



7-Day  
*Calm*  
Ritual  
Journal

**StillsickStillhere**

# How to use

## How to use this journal

Seven days. Seven tiny rituals. Choose consistency over intensity. Miss a day?

Begin again—no shame.”

- Time: 5–10 minutes, morning or evening.
  - Flow: Breathe → Read affirmation → Answer prompts → One small action.
- Pairing: Keep one card beside you or set a matching wallpaper.
- Pace: One page per day. No perfection required.

# Daily page template

(Pages 3–9)

- Affirmation: Large, centered.
- Check-in: “On a scale of 1–5, how is my body? \_\_\_\_ mind? \_\_\_\_”
- Three prompts: Three short lines each.
- One tiny action: Checkbox and one line.
- Breath: “Inhale for 4 • Hold 2 • Exhale 6 (x3)”

# Day 1

I am safe in this moment.

- Noticing: One sign I'm safe right now is

.....

- One thing that helps my body feel safer is

.....

- One small boundary I'll honor today is

.....

- Tiny action: Put a hand on my heart for 30 seconds.

# Day 2

Calm grows with every exhale.

- Breath: What does “exhale” feel like in my body?

.....

- One thing I can let go of (just for today) is

.....

- A phrase I’ll repeat when stress rises is

.....

- Tiny action: 3 slow breaths before I check my phone.

# Day 3

Slow is still progress.

- Reframe: Where am I rushing? Why?

.....

- Today I give myself permission to

.....

- The smallest next step I can take is

.....

- Tiny action: Do one task at 70% speed.

# Day 4

My needs matter.

- Reframe: Where am I rushing? Why?

.....

- Today I give myself permission to

.....

- The smallest next step I can take is

.....

- Tiny action: Do one task at 70% speed.

# Day 5

Healing is not linear.

- Normalize: A wobble I had recently was

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- What would I say to a friend in my shoes?

.....

- One lesson my body is teaching me is

.....

- Tiny action: 2 minutes outside or by an open window.

# Day 6

My way of thinking is valid.

- Strength: One Neurodivergence strength I notice in myself is

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- A sensory need I'll honor today is

.....

- One tweak to make my space kinder is

.....

- Tiny action: Wear headphones or reduce one stimulus.

# Day 7

I am guided, even when I feel lost.

- Signal: A small sign of guidance this week was

.....

- My gut is whispering

.....

- One intention I'll carry into next week is

.....

- Tiny action: Light a candle or imagine a soft light at my center.

# Quick practices

## Quick practices for anxious moments

5-4-3-2-1 grounding: Name - 5 see, 4 touch, 3 hear, 2 smell, 1 taste.

- Box breathing: In 4 • Hold 4 • Out 4 • Hold 4 (x4).
- Haven visualization: Picture a place where you feel held; add one sensory detail.

# Closing note + gentle disclaimer

- Note: "Thank you for showing up for yourself. Return to any page, any time. Begin again as needed."
- Disclaimer: "For personal growth and wellbeing support; not a substitute for professional care."