



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?
