



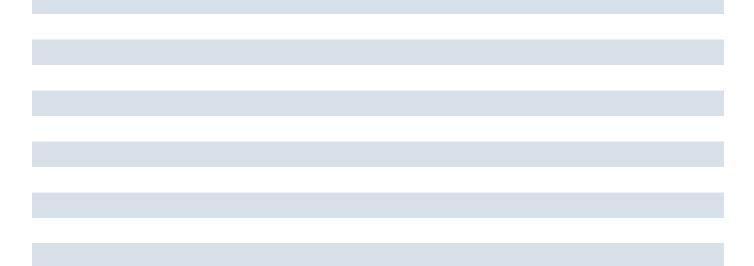


Stop. Rest

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

PROCESS

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









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?







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







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







4.	What is possible without your cape?

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Begin Again **Resiliency Journal**





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