

Be Calm Journal




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Step into peace

Colophon

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Introduction

Congratulations for picking up this journal! Life can feel overwhelming at times. Stress, anxiety, and worry seem to have a way of creeping into our minds, making it hard to focus, relax, or find joy.

Whether it's concerns about health, money, or family, we all experience moments of unease. But there's hope.

This 21-day journal offers simple strategies and practical tools to help you regain balance and find calm, even in the midst of chaos. By grounding yourself, practicing mindfulness, and adopting healthier habits, you can release anxiety and approach life with renewed confidence and clarity. Each day, you'll find a brief meditation to center your thoughts, an assignment to build resilience, and a healthy habit to support your mind and body. Progress may feel slow at first, but remember, small steps can lead to big changes. Let's begin this journey to a calmer, more centered you.

How to use this journal

Find a calm and comfortable spot where you can reflect without distractions. Whether it's a cozy corner of your home or a park bench, choose a space where you feel at ease.

Set aside 10-20 minutes daily to work through each journal entry. Consistency is key! You might find it helpful to do this first thing in the morning or as a wind-down routine at night.

Each day includes:

- Meditation: A brief exercise to center yourself. Follow the instructions and focus on your breath, thoughts, or surroundings.*
- Assignment: A practical, actionable step to ground yourself and build resilience. These are easy, fun, and designed to help you explore new ways to manage stress.*
- Healthy Habit: A simple suggestion to nurture your mind and body through food, movement, or lifestyle changes.*
- Uplifting Quote: A motivational thought to inspire you and keep you focused on your journey*
- One Word/Sentence Assignment: A simple word or sentence to do that will help you even though it is a small action.*

This isn't homework—it's a resource for your well-being.

Approach each day with curiosity and an open mind. Let it be a space where you can freely express yourself.

Once you complete the journal, revisit your favorite techniques and habits. Incorporate them into your daily routine for long-term benefits.



This Journal Belongs to:

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Day 1: Grounding in the Present

Meditation:

Sit quietly and focus on the sensations in your body. Wiggle your toes, feel the chair beneath you, and notice your breath.

Assignment: Use the 333 Technique:

Name 3 things you see.

Name 3 sounds you hear.

Move 3 parts of your body.

Healthy Habit:

Drink a tall glass of water with a slice of lemon to refresh and rehydrate.

Uplifting Quote:

"The present moment is the only moment available to us, and it is the doorway to all moments." – **Thich Nhat Hanh**

BE CALM

DATE _____

TODAY I'M GREATFUL FOR

○

○

○

TODAY'S AFFIRMATION

WHAT WAS THE BEST THING ABOUT TODAY?

THINGS I DID TODAY

○

○

○

○

TODAY I FELT



PEOPLE I MET TODAY

WHAT I WANT TO REMEMBER ABOUT TODAY

MY RANKING OF TODAY



BE CALM Write it down

[illegible]