



# Resilient Mindset Journal

Every morning, complete steps 1-4 with thought and intention. Before going to bed, complete step 5.

Date: \_\_\_\_\_

**1** Write down 3 things for which you are grateful.

---

---

---

**2** Think of someone you love and for whom you feel compassion and say:

*May [name] be filled with love and compassion.*  
*May [name] be safe from inner and outer dangers.*  
*May [name] be healthy in body and mind.*  
*May [name] be at ease and happy.*

*Deeply experience those feelings and turn them to yourself and say:*

*May I be filled with love and compassion.*  
*May I be safe from inner and outer dangers.*  
*May I be healthy in body and mind.*  
*May I be at ease and happy.*

**3** Write down a personal strength or value and how you can put it into action today.

---

**4** What is your inspiration for today? What feeling of purpose can you bring to the day?

---

---

---

**5** Ask Yourself: What big wins did I have today? What personal insights and learnings did I gain today? How can I apply these learnings in the future?

---

---

---