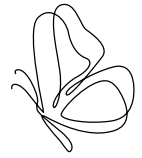


CHAOS TO CALM: A STRESS SOS TOOLKIT

"Learn to be calm, and you will always be happy."

Paramahansa Yogananda

INTRODUCTION



Welcome to your Chaos to Calm: A Stress SOS Toolkit, a sanctuary designed to guide you towards greater tranquility and inner peace.

In this journal, you'll find prompts and practices aimed at soothing your thoughts, nurturing your well-being, and cultivating a sense of calm in your daily life.

By engaging with these exercises, you can explore and embrace techniques that help center your mind, reduce stress, and enhance your overall sense of serenity.

Take a moment each day to connect with yourself, reflect on your experiences, and cultivate a peaceful mindset. Your journey to a calmer, more centered you starts here.





"Calm is the key to happiness and inner peace."

Mahatma Gandhi

"In the midst of chaos, find your calm."

Lao Tzu

"When you are at peace with yourself, you are at peace with the world."

Buddha

"Calm is the mind that is not disturbed by the storms of the world."

Swami Sivananda

"We cannot control the waves, but we can learn to ride them."

Jon Kabat-Zinn

"Peace is not just the absence of war. Peace is the presence of love and compassion."

Dalai Lama

"The mind is everything. What you think, you become."

Buddha

CREATE YOUR CALM CORNER

Date : MM/ DD/ YYYY _____

List possible rooms, spaces or nooks in your home to claim as yours.

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

What items would you put in there that would relax you and lift your mood?

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

What soothing colors would be in that space?

<input type="radio"/> # _____	<input type="radio"/> # _____	<input type="radio"/> # _____	<input type="radio"/> # _____
-------------------------------	-------------------------------	-------------------------------	-------------------------------

Date you will start creating this space: _____

Target completion date: _____

I promise myself to create this for me to go to when I am feeling anxious and upset so I can learn to create more calm in myself.

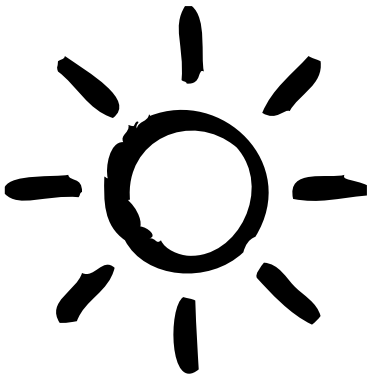
Signature: _____

RITUALS AND ROUTINES



Date : MM/ DD/ YYYY

Routines help you begin and start your day properly and create some structure to your day.



