

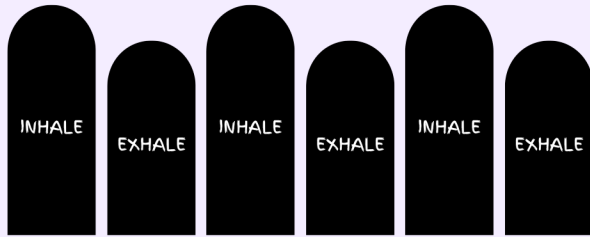
# My JOURNAL



# 10 Minute Resilience Journal

\_\_\_/\_\_\_/\_\_\_  
M T W T H F S S

Breath before writing



3 best thing about today

Three empty rounded rectangular boxes stacked vertically for writing the three best things about today.

Things you're grateful today

Three horizontal lines for writing, each preceded by a small asterisk symbol.

Today's ingredient: Courage

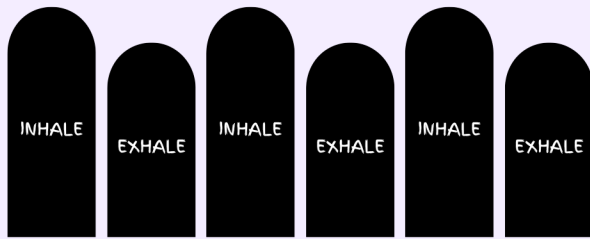
Initiate a conversation with a colleague you haven't spoken for a while. Ask about their day or share something about yours. Journal about how you feel!

Seven horizontal lines for journaling about the experience.

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Today's ingredient: Taking Action

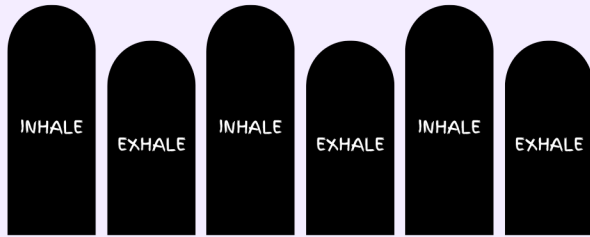
Set a goal for today / visualise how you would like to feel at the end of the day. This could be anything from completing a task, making progress with a project, to learning something new. Challenge yourself to achieve it. Write about it at the end of the day.

Seven horizontal lines for writing about today's goal and action.

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Today's ingredient: Growth mindset

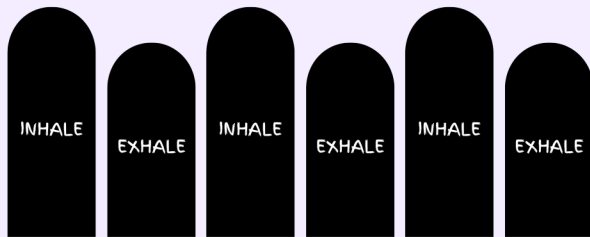
Challenge yourself today by embracing a different perspective / approach with a task or project you are currently working on. How can you adopt a more open / flexible mindset to see new possibilities / solutions? What resulted from this mindset shift?

Seven horizontal lines for writing the response to the challenge.

