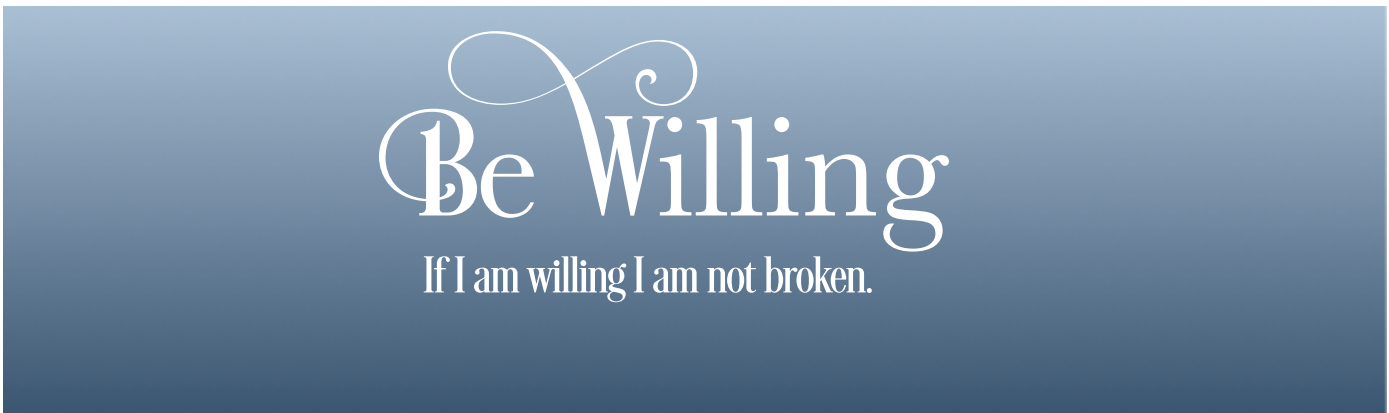




*Begin Again*  
*Resiliency Journal*



*Be Willing*

*If I am willing I am not broken.*



**P R O C E S S**

*Review your day.*

*Be willing to see time. How are you spending yours?*

*What percentage of your day was spent in the future worrying & problem solving?*

Eight horizontal light blue bars for writing.







# Be Willing

If I am willing I am not broken.



A series of 18 horizontal light blue bars, evenly spaced, providing a writing area for the journal entry.





# Be Willing

If I am willing I am not broken.



*3. How willing are you to allow love, connection and support?*

15 horizontal light blue lines for writing.





# Be Willing

If I am willing I am not broken.



*1. Where are you being invited to be more willing, more open, more available?*

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





# Be Willing

If I am willing I am not broken.



Journal writing area consisting of 18 horizontal light blue lines.





# Be Willing

If I am willing I am not broken.



*2. How is love, support and connection showing up for you?*

15 horizontal light blue lines for writing.





# Be Willing

If I am willing I am not broken.



Journaling area consisting of 18 horizontal light blue lines for writing.







# Be Willing

If I am willing I am not broken.



*4. What beliefs do you have that keep you from being willing?*

*Are those beliefs really true? What would you like to believe instead?*

Blank writing area consisting of 13 horizontal light blue lines for journaling.





# Be Willing

If I am willing I am not broken.



A series of 15 horizontal light blue bars for writing.





# Be Willing

If I am willing I am not broken.



*5. How present are you to the moment? Are you off in the future worrying and problem solving? Are you stuck in the past wishing for something that is no longer?*

Eleven horizontal light blue bars for writing.

