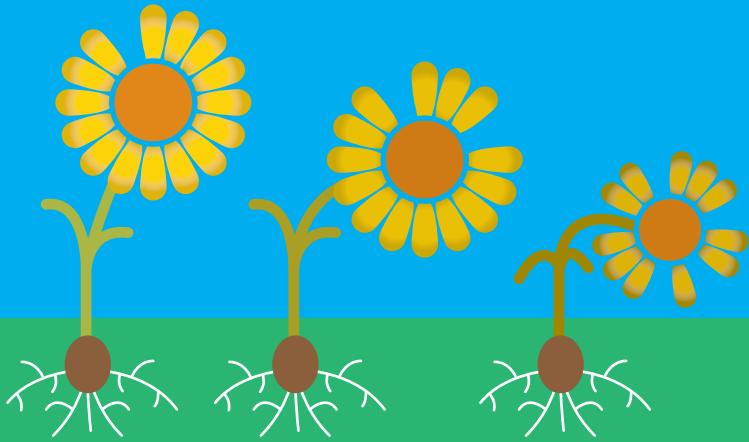


# Know your triggers

List the things that leave you feeling fading, wilting or unwell



fading

wilting

unwell

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These are your triggers. Now you're aware of them, you can use them like mini alarm bells alerting you to take care of yourself.

List what you can do to act quickly and restore your well-being for each of your trigger points



unwell

wilting

fading

restored

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## Insights from today's resilience habit

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## Intention for tomorrow

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