

How to Create Your Resilience Journal

Designate a small notebook, or Bullet Journal pages, or space in your planner for your Resilience Journal.

- 20 - 30 pages should be enough
- Put headings at the top of each page.
 - Example headings are provided below.
 - Make them meaningful to you by adding or deleting headings.
- Carry the notebook with you and make lists under each heading.
- You are writing notes to your future self who may be struggling with declining resilience. This future self, who may not have the mental clarity, physical strength, or emotional equilibrium you have now, will appreciate your thoughtfulness.
- Reference your notes when you notice your energy levels declining.

Resilience Journal Page Headings

Inspiring things to read
Books, authors, poets
People who uplift me
Beautiful places
Ways I Enjoy Moving my Body
Happy Field Trips
Museums, drives
Stress Reduction
Things that made me Happy as a Child
Boundary Setting Reminders
What works
What signals the needs
My Vision for my Life
Silly Little Treats that make me Smile
I am at my best when I...
I am most creative when I...
I am most loving when I...
Ways to Improve my Sleep
Ways to Improve my Nutrition
Happy Memories
Funny Memories
What to Avoid When My Energies Are Low

