



Begin Again
Resiliency Journal No. 8



Stop. Rest
 Take off your cape. Decisions will be made but not right now.



P R O C E S S

Make time to nap this week. Really. Take a nap. What do you notice?

Eight horizontal light blue bars for writing.





Stop. Rest

Take off your cape. Decisions will be made but not right now.



1. How often this past week have you truly stopped? What was it like? If you didn't, what would it look like if you did?

15 horizontal light blue lines for writing.





Stop. Rest

Take off your cape. Decisions will be made but not right now.



2. Can you give yourself permission to take off your cape? To give up the pretense that you know the best thing to do...all the time? Or that you can or even should do it all on your own?

Eleven horizontal light blue bars for writing.





Stop. Rest

Take off your cape. Decisions will be made but not right now.



3. What does your cape look like? Who are you without it?

15 horizontal light blue bars for writing.





Stop. Rest

Take off your cape. Decisions will be made but not right now.



4. What is possible without your cape?

15 horizontal light blue lines for writing.





Stop. Rest

Take off your cape. Decisions will be made but not right now.



5. What decisions can you put off for right now to give yourself a bit of spaciousness?

12 horizontal light blue bars for writing.