Craft Your Morning Routine

Wake up time: _____

Exercise time: _____

Quiet time: _____

Breakfast time: _____

Other: _____

Other: _____

Craft Your Evening Routine

Bedtime: _____

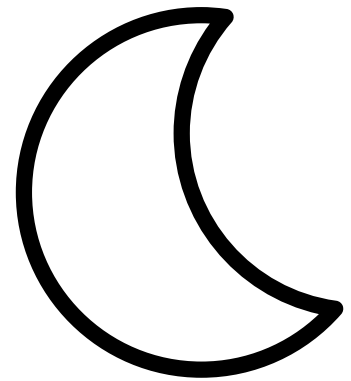
Wind down time: _____

Quiet time: _____

Other: _____

Other: _____

Time all chores should be completed: _____

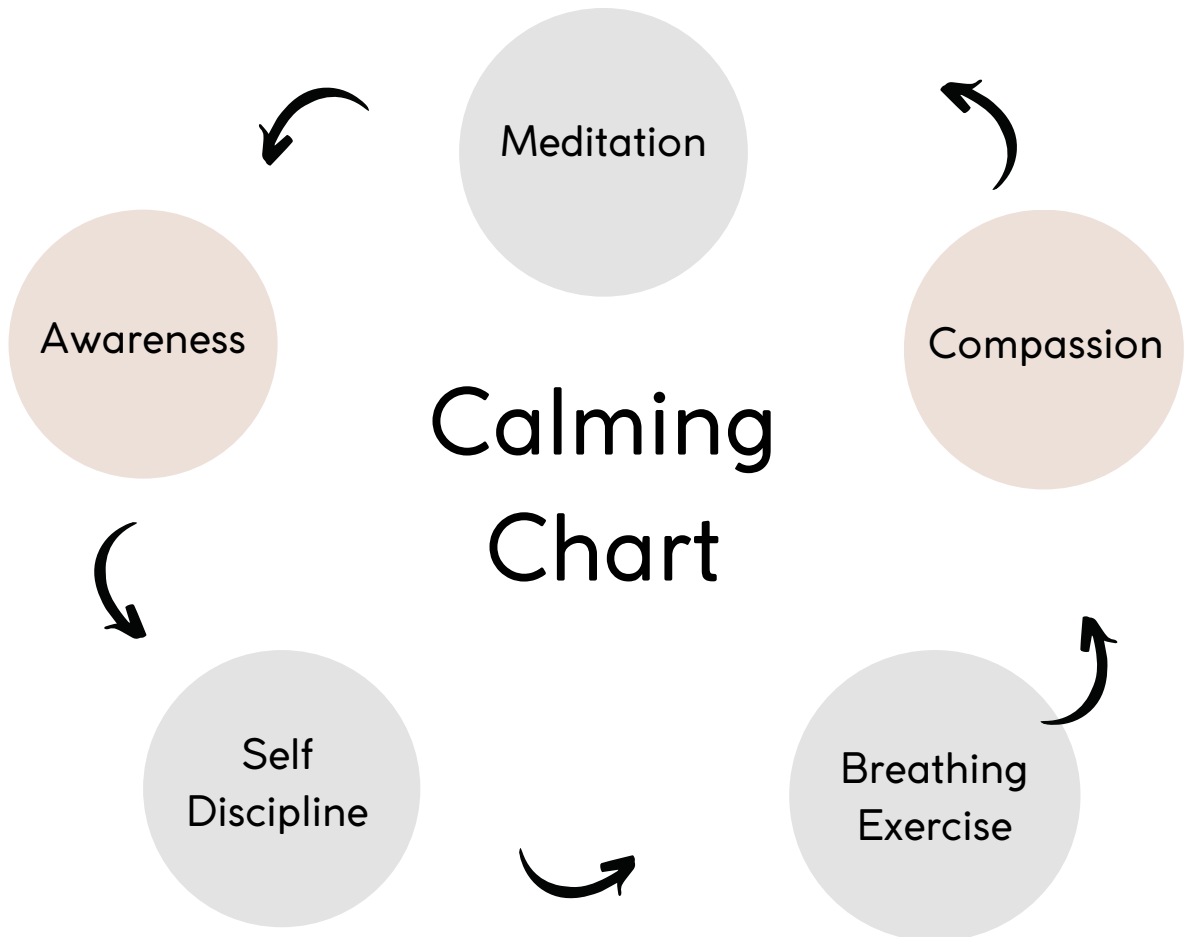


What will you use as a trigger to begin this routine?

DAILY CHART FOR CALMING



Date : MM/ DD/ YYYY



Use these daily charts to track and enhance your sense of calm. Each day, fill out the sections below to reflect on your experiences and progress in cultivating tranquility:

MOMENTS OF CALM TODAY

TECHNIQUES USED

EMOTIONAL REFLECTIONS

POSITIVE OBSERVATIONS

AREAS FOR IMPROVEMENT

TOMORROW'S CALM GOAL

DAILY CHART



Date : MM/ DD/ YYYY

Moments of Calm Today

Five horizontal lines for writing.

Techniques Used

Five horizontal lines for writing.

Emotional Reflections

Five horizontal lines for writing.

Positive Observations

Five horizontal lines for writing.

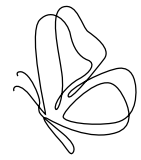
Areas for Improvement

Five horizontal lines for writing.

Tomorrow's Calm Goal

Five horizontal lines for writing.

SELF-COMPASSION



What are you criticizing yourself about? _____

What emotions are you feeling? _____

What tone, phrases and words are you using? _____

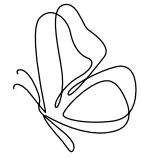
What would you tell a good friend who is thinking or feeling this way? _____

If you were confronting this voice in a calm, mature manner, what would you say?

How can you view the situation or reframe those thoughts and phrases to one that is kinder and more positive?

**In 1 week, 1 month, year or more, how will I feel about this? Does it matter that much?
Can I release this now?**

DAILY MINDFULNESS



Date : MM/ DD/ YYYY



FOCUS: BEING PRESENT IN THE MOMENT



ACTIVITIES: MINDFUL BREATHING, SENSORY OBSERVATION



OBJECTIVE: REDUCE MENTAL NOISE AND IMPROVE CONCENTRATION



TIP: 5 MINUTES A DAY, START IN THE MORNING

Instructions for Use:

- **Find a Quiet Space:** Sit comfortably in a quiet place where you won't be disturbed.
- **Mindful Breathing:** Close your eyes, take slow, deep breaths, and focus on the sensation of air entering and leaving your body.
- **Sensory Observation:** Pay attention to what you can hear, smell, feel, or even taste in the moment. Notice these sensations without judgment.
- **Be Present:** Allow your thoughts to pass by without engaging with them. Gently bring your focus back to your breath or sensory experience.
- **Consistency:** Practice for 5 minutes every morning to build a habit of mindfulness.