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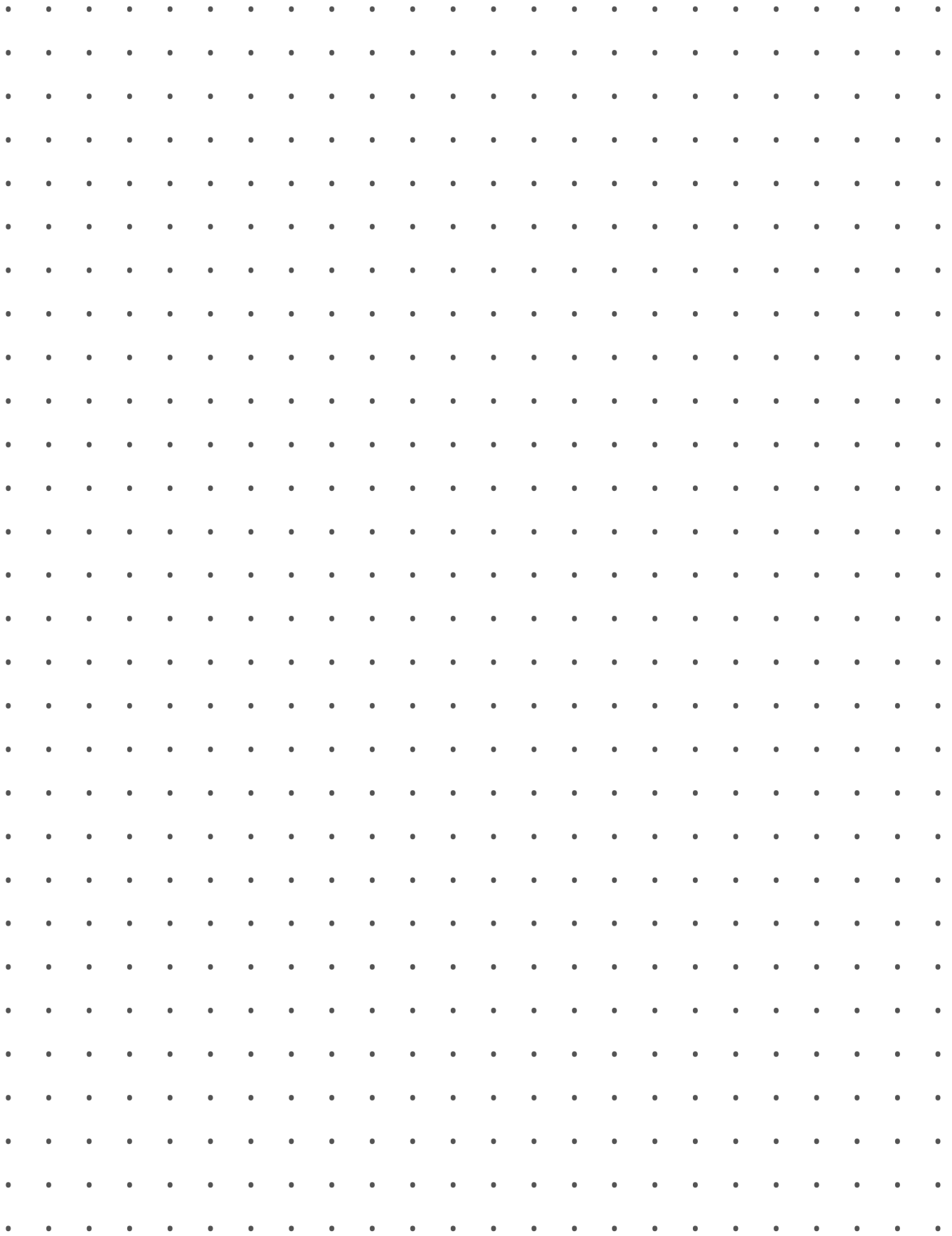
Things you're grateful today

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Today's ingredient: Emotional regulation

Practice mindfulness or meditation for a few minutes. Focus on your breath. Inhale - exhale - inhale - exhale - inhale - and when you exhale, release the any anxiety or stress from your body. Journal about how you feel and remind yourself of some of the most joyful moments you have recently had!

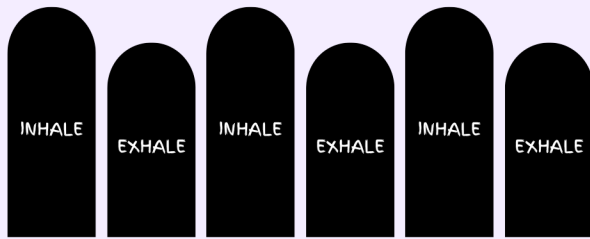
Seven horizontal lines for journaling about feelings and joyful moments.



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Today's ingredient: Problem-solving

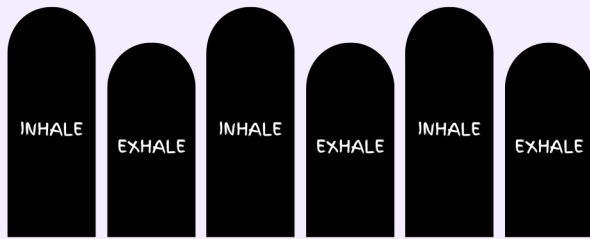
Identify a task or project you've been postponing due to uncertainty or complexity. Break it down to smaller, manageable steps and take the first step today. How do you feel about it? What are you going to do next?

Seven horizontal lines for writing the response to the 'Today's ingredient' prompt.

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Today's ingredient: Resilient thinking

Seek out an opportunity today where you would need to slightly step out of your comfort zone. Pay attention to your inner dialogue when facing uncertainty or discomfort. Challenge negative self-talk or self-limiting belief, intentionally reframe these thoughts, and press on. How do you feel? What happened?

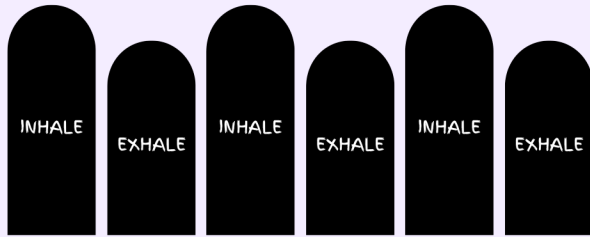
Seven horizontal lines for writing the response to the 'Today's ingredient' prompt.



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Today's ingredient: Building social resilience & strengthening bonds

Reach out to your partner from the workshop. Have a conversation about how you've enhanced your resilience the last week and what would you work on. Share your experience and listen to theirs. Ask them about how they've seen themselves using resilience this week.

Seven horizontal lines for writing the conversation notes.

