## **Introduction to Resilience #6**

This week, keep a daily resilience journal. List at least two things you've done each day that demonstrate resilience.

| Monday    |
|-----------|
|           |
| Tuesday   |
| lucoudy   |
|           |
| Wednesday |
|           |
|           |
| Thursday  |
|           |
|           |
| Friday    |
|           |
|           |
| Saturday  |
|           |
|           |
| Sunday    |
|           |
|           |