Use this sheet as a daily guide to grounding yourself and enhancing your presence in the moment.

VISUALIZATION TECHNIQUES

Date : MM/ DD/ YYYY

- **Focus:** Creating relaxing mental images
- **Activities:** Guided visualization, creating a "safe place" in your mind
- **Objective:** Reduce anxiety, enhance inner calm
- **Tip:** Use vivid and detailed images

Settle In:

Find a quiet spot, sit or lie down comfortably, and close your eyes.

Deep Breathing:

Start with a few deep breaths to relax your body and clear your mind.

Guided Visualization:

Imagine a peaceful scene—a beach, forest, or any place where you feel safe and calm. Use all your senses: see the colors, hear the sounds, feel the textures, and smell the surroundings.

Create Your Safe Place:

Build a mental "safe place" that you can return to whenever you need to feel secure. Add specific details to make it vivid and personal.

Stay Present:

Spend a few minutes exploring this mental space. If your mind wanders, gently bring it back to the scene.

End Gradually:

Slowly open your eyes, take a deep breath, and carry the sense of calm with you.

USE THIS SHEET AS A GUIDE TO
HARNESSING THE POWER OF
YOUR IMAGINATION TO CREATE
CALM AND REDUCE STRESS
THROUGHOUT YOUR DAY.

Notes & free thoughts



CALMING RESOURCES



MUSIC

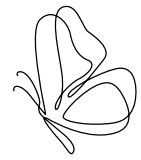
ACTIVITIES

FAMILY/FRIENDS

FILM/VIDEOS

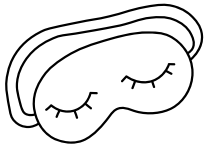
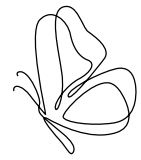
FOOD/DRINK

CALMING JOURNAL

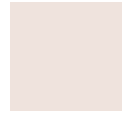


MON	Something I'm grateful for today... One thing that made me smile today... I felt relaxed when...
TUE	Something that brought me peace today... Today I took care of myself by... I felt connected when...
WED	A moment of calm I enjoyed today... Something positive I noticed today... Today I felt at ease when...
THU	I showed kindness today by... A small victory I celebrated today... I felt supported when...
FRI	One thing I let go of today... A simple pleasure I enjoyed today... I felt content when...
SAT	Something that made me feel peaceful today... Today I appreciated... I felt balanced when...
SUN	A quiet moment I cherished today... Something that helped me relax today... I felt grounded when...

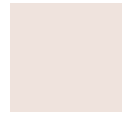
CALMING CHECKLIST



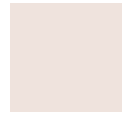
8 hours of sleep



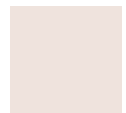
Take a relaxing bath



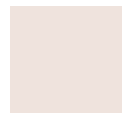
Consume healthy foods



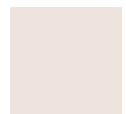
Read a book



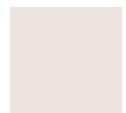
Move your body



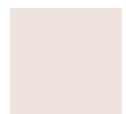
Walk at the park



At home spa



Try journaling



CALMING CHECKLIST



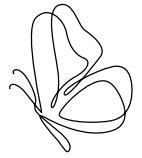
Calmness isn't just an act but a gentle commitment to inner peace. How will you nurture your sense of calm this week?

Calmness Self-Care Activities	M	T	W	T	F	S	S
Practice deep breathing or meditation							
Spend time in nature							
Listen to calming music							
Light a candle or use essential oils							
Take a long bath or shower							

Mind & Soul Self-Care	M	T	W	T	F	S	S
Write three things you're grateful for							
Read or listen to something inspiring							
Engage in a creative activity							
Take a screen-free break							
Spend time with pets or animals							

Emotional Self-Care	M	T	W	T	F	S	S
Practice daily gratitude							
Spend time with a loved one							
Foster a positive mindset							
Seek support from a friend or therapist							
Journal your thoughts							

CALMING ASSESSMENT



Read the prompts below and reflect on your initial thoughts. Fill in your answers in the blank boxes.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS CALM WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
FINDS PEACE IN	
FEELS CONNECTED WITH	
IS AFRAID OF	

THOUGHT AWARENESS



Date : MM/ DD/ YYYY

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

**Negative
Thoughts**

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

**Rational
Thoughts**

Use rational, positive thoughts and affirmations to counteract negative thinking and regain calm. See if there are any opportunities that are offered by it.

