



Begin Again
Resiliency Journal No. 5



Gratitude of Redwoods

Allow gratitude to turn what you have into enough.



PROCESS

Each evening before going to sleep:

- 1. Take three breaths of gratitude (see micro-video)*
- 2. Write down 3 things for which you are grateful for that day and send them to yourself by text or email, so you can begin your day by reviewing them.*

1.

2.

3.

1.

2.

3.





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1.

2.

3.

1.

2.

3.

1.

2.

3.

1.

2.

3.





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1. Who or what is your support system? What interconnections do you have that can help you when you feel depleted?.

Multiple horizontal light blue bars for writing.





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2. Do you ask for help? If so, how? If not, why not?

18 horizontal light blue lines for writing.





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3. What does it mean for you: gratitude turns what I have into enough? What would it change in your day?

Multiple horizontal light blue bars for writing.





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4. What are the kinds of things you experience when you feel you are enough?

15 horizontal light blue lines for writing.

