



*Begin Again*  
*Resiliency Journal*



# Introduction

*THE UNIVERSE as a friendly place ?*



## PROCESS

*Journal a moment in your life when it truly felt like the universe was a friendly place.*

Blank horizontal lines for journaling.

*How did that feel? How did it support you? What was it like?*

Blank horizontal lines for journaling.





# 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 when you were a child?*

18 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?*

[A series of 15 horizontal light blue bars for writing.]





# Introduction to THE UNIVERSE as a friendly place

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

Blank writing area for question 1, consisting of 10 horizontal light blue bars.

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

Blank writing area for question 2, consisting of 10 horizontal light blue bars.





# Introduction to THE UNIVERSE as a friendly place

*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?)*

Light blue horizontal bars for writing the answer to question 3.

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

Light blue horizontal bars for writing the answer to question 4.





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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?*

Multiple horizontal light blue bars for writing.





# Introduction to THE UNIVERSE as a friendly place

6. *What inner resources do you use in your day? Spend some time here and document those principles and qualities that help you.*

Blank lined area for writing responses.





# Introduction to THE UNIVERSE as a friendly place

*7. Listen to the "how or the what" of this support so you can claim these in a more intentional way. Make a list of them and whenever you are in a challenging*

[A series of 12 horizontal light blue bars for writing.]

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

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

