



RESILIENCE

journal



I can be changed by what happens to me. But I refused to be reduced by it.

- Maya Angelou

We invite you to use this journal as one of the tools in your personal mental wellness toolbox to reflect on your own journey of learning and practicing resilience. Gratitude and optimism are important mindsets to help you navigate challenging times. Journaling can be an outlet for creativity and self-reflection, a process for setting goals, and a means of personal growth. This journal will focus on nurturing gratitude and optimism.

There is no right or wrong way to journal.

YOU HAVE EVERYTHING YOU NEED INSIDE YOU TO GET STARTED.





gratitude

What is something that made you smile or laugh today?

DESCRIBE IT:



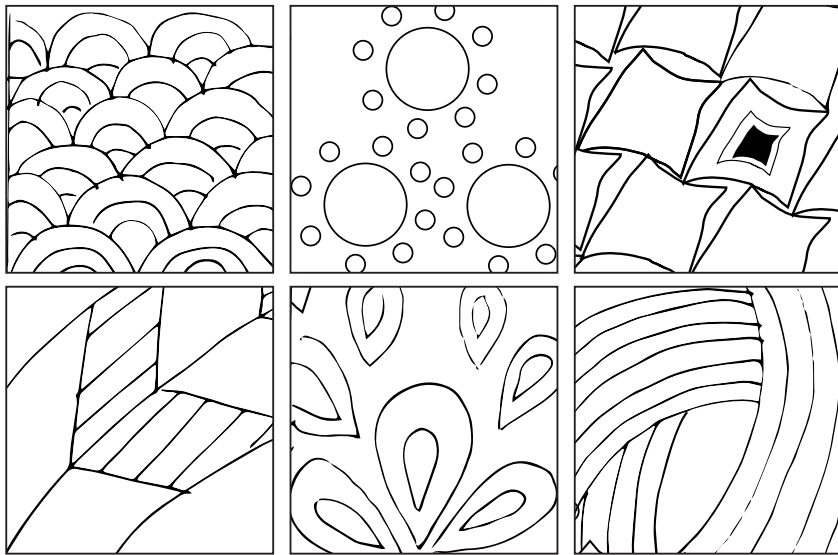


create

ZENTANGLE-INSPIRED ART

A form of meditative doodling using patterns weaved together. Start with a pattern, and add some more. See what you can create.

Here are some patterns to get you started, or create your own.



It is not about the final product, but how you get there. Let your mind wander.





CHALLENGE!

NEGATIVE THOUGHTS

Track your negative comments this week.
Don't judge yourself; just observe and note them.
Notice how much energy you were spending on negative thoughts.

