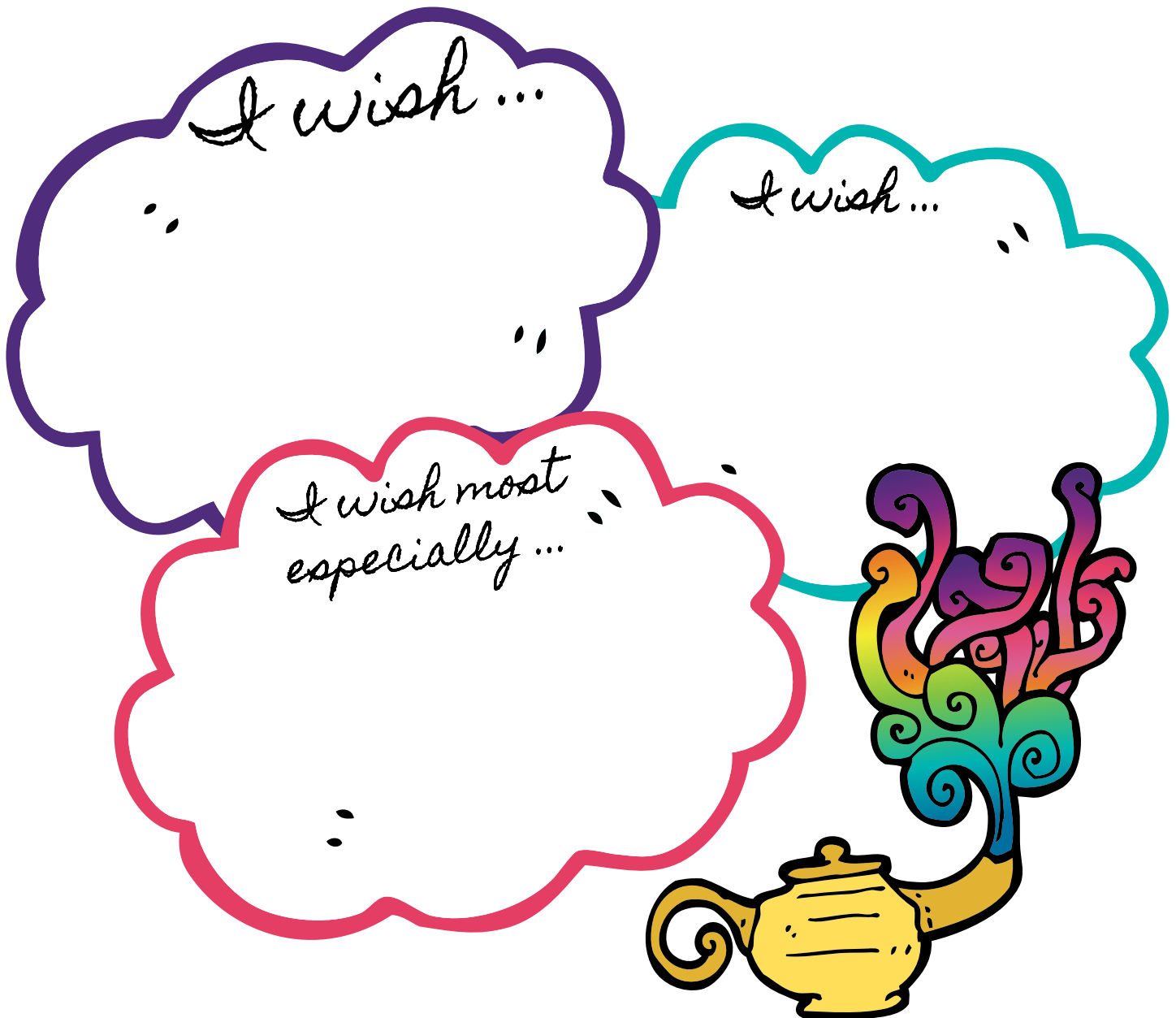
5

10



# STEP OUT OF THE BOX

As quickly as you can, free associate on the following phrases:



# 12

## FLYING HORSES

EXPANDING YOUR DREAMS

List 5 Desires – Collect images of those desires & add to your Dream Board or Vision Board Card.

1

2

3

4

5

# 12 FLYING HORSES

Add dream images here and decorate this page.

# 12 FLYING HORSES

If I were 20 and had money...  
List 5 adventures you would take.

