



Begin Again
Resiliency Journal No. 6



Play daily
 Playing right where I am is the long game, especially in the leftover moments.



P R O C E S S

Each day this week, make time to spend 5 to 30 minutes solely focused on having fun. What will you do? Who will you do it with? Where will you go? Make a list of 5 minute recess breaks and longer adventures that take a bit of planning.

Eight horizontal light blue bars for writing notes.





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1. What was one thing you did this week that was truly fun?

If nothing comes to mind, what would have been fun?

15 horizontal light blue bars for writing.





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*2. What was the most fun you ever had? What were you doing?
Who were you with?*

15 horizontal light blue lines for writing.





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3. What would fun look like now? What lightens your heart and lifts your spirit?

15 horizontal light blue lines for writing.





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4. If you were to play daily, what would that look like? Where are there already opportunities for play? Where can you create opportunities for play?

Blank writing area consisting of 12 horizontal light blue bars for user input.





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5. Name the one thing you know would bring a smile to your face. Now go do it!

15 horizontal light blue lines for writing.