Monday

Tuesday

Wednesday

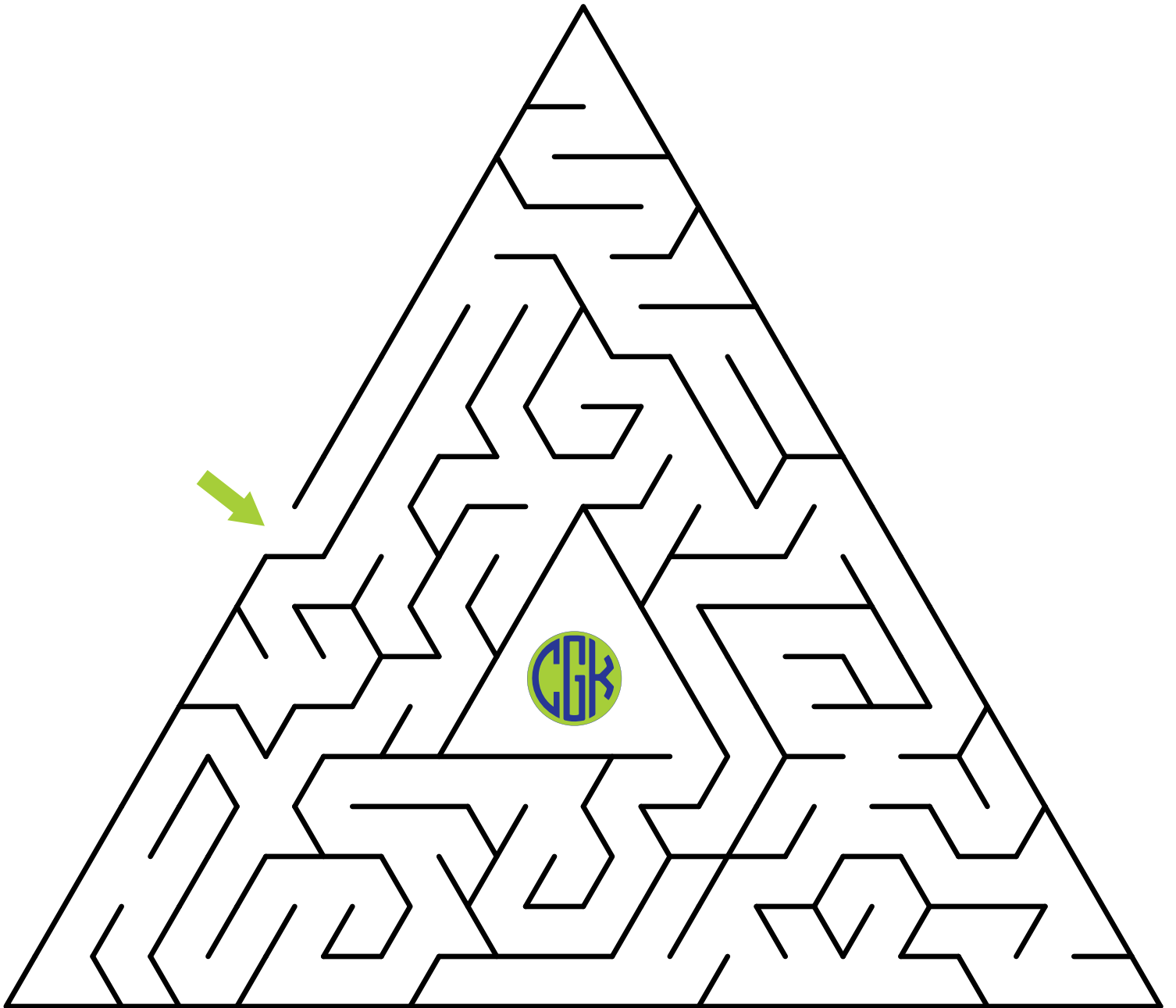
Thursday

Friday

Saturday

Sunday







CHALLENGE!

NEGATIVE THOUGHTS

Notice how much energy you are spending on negative thoughts.

Track how many times a day (or week) you say something unkind to yourself in your head.

Write it down, and then turn it into a positive comment.
(Ex. I'm bad at math. Math is challenging, but I work hard to learn it.)

LET'S TURN A NEGATIVE INTO A POSITIVE!

	NEGATIVE	POSITIVE
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____





gratitude

What author, artist or musician are you grateful for & why?

DESCRIBE IT:





RESILIENCE

P	S	S	S	L	A	P	O	S	I	T	I	V	E
P	E	A	S	G	O	I	I	G	A	E	I	V	S
T	C	D	D	R	E	Y	T	E	L	D	L	C	E
N	I	V	D	A	I	N	M	E	R	A	A	H	M
A	O	E	N	T	E	D	L	N	A	D	L	P	N
E	H	R	I	I	A	G	T	M	D	A	O	D	T
G	C	S	V	T	H	H	N	T	I	P	D	I	H
N	T	I	M	U	E	E	T	I	H	T	S	E	M
A	C	T	U	D	L	E	I	H	L	C	N	I	I
H	I	Y	G	E	P	D	I	U	E	A	G	A	N
C	T	G	O	N	E	I	S	I	D	N	E	N	D
D	M	S	I	M	I	T	P	O	H	D	S	H	S
R	E	S	I	L	I	E	N	C	E	A	S	P	E
G	T	E	E	S	C	E	A	P	I	P	U	T	T

Positive
Gratitude
Choices
Resilience

Adversity
Optimism
Healing
Adapt

Change
Help
Mindset






CHALLENGE!