1

2

3

4

5

# 12 FLYING HORSES

If I were 65 and had money... List 5 postponed plans, pleasures and adventures that you would then take.

1

2

3

4

5

# FLYING HORSES

List 10 items you would like to own, but you don't.

1

6

2

7

3

8

4

9

5

10

# 13

## IF YOU REALLY KNEW ME

EXPANDING YOUR DREAMS

All of my life I have dreamed of doing...  
Write or draw your answers here.

13  
**IF YOU REALLY  
KNEW ME**

*Reflections*

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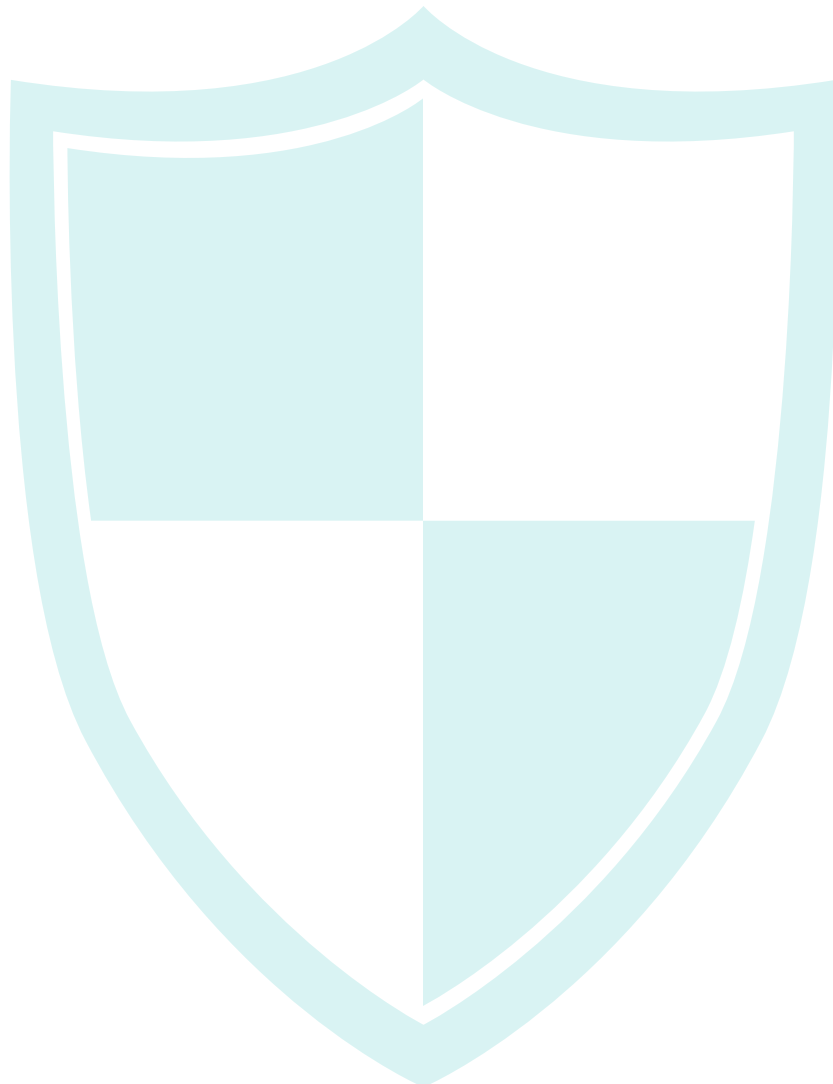