**Positive
Thoughts**

CALMING EXERCISES



Date : MM/ DD/ YYYY

This schema helps you identify the situation, associated thoughts and emotions, and apply techniques to regain calm.

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

1

SITUATION

I'M STUCK IN TRAFFIC DURING RUSH HOUR

2

ASSOCIATED THOUGHTS

I'LL NEVER GET THERE ON TIME

3

EMOTIONS

FRUSTRATION, ANXIETY, IRRITATION

4

INCREASE CALM

DEEP BREATHING

ACKNOWLEDGE THE SITUATION

FOCUS ON SOMETHING POSITIVE

MENTAL RELAXATION

Reflections:

Goals for tomorrow:

MAINTAINING CALM



Date : MM/ DD/ YYYY

Try to fill in something from your own experience. This can help you gain a deeper understanding of your challenges in maintaining calm. By reflecting on your patterns and how different factors interact, you may begin to identify what disrupts your tranquility and what helps to restore it.

Situation

Feelings

Thoughts

Physical Symptoms

Behaviours

CALMING EXERCISES



Date : MM/ DD/ YYYY

Purpose: To relax the body and quiet the mind.

STEPS

CHOOSE YOUR EXERCISE

- **Stretching:** Gently stretch your arms, neck, and legs to release tension.
- **Light Yoga:** Perform a few basic poses like Child's Pose or Cat-Cow to ease your muscles.
- **Progressive Muscle Relaxation:** Tense each muscle group for 5 seconds, then release. Start from your toes and work up to your head.

FOCUS ON YOUR BREATHING

- Breathe in deeply through your nose, hold for 4 seconds, and exhale slowly through your mouth.
- Sync your movements with your breath for a more relaxing effect.

STAY PRESENT

- Pay attention to how your body feels with each movement.
- Notice any areas of tension and allow them to soften with each exhale.

DURATION

- Spend 5-10 minutes on this exercise.
- Repeat during the day whenever you need a mental reset.

Pro Tips:

Use calming music or nature sounds to enhance relaxation.
Practice in a quiet space where you feel comfortable and undisturbed.

Goal:

To lower stress levels, ease physical tension, and bring your focus back to the present moment.

BREATHING TECHNIQUES



BOX BREATHING

INSTRUCTION

Inhale through your nose for 4 counts, hold for 4 counts, exhale through your mouth for 4 counts, and hold again for 4 counts. Repeat for 5 cycles.

BENEFIT

Helps regulate the nervous system, reduces anxiety, and increases focus.

4-7-8 BREATHING

INSTRUCTION

Inhale through your nose for 4 counts, hold your breath for 7 counts, and exhale slowly through your mouth for 8 counts. Repeat 4-5 times.

BENEFIT

Promotes relaxation, helps you fall asleep faster, and calms the mind.

DIAPHRAGMATIC BREATHING

INSTRUCTION

Place one hand on your chest and the other on your belly. Inhale deeply through your nose, allowing your belly to rise, then exhale through your mouth, letting your belly fall. Focus on expanding your diaphragm rather than your chest.

BENEFIT

Improves oxygen flow, lowers heart rate, and reduces stress levels.

ALTERNATE NOSTRIL BREATHING

INSTRUCTION

Close your right nostril with your thumb and inhale through your left nostril. Close your left nostril with your ring finger, release the right nostril, and exhale. Then, inhale through the right nostril, close it, and exhale through the left. Repeat for 5-10 cycles.

BENEFIT

Balances energy levels, improves concentration, and calms the nervous system.

RESONANT BREATHING

INSTRUCTION

Breathe in for 5 seconds and breathe out for 5 seconds. Maintain this rhythm for several minutes.

BENEFIT

Synchronizes your breathing with your heart rate, promoting relaxation and reducing anxiety.

CALMING MANTRA



Date : MM/ DD/ YYYY

I breathe deeply, I release tension.

Today, I choose joy, peace, and positivity in all I do.

I radiate confidence, love, and kindness in all interactions.

I am in control of my thoughts, emotions, and actions today.

Calm is my strength.

I welcome positivity into my life today and always.

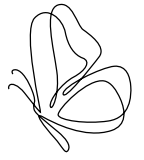
My mind is clear, my heart is open, and I am ready to embrace the day.

Peace begins with me.