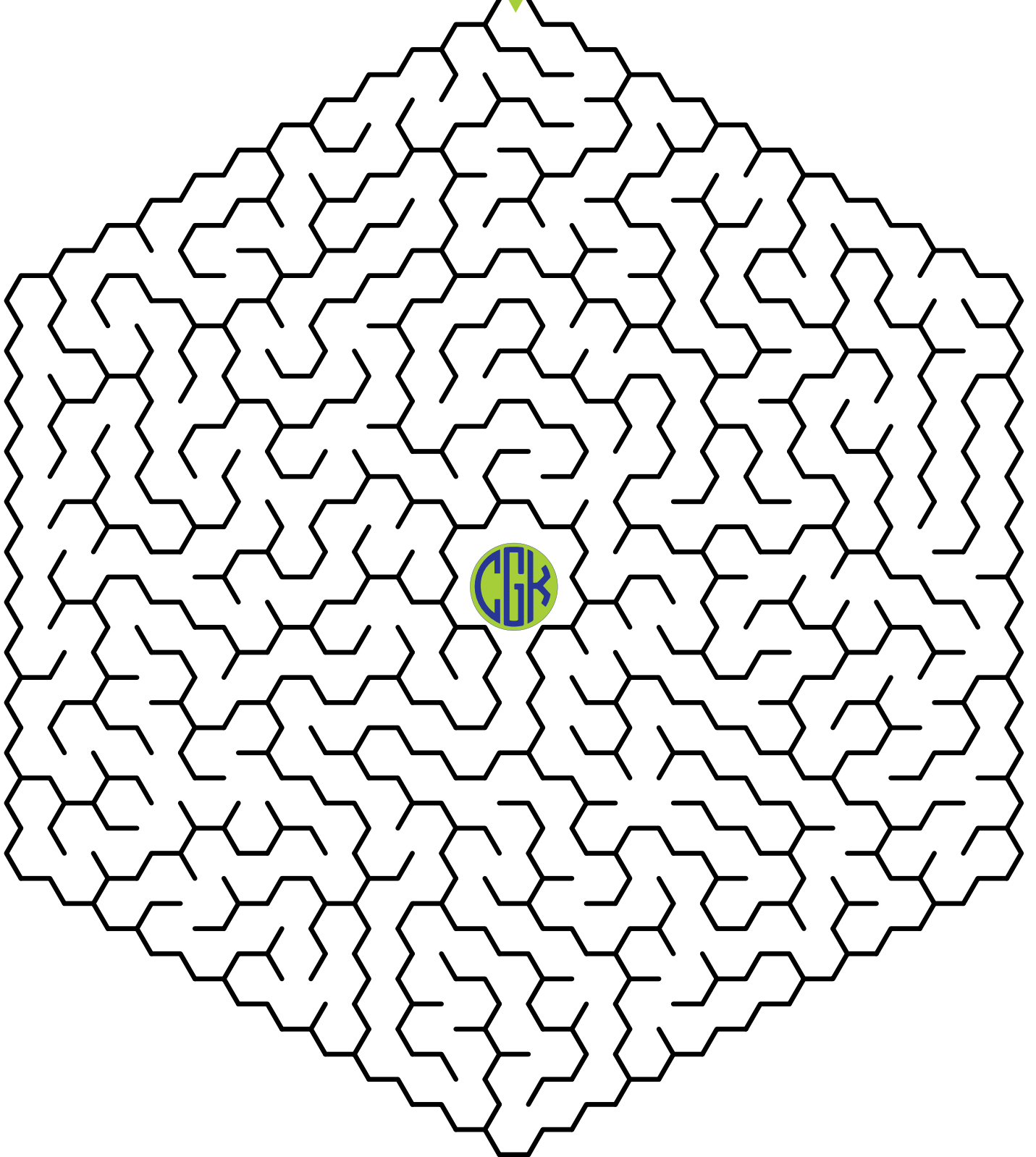
Choose a positive mantra to repeat for a day or week.
A mantra is an affirmation to motivate and inspire you to be your best self.
Some examples are: Love and kindness, I am worth it all,
I will hold on, tomorrow will be easier.