# 14

## PERSONAL SHIELD

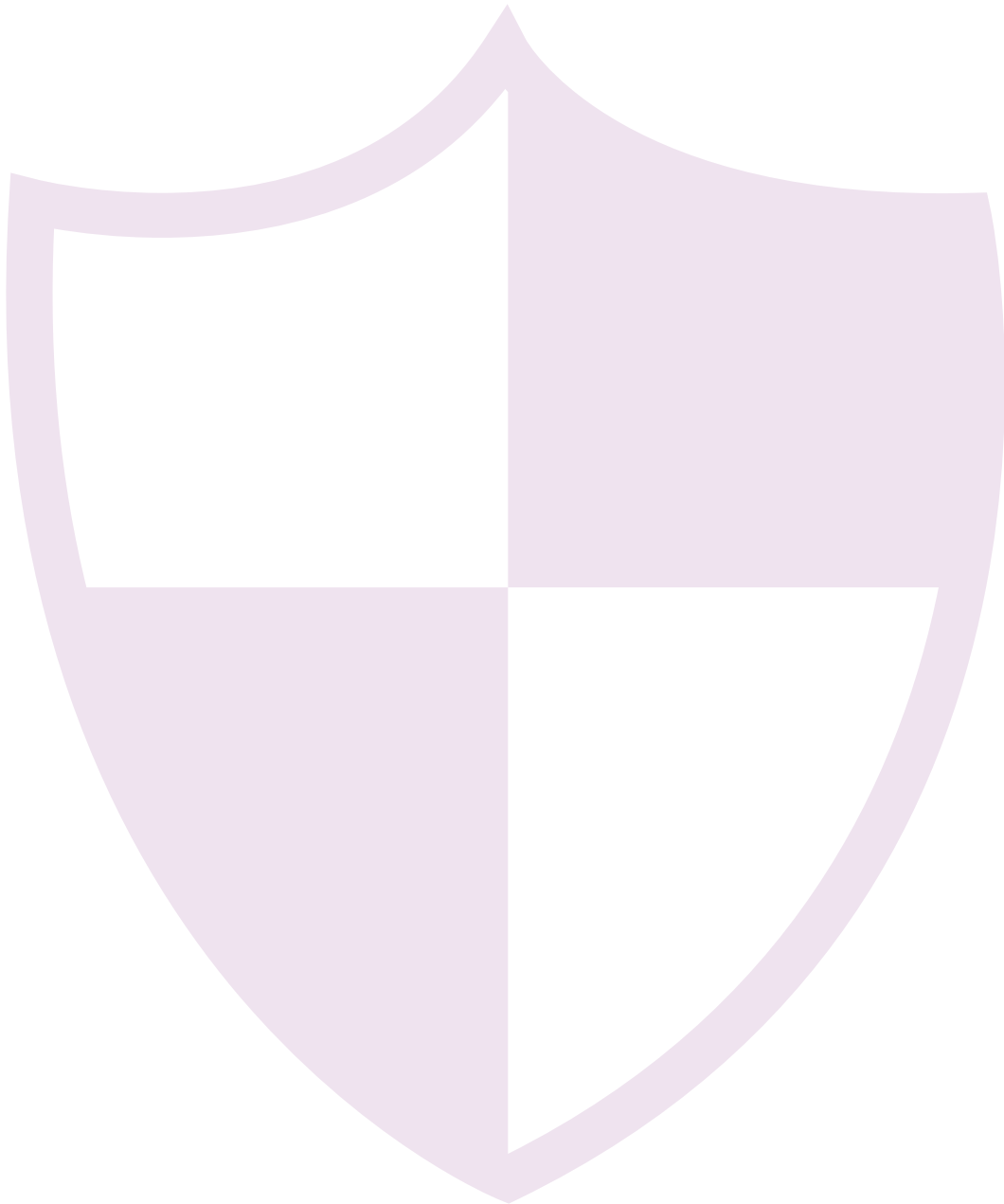
**YOUR VALUES ARE A REMINDER OF WHO YOU ARE AT THE CORE**

Choose 4 values that guide your life and write them in the sections below.



# PERSONAL SHIELD

Get Creative and draw symbols that represent your values below.





## About | Gael-Sylvia Pullen

**OKAY, I DON'T WANT TO ALARM ANYONE READING THIS BOOK, BUT IT HAS JUST COME TO MY ATTENTION THAT YOU MAY BE ONE OF THOSE PEOPLE LIVING A LESS THAN JOYFUL LIFE AND YOU, WITHOUT KNOWING IT, YOU'RE NOT ALWAYS INSPIRING OTHERS TO BE ABLE TO LIVE JOYFULLY EITHER.**



Who you are now can change, so let's take a road less traveled, go out of the box and try it the way we do at Girls Fly! and start a journey called the Road To Artdom®. With Tatiana and I, along with a few of our friends, we hope to give you a fresh perspective on your life. We are going to help you explore some new possibilities for living within your dreams and finding the trust, hope and fun you may have thought you lost along the way to this point in life. Who am I? You'll find glimpses of me, my life, and how I recovered my joy hidden within the pages of this book. You're not alone.

Let's go! Let's start now and let it be fun!



**Q.** At the time of this book going to print, how many years Gael-Sylvia has been happily married to her boyfriend, Mark?

