

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...

REVIEW: What Actions Am I Taking Now; What Do I Want to Do?

- every effort counts
- get it all in front of you

REJOICE: Which Activities Make me Happy or are Easy To Do?

- don't overthink it
- notice how it feels
- celebrate your impact

REFLECT: Which Actions are Stressful or Difficult?

- be honest
- be open
- what makes it stressful or difficult

REIMAGINE: What Can I Shift to Support my Well-being?

- reduce stressors
- reframe activity
- release it



Want to learn more?



theresilientactivist.org