MY MANTRA IS:





& it
will hold
on...





CHALLENGE!

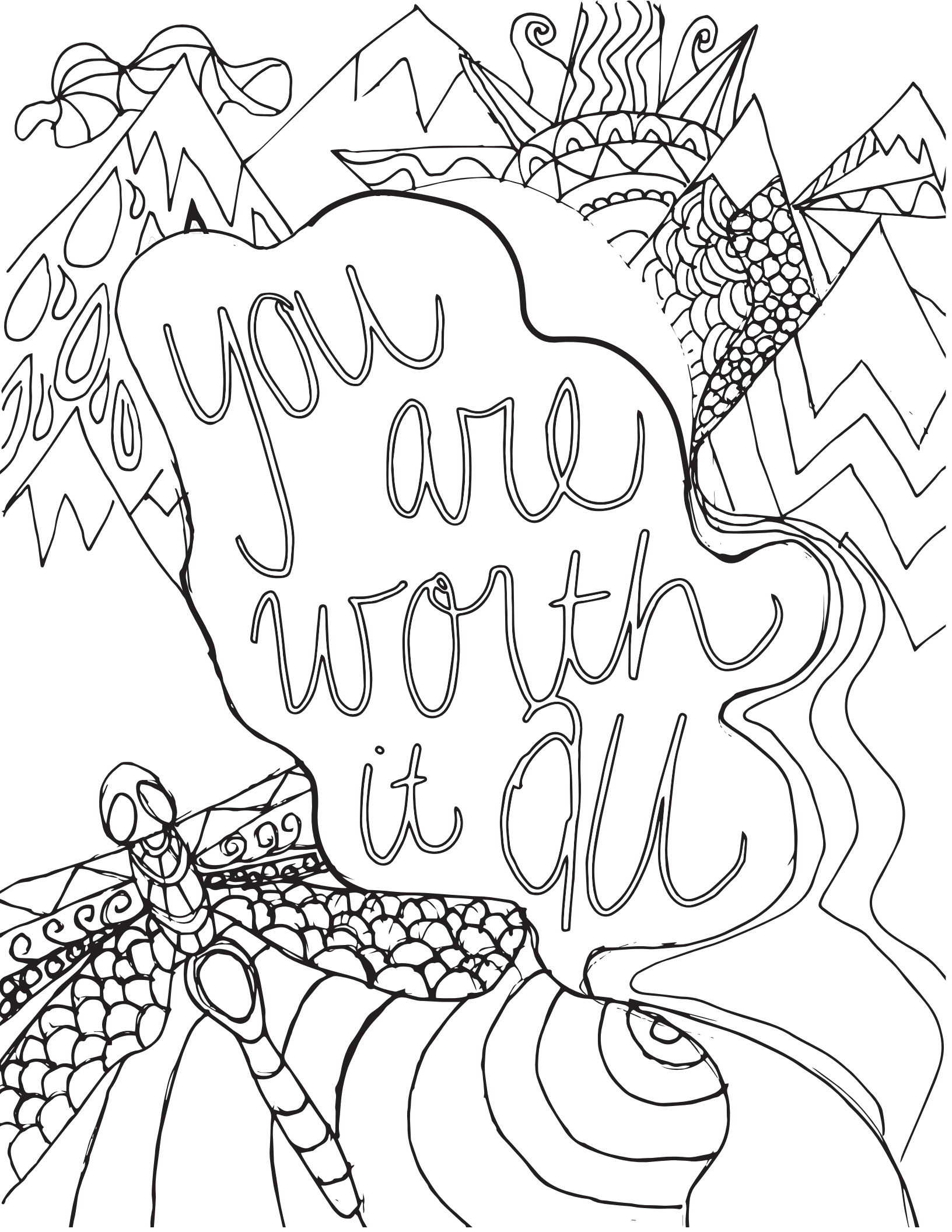
Let someone know how important they are to you.
It could be a teacher, friend or family member.

Name _____

Positive qualities _____

How they have positively impacted your life _____





you
are
worth
it all