



Begin Again
Resiliency Journal No. 2



Stay Full

Running on empty? Stay full to do what is yours to do today. That's enough.



PROCESS

Make a Wholeness Happy list.

Start with what you are grateful for and work outward. Put on this list whatever fills you up. It could be an activity like a hot bath, or a thing...like the color orange or puppies, where just the idea of it will lighten and cheer you. Keep it in your wallet and refer to it daily. It's a silent, superpower of wholeness.





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18 horizontal light blue bars for journaling.





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1. What does staying full mean to you? How would your day be different if you felt well-resourced, loved, able and confident (i.e. full)?





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2. *What fills you up? ? What can you easily let in to nourish you? (That's the key: make it easy...)*





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3. Is what you are currently doing to take care of yourself that is working and what is not working well? How and in what ways? What would make that care more effective & sustainable?

Blank writing area consisting of 15 horizontal light blue lines for journaling.





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4. How much energy/time/creativity do you devote to filling yourself up each week?

15 horizontal light blue lines for writing.





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5. *What is one thing you can concretely do this week to re-source yourself?*

Blank writing area consisting of 15 horizontal light blue lines for user input.





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6. *What resistance, beliefs, fears arise when you allow yourself to listen? What is the quality of your inner voice? When can you remember hearing it before in your life? What did it say?*

Multiple horizontal light blue bars for writing.





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7. What habits get in the way of you feeling 'good enough'? What would it be like for you to not to have them?

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