

**Future**

One thing:

Why?

**3 Names**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**COVID “+”**

One thing:

Why?

**Gratitude**

Happy TODAY \_\_\_\_\_

Someone else for YOU \_\_\_\_\_

You for someone ELSE \_\_\_\_\_

**5 Skills:**

**Good Tip:**

**Bad Tip:**

“This made me realize I need to slow down and take a few minutes each day for myself.”

“The program made me think. I didn’t realize just watching a video or scenery could be so calming.”

**Resilience & Awe: 5 days, watching a short video each day and night. Learn more: [www.5DaysOfAwe.com](http://www.5DaysOfAwe.com)**

- 5 Days
- Google Classroom (on your mobile devices)
- Morning and evening practices
- ONLY 5-10 minutes (and free!)

**Why not?**

[For an additional resilience program, see [www.warrior21.com](http://www.warrior21.com)]