Shift your focus to embodied activism that feels good!

4 Steps for a Resilient Life!

Feel good as you work to nourish a resilient Earth!

Jot down...

1. REVIEW: What Actions Am I Taking Now; What Do I Want to Do?
   - every effort counts
   - get it all in front of you

2. REJOICE: Which Activities Make me Happy or are Easy To Do?
   - don’t overthink it
   - notice how it feels
   - celebrate your impact

3. REFLECT: Which Actions are Stressful or Difficult?
   - be honest
   - be open
   - what makes it stressful or difficult

4. REIMAGINE: What Can I Shift to Support my Well-being?
   - reduce stressors
   - reframe activity
   - release it

Want to learn more? theresilientactivist.org