

RESILIENCE

Journal

DATE: / /

      
S M T W T F S

DAILY CHECK-IN

Mood



ANGRY



TIRED



SAD



HAPPY



EXCITED

OTHERS:

CHALLENGES/STRESSORS:

1.
2.
3.

RESILIENCE PRACTICE: *What strategies will you use today to stay resilient?*

1.
2.
3.

3 THINGS YOU'RE GRATEFUL FOR TODAY:

1.
2.
3.

SELF-CARE

Did you eat well? Did you exercise?

Did you make time to relax or recharge?

Did you check in with your feelings today?

RESILIENCE

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PERSONAL GOALS

SHORT-TERM GOALS:

What do you want to achieve today or in the next week? Keep them realistic!

LONG-TERM GOALS:

What's on the horizon? What bigger goals are you working toward?

OBSTACLES TO OVERCOME:

What might get in your way? How can you plan to tackle those?

REFLECTION & PROGRESS

ACCOMPLISHMENTS:

What did you manage to do today/this week?

GROWTH:

How did you show resilience today?

LESSONS LEARNED:

What did today teach you?
