Getting clear on purpose and beliefs is essential for resilience. It also creates a tremendous amount of clarity, direction, and accountability in our lives.

Just like we have regular eating, exercise, and recovery practices, it's also important we have practices for our spiritual, emotional and mental well-being. I highly recommend doing this writing & reflection exercise at least once per week, if not more often.

DIRECTIONS: Complete the following sentence multiple times over. Expand on your answers to include how you've come to believe these things, why they're important, how you currently put them into practice, and how you plan to continue to do so.

Date:

I believe... _____

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I believe... _____

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I believe... _____

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I believe... _____

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I believe... _____

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