

# The Green

How does it look and feel?

Life will always present us with obstacles, but people are resilient. As you persevere and thrive, what does your life look like. How does it feel to be meetings life's occasions? How does it feel to be with family and friends, sharing good meals, or being out in nature? What do you look like when things are going well?

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What are your adventures?

You can do all sorts of things with time. It's of great value. If you'll invest 15 minutes a day. You can learn to play guitar quickly. How about printing out a scene from your favorite movie. Once you get a handle of the wording, you may find you enjoy all the different ways you can act it out. The human brain is wildly capable if you give it the time to explore new activities. So, if your able to get through your days with extra effort to commit to something, what are you doing with your valuable spare time? Is there anything you'd like to try? Have your ever written a poem? It doesn't have to be a masterpiece, but if you enjoy the process. That great! If you don't, that great too! Consider it a detour in finding truer passions. If you can continue to develop yourself in productive ways, it will help to strengthen your mind for the inevitable challenges that life will bring you.

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What are possible disruptions?

You've lost your key's. Now you're running late in looking for them. Stuff like this happens all the time, but you try to regroup. Then you got cut off on the road. Now your angry. It's officially turning out to be a bad day.

Somehow the rest of the afternoon's stressors eat at you more and more and when you finally get home, you give in to old bad habits. Like a trip to the corner store to grab drink or binge watching a show until you fall asleep on the couch, forgetting to take your evening medication. Most disruptions are common and manageable. But are you ready to handle something you dread? A close friend's bad diagnoses from a doctor or having to find a new living situation? What in your life has led you into next level problems? What kinds of stressors are too much for you to handle? What do you worry about? What are possible disruptions to the good life you've put together?

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