

emergency journal page:

when things don't come easily

one thing or project that isn't easy for you, but is also really important to you:

one aspect of your thing or project that doesn't come easily to you:

one reason you have no intention of giving up on it (not today, at least):

another aspect that doesn't come easily to you:

one thing you do to make the hard parts a little easier:

another thing you do to make the hard parts a little easier:

one part of this not-easy thing you're much better at now than you used to be:

one success you've achieved as a result of your persistence and perseverance:

one unexpectedly beautiful part of this experience that keeps you going:

date: _____

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