



Begin Again
Resiliency Journal

Etak Compass
 Our longings and discontents are inner guidance.

P R O C E S S

Navigating to True North

We navigate with both landmarks and cardinal direction. How much of each begins the process of finding a right fit for me, now: at this point in my life and time. It is a place found between comfort and risk; the old and the new and the parts of us we know and, maybe, parts of us we don't. This process is about seeing the inner maps we have and following guidance. This process will be choosing a couple of things and thinking about the contrast between the two:

- *One comfortable choice*
- *One similar choice but outside our comfort zone*

NOTE: There examples are on the webpage...

First:

Set aside 30 minutes tomorrow or in the next few days to do something you know is yours to do...make it very comforting and comfortable, which is good. Life does not necessarily have to be so stressful. We can choose to take a pause. What we do, is less important here, than how we do it. In this small comfort, find center.





Etak Compass Our longings and discontents are inner guidance.

Second:

Select a second related activity or thing or something that you are not as familiar with...that feels a bit more outside your comfort zone and do that.

In this too, look for your center.

What did you notice, learn and discover about navigating these two?

Multiple horizontal light blue bars for writing.





Etak Compass

Our longings and discontents
are inner guidance.

A series of 18 horizontal light blue bars providing space for writing.





Etak Compass

Our longings and discontents
are inner guidance.

1. What is your True North? What guides you in your heart of hearts? What keeps you on course when things change?

Handwriting lines for the journal entry.





Etak Compass

Our longings and discontents
are inner guidance.



2. How can your True North support you during this time?

15 horizontal light blue bars for writing.





Etak Compass

Our longings and discontents
are inner guidance.

3. *"Let me listen to me, not to them." How are you putting your needs, your desires aside for those you are caring for?*

Blank writing area consisting of 15 horizontal light blue bars for notes.





Etak Compass

Our longings and discontents
are inner guidance.

4. What longings and discontents have you been trying to ignore? What wisdom are they whispering to you? How are you being asked to shift?

15 horizontal light blue lines for writing.





Etak Compass

Our longings and discontents
 are inner guidance.

5. *What centers you, even as life's currents and waves swirl around you? Begin a list and as something occurs to you during this eight gift process, write it down. It is important to remember these. They are sustaining.*

15 horizontal light blue lines for writing.

