

The Calm Starter Kit



*Small habits & gentle rituals
to help you feel like yourself
again*





Hi, I'm Desi - creator of Calm
Freedom. If life feels too loud and
heavy right now, you're not alone.

This guide isn't about fixing
everything - it's about finding small
moments that help you breathe
again.

You deserve to feel calm, grounded,
and present.



Before your phone-
one deep breath.



Whisper:

"I'm allowed to move slowly today"

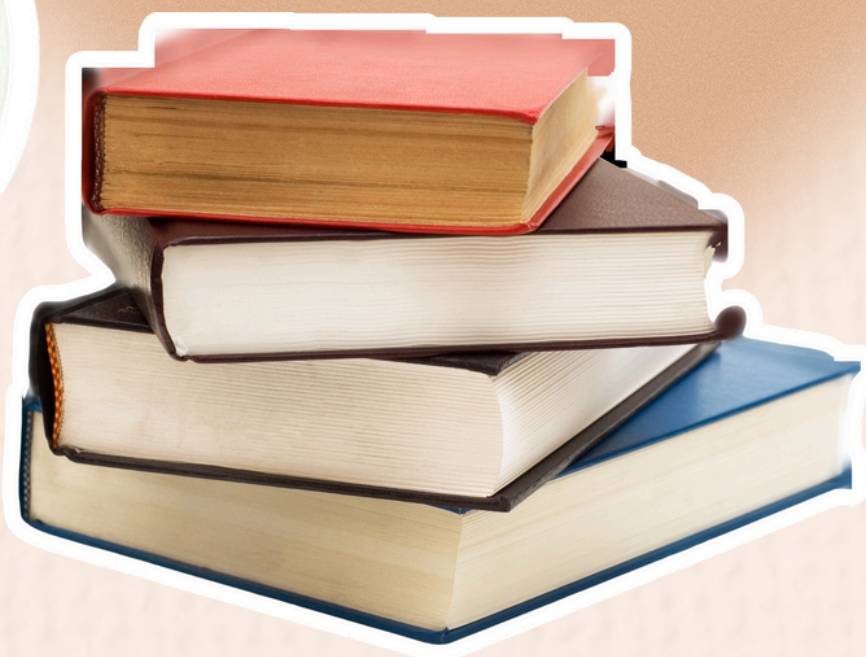


Peace starts with permission.
Let your morning unfold - not
explode.

Pause. Inhale for 4, hold for 4,
exhale for 6.

Ask: "What can I let go of right now?"

Even a 3-minute pause can bring
you back to yourself.



(P.S. My favorite calm companion -
MamaZen - helps me reset on busy days.)

Before bed, write three short lines:

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- 1 What drained me
 - 2 What brought me peace
 - 3 What I'll do differently tomorrow

Tiny reflection. Big calm.





**You're not beeing. You're not failing.
You're simply rebuilding peace in a
world that rushes.
And that's incredibly brave.**

