



Zenful Habits Resilience Reset Journal Page

■ Resilience Reset Journal Page ■

Reflect • Realign • Recover

1. ■ Reflection:

What signs of burnout am I noticing in my body, mind, or emotions?

2. ■ Realignment:

What is one boundary I can set or restore this week?

3. ■ Recovery:

What small act of self-care can I commit to today?

"I tend to my energy like a sacred flame. I am not behind—I am becoming."