A BREATH OF
Fresh Air
WITH TAPS OUTDOORS
Breathing in the New Year • January 2021

JANUARY THEME: BREATHING IN THE NEW YEAR

WEEK 2: JANUARY 13 – 19

This week on the fourteenth episode of **A Breath of Fresh Air** with **#TAPSOutdoors** we are *Building the Trail Map* of our year ahead with the activity sheet below. This week's activity is focused on utilizing what we know about navigating trails of all kinds in our life and how a strong plan can support even the toughest terrain.

We invite you to print this sheet and take it on a walk with you. Ponder these prompts or use some of your own! Get curious and use the fresh air to inspire you!

ACTIVITY: BUILDING THE TRAIL MAP

When you're ready, remember you can share your experience with us by taking a photo or video and sharing it using **#TAPSOutdoors** or email us at expeditions@taps.org.

At TAPS we have resources that can meet you wherever you are in your journey with access to local counseling services, peer outreach through our Survivor Care Team, education and casework services, and a wealth of publications and more. We are available to you 24/7 through our Helpline at **1(800)959-8277.**

A Guide for Building Your Trail Map This Year

> Print this worksheet & write your thoughts below!

Step 1: Define Your Why	Step 2: Map the Route	Step 3: Establish Standards
What words describe your intentions for this year?	What goals do you have for the year?	What are your expectations this year?
What is giving you hope?	What do you want to see or experience along your trail?	What do you want less of or to remove from the trail?
What keeps you from standing still in your grief?	What do you do when the trail gets difficult? How can you design your trail for these challenges?	What are your boundaries along your grief trail? Do you need to keep them in 2021? Add some?
Choose three words that describe your transition from 2020 to 2021.	Choose three words that describe your trail route for the year.	Choose three words that describe the standards you've set for the year's trail.

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