

Your Daily Calm Checklist

If you are feeling overwhelmed, you don't need to change your whole life to bring a sense of calm. Calm comes from small, consistent moments throughout your day. Use this checklist to gently reset your mind, body, and space, one step at a time.

Morning Calm

	Sit quietly for 2 minutes before checking your phone
	Drink a warm drink slowly (tea, coffee, lemon water)
	Write down 1-3 simple priorities for the day
	Step outside for fresh air
	Take 5 deep breaths and set a calm intention

Midday reset

	Step away from your laptop/ phone for 5-10 minutes
	Do a quick tidy up of one small space (your work desk, kitchen...)
	Stretch your body or take a short walk
	Check in: "What do I actually need right now?" And do it if you can!
	Focus on just ONE next task

Evening wind-down

	Give yourself permission to STOP. To stop clearing emails, doing chores, scrolling...
	Dim the main lights, switch on a lamp instead
	Turn off screens 30-60 minutes before bed
	Light a candle to create a cozy atmosphere
	Write down anything on your mind in a pretty journal
	Do something slow and relaxing (read, drink sleepy tea, talk to a friend, listen to music, stretch, knit...)

Reminder

You don't need to do everything! Even 1-2 small habits can shift how you feel.

Calm is something you choose and create. Gently, daily, in your own way.

For more simple routines and calm living ideas, follow along on Pinterest