



# Weekly Serenity Plan

FOR WORK STRESS • PARENTING • ANXIETY

WITH KID-FRIENDLY CALM RITUALS

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# Weekly Serenity Plan



## Weekly Intention

In our home, we choose calm moments, connection, and kindness—especially on hard days.

## Monday - Gentle Grounding

### Focus

Start the week without overwhelm

### With Kids

Balloon Breathing

Share one thing you're excited about this week

### For You

3 slow breaths before work/school

Choose 1 main priority

Evening: release the need to do it all

### Anxiety Anchor

We are safe and okay right now.

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## Tuesday - Steady & Slow

### Focus

Managing work stress + busy schedules

### With Kids

5-Senses Game

Slow walk together

### For You

Break tasks into small steps

Pause before emails or corrections

Let good enough be enough

### Anxiety Anchor

Slow is still progress.

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## Wednesday - Midweek Reset

### Focus

Emotional balance

### With Kids

Shake It Out

Reset phrase: Let's start fresh

### For You

Declutter one small space

Step outside

Adjust expectations

### Anxiety Anchor

Longer exhales calm the body.

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## Thursday - Soft Boundaries

### Focus

Energy protection & parenting load

### With Kids

Quiet choice time

Body check-in

### For You

Say no, pause, or delegate

Reduce noise/screens

Offer yourself grace

### Anxiety Anchor

It's okay to need space.

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## Friday - Release & Compassion

### Focus

Letting go of guilt

### With Kids

Rose & Thorn

Family mantra: We did our best today

### For You

Name what you DID do

Release unfinished tasks

Shift into rest mode

### Anxiety Anchor

Today is complete.

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## Saturday - Restore

### Focus

Nervous system recovery

### With Kids

Cozy time

Nature moment

### For You

Rest without earning it

Comfort over productivity

### Anxiety Anchor

Rest helps our bodies feel safe.

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## Sunday - Calm Preparation

### Focus

Reduce Sunday anxiety

### With Kids

Week preview

Early wind-down ritual

### For You

Reflect kindly

Set a soft intention

Prep one small thing

### Anxiety Anchor

We take life one day at a time.

# Weekly Serenity Plan



## Weekly Reflection

ONE CALM MOMENT  
WE SHARED

ONE THING WE CAN  
RELEASE NEXT WEEK

ONE WORD FOR OUR  
FAMILY

### Family Anchor Mantra

Calm is something we practice together—not something we  
have to perfect