



Begin Again
Resiliency Journal

Gratitude of Redwoods

Allow gratitude to turn what you have into enough.

P R O C E S S

Each evening before going to sleep:

- 1. Take three breaths of gratitude (see micro-video)*
- 2. Write down 3 things for which you are grateful for that day.*

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____





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1.

2.

3.

1.

2.

3.

1.

2.

3.

1.

2.

3.





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1.

2.

3.

1.

2.

3.

1.

2.

3.

1.

2.

3.





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1.

2.

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1.

2.

3.





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1. Who or what is your support system? What interconnections do you have that can help you when you feel depleted?.

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





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2. Do you ask for help? If so, how? If not, why not?

15 horizontal light blue bars for writing.





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3. What would it mean: gratitude turns what I have into enough?

15 horizontal light blue lines for writing.





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4. What are the kinds of things you experience when you feel your are enough?

15 horizontal light blue bars for writing.