**Q.** 5 things Gael-Sylvia tried that sound crazy?

*Scan the QR code to watch a video*

**"Q&A with Gael-Sylvia and Tatiana"**



## About | Tatiana EL-Khoury

WHAT HAPPENS WHEN YOU STOP AND REFLECT ON YOUR DREAMS AND THE PATTERNS THAT GUIDE YOUR LIFE? EXPRESSING YOUR DREAMS, DESIRES AND FEELINGS LOOKS DIFFERENT FOR EVERYONE. FOR SOME PEOPLE WRITING POETRY, JOURNALING, AND SHARING HEARTFELT TALKS WITH FRIENDS AND FAMILIES IS THE WAY TO THEIR HEART.



For others, words don't come as easy. With this journal I challenge you to explore both styles of sharing. Dig deep with the reflection questions and let your inner child break free with crayons and draw all throughout this book. It is yours to express and dream up big dreams.

I used to think it was hard to share my feelings, that is until I found my love of art. Even though I've made a professional career of art, trust me I wasn't great at first. That didn't matter! What mattered is I allowed creativity to flow through me and play. Through that play, I was able to share and explore my dreams in ways words felt challenging.

*Tatiana El-Khoury*

**Founder**, Road To Artdom®



Go forth and play...  
Don't be afraid to color outside  
the pages. This is your journal  
to experiment!

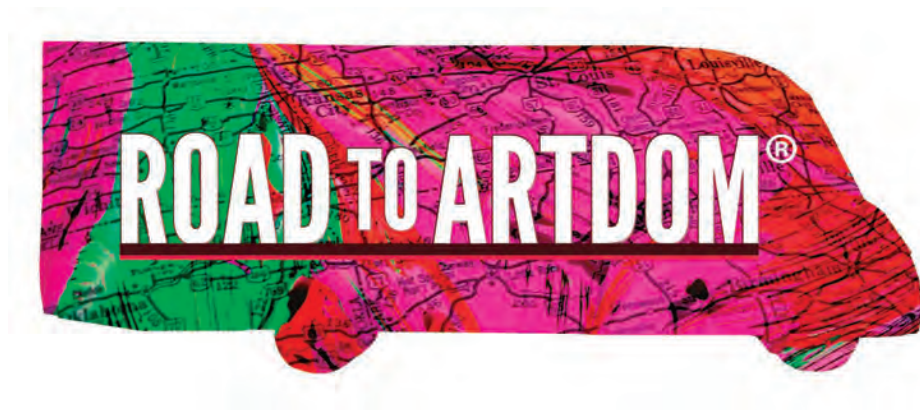


# GIRLS FLY!

Girls Fly! is an empowerment program that encourages women and girls from all age groups and all walks of life to pursue a wide range of personal and professional aspirations through fun, inspirational presentations, mentoring, and interactive experiences.

[www.GirlsFly.org](http://www.GirlsFly.org)

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Road to Artdom® brings art to the people who get access to it least. With passionate mentor artists, art supplies and lots of creativity, we bring collaborative Art and STEAM projects and inspiration to underserved communities and youth.

[www.RoadToArtdom.org](http://www.RoadToArtdom.org)

# Every dream is waiting to be released.

## Join us on *your* Road to \_\_\_\_\_?

This playful workbook is also a dream journal, dream board and a place to fill pages with ponderings of the heart. Paired with fun activities and questions to prompt sparks of reflection, the Girls Fly! Road To Artdom is the perfect place to start a journey for anyone interested in the art of living life from a place of joy. The artful activities and creative prompts will help you really enjoy listening to the “little girl” (or boy) voice within that longs for you to believe again in the fun, dreams and possibilities.

### Activities include:

- Thinking Out Of The Box
- Vision Board Card
- Two Truths, and a Lie

The Girls Fly! philosophy is to pause, and really see the good around you to fuel your dreams and life to experiences of joy. The Road to Artdom is a state of mind, a place where self expression and dreams soar. It is discovering and growing the curious creative within.

*"So simple, yet so **AMAZING!** I never took the time to look at my life this way! I see the potential again and **BELIEVE!**"*

— Jada, attendee of GF! Downtown Los Angeles Arts District



**Gael-Sylvia Pullen** is a dreamer and believes girls can really fly. Learn how her dreams are coming true at [GirlsFly.org](https://GirlsFly.org)



**Tatiana EL-Khoury** is an artist based in California who believes everyone has creative expression. Learn more about her work at [RoadToArtdom.org](https://RoadToArtdom.org)

