



Begin Again
Resiliency Journal & Workbook



Introduction

THE UNIVERSE as a friendly place ?



PROCESS

Recall a moment in your life when it felt like the universe was a friendly place.

Five horizontal light blue bars for writing the response to the first question.

How did that feel to be supported? What is in the way of you feeling that again?

Four horizontal light blue bars for writing the response to the second question.





Introduction to THE UNIVERSE as a friendly place

How do you answer the question: is the universe a friendly place now?

Was your answer different than when you were a child?

15 horizontal light blue bars for writing.





Introduction to THE UNIVERSE as a friendly place

What would it mean to you personally if the world truly was a friendly place? How would that impact your life right now? What would be different? What would be the same?

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





Introduction to THE UNIVERSE as a friendly place

1. *On a scale of 1-10 what is your stress level now? What might be a way to less stress? What battles are you resourced to fight? Which ones are best left for others?*

Five horizontal light blue bars for writing answers to question 1.

2. *And what is your willingness to try something new? If not, are you curious why not? Do either of these answers surprise you?*

Eight horizontal light blue bars for writing answers to question 2.





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3. *What is the most challenging part of your day? (Note: it's probably where you spend your time spinning your wheels, thinking anxious thoughts and worrying?)*

Blank writing area for question 3, consisting of seven horizontal light blue bars.

4. *When you are confronted by an obstacle, how do you respond or react to it? (Push past? Ignore it? Listen to it?)*

Blank writing area for question 4, consisting of ten horizontal light blue bars.





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5. *What is the most rewarding part of your day? What makes it so? Is there anything interesting in the overlap between the most challenging part and the most rewarding part of your day?*

15 horizontal light blue bars for writing.





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6. What inner resources do you use in your day? Spend some time here and document those principles and qualities, which support and assist you.

15 horizontal light blue lines for writing.





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7. *Listen to the "how or the what" of this support. Look for ways to claim these in a more intentional way. Make a list of them & whenever you are in a challenging moment, take out the list and choose one to use.*

[A series of 10 horizontal light blue bars for writing a list of resources.]

What inner resource(s) do you want more of right now?

[A series of 6 horizontal light blue bars for writing an answer.]

