



Begin Again
Resiliency Journal

Wait here

Stop Struggling. Wait here for the Goodness to catch up.

PROCESS

How did the two minute process of stillness feel? Did you feel more spacious? Energized? Have more clarity? Feel less stressed? More perspective?

Blank lined area for writing responses to the process questions.





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Could a short regular practice like this help you? With all the competing priorities, are you willing to carve out a practice like this for yourself?

15 horizontal light blue bars for writing.





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1. What does stillness mean to you? What does it feel like and what does it do for you? Does quiet make you anxious or calm you?

15 horizontal light blue lines for writing.





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2. How do you wait? Are you focused on the future: what will happen, hope to happen? Describe an example of both and describe how each one feels.

Eight horizontal light blue bars for writing.

How can you pay attention to what is right now- neither past nor future?

Eight horizontal light blue bars for writing.





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3. When you "don't know", how do you respond?

Do you take action out of your discomfort, freeze with indecision or sit with the feelings and consider options? What tactics, strategies and ways of being do you lean into?

Blank lined area for journaling response.





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4. Would it change your caregiving or your stress levels, if you were to pause and be fully present to what is right now... and in front of you?

What resistance comes up for you? What freedom is possible or new resources might be at hand?

15 horizontal light blue lines for writing.





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5. *What inner resource(s) might support your ability to Wait Here?*

15 horizontal light blue lines for writing.

