



Begin Again
Resiliency Journal



Play daily
 Playing right where I am is the long game, especially in the leftover moments.



P R O C E S S

3 times this week, make time and spend 30 minutes solely focused on having fun. What will you do? Who will you do it with? Where will you go?

Eight horizontal light blue bars for writing notes.





Play daily

Playing right where I am is the long game, especially in the leftover moments.



A series of 18 horizontal light blue bars for writing.





Play daily

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1. What was one thing you did this week that was truly fun?

If nothing comes to mind, what would have been fun?

15 horizontal light blue bars for writing.





Play daily

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2. What was the most fun you ever had? What were you doing?

Who were you with?

15 horizontal light blue lines for writing.





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A series of 18 horizontal light blue bars for writing.





Play daily

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3. What would fun look like now? What lightens your heart and lifts your spirit?

15 horizontal light blue lines for writing.





Play daily

Playing right where I am is the long game, especially in the leftover moments.



A series of 18 horizontal light blue bars, each serving as a writing line for the journal entry.





Play daily

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4. If you were to play daily, what would that look like? Where are there already opportunities for play? Where can you create opportunities for play?

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





Play daily

Playing right where I am is the long game, especially in the leftover moments.



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





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5. Name the one thing you know would bring a smile to your face. Now go do it!

15 horizontal light blue lines for writing.





Play daily

Playing right where I am is the long game, especially in the leftover moments.



A series of 14 horizontal light blue bars for writing.