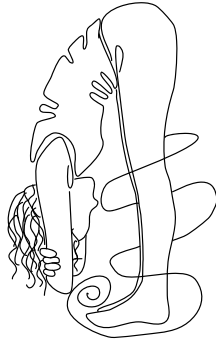


Choose or create a mantra that resonates deeply with you and reflects a sense of calm and tranquility that you wish to embody throughout your day. Repeat it to yourself as part of your daily routine, whether during meditation, while getting ready, or whenever you need a moment of peace. This repetition can help center your mind and set a calming intention for the day ahead.

YOGA ASANAS

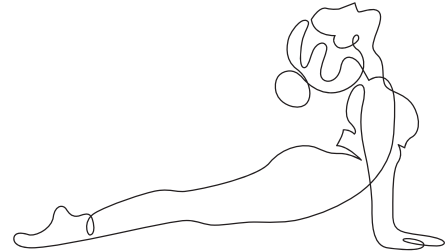


Here are some yoga asanas that are great for promoting calm and relaxation.



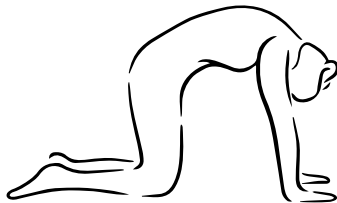
FORWARD FOLD (UTTANASANA)

This pose calms the mind, relieves stress, and stretches the hamstrings and lower back, helping to reduce anxiety.



COBRA POSE (BHUJANGASANA)

This gentle backbend opens the chest, stimulates the heart, and reduces fatigue and stress. It promotes a sense of openness and helps release tension in the body.



CAT-COW POSE (MARJARYASANA)

A soothing flow between two poses that warms up the spine, relieves stress, and promotes relaxation through rhythmic movement.



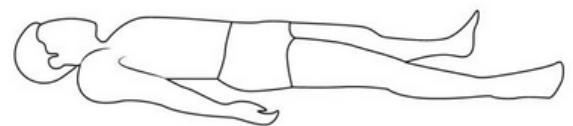
CHILD'S POSE (BALASANA)

This gentle resting pose helps to calm the mind, relieve tension, and stretch the back and hips.



EASY POSE (SUKHASANA)

A simple seated position that encourages a calm and focused mind. It's perfect for meditation and deep breathing, helping to relieve stress and bring a sense of peace.



CORPSE POSE (SAVASANA)

The ultimate relaxation pose, Savasana helps to calm the mind and body, allowing you to fully release stress and enter a state of deep peace.

STRESS RELIEF TECHNIQUES

Date : MM/ DD/ YYYY

Deep Breathing

Inhale slowly through your nose for 4 counts, hold for 4 counts, exhale through your mouth for 6 counts. Repeat 5 times.

Journaling

Write down your thoughts, worries, or anything on your mind for 5-10 minutes. End with one positive reflection.

Physical Activity

Engage in a quick workout, walk, or any physical movement that you enjoy. Releases endorphins and reduces stress hormones.

TECHNIQUES TO TRY



Grounding Technique (5-4-3-2-1)

Identify 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.

Visualization

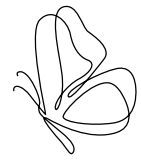
Close your eyes and visualize a peaceful place, like a beach or forest. Spend a few minutes imagining the sights, sounds, and feelings of that place.

Muscle Relaxation

Start from your toes and work your way up to your head, tensing each muscle group for 5 seconds, then releasing slowly.

- 1 Practice these techniques regularly, not just when stressed.
- 2 Experiment with different methods and see which ones resonate most.
- 3 Use reminders on your phone to practice stress relief techniques throughout the day.

IMAGINATION POWER



Date : MM/ DD/ YYYY

Harness the power of your imagination to foster relaxation, creativity, and mental well-being.

01

Creative Visualization

Close your eyes and imagine achieving a personal goal or living out a dream. See yourself succeeding, feel the emotions, and notice the details.

02

Daydreaming Breaks

Allow yourself 5-10 minutes a day to let your mind wander. Visualize a relaxing scenario or dream up a fun, imaginary adventure.

03

Storytelling

Create a short story in your mind or on paper. Focus on positive or uplifting themes that make you feel good.

04

Mental Rehearsal

Before a challenging task, close your eyes and rehearse the steps in your mind. Visualize yourself performing each step with confidence and calm.

05

Mindscaping:

Design an imaginary place in your mind that feels like a sanctuary—complete with sounds, colors, and textures that soothe you. Visit this place whenever you need calm.

BE VIVID

Use all your senses in your visualizations—sight, sound, touch, taste, and smell.

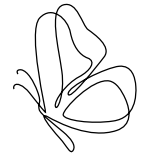
STAY POSITIVE

Focus on pleasant and uplifting images to maximize the calming effects.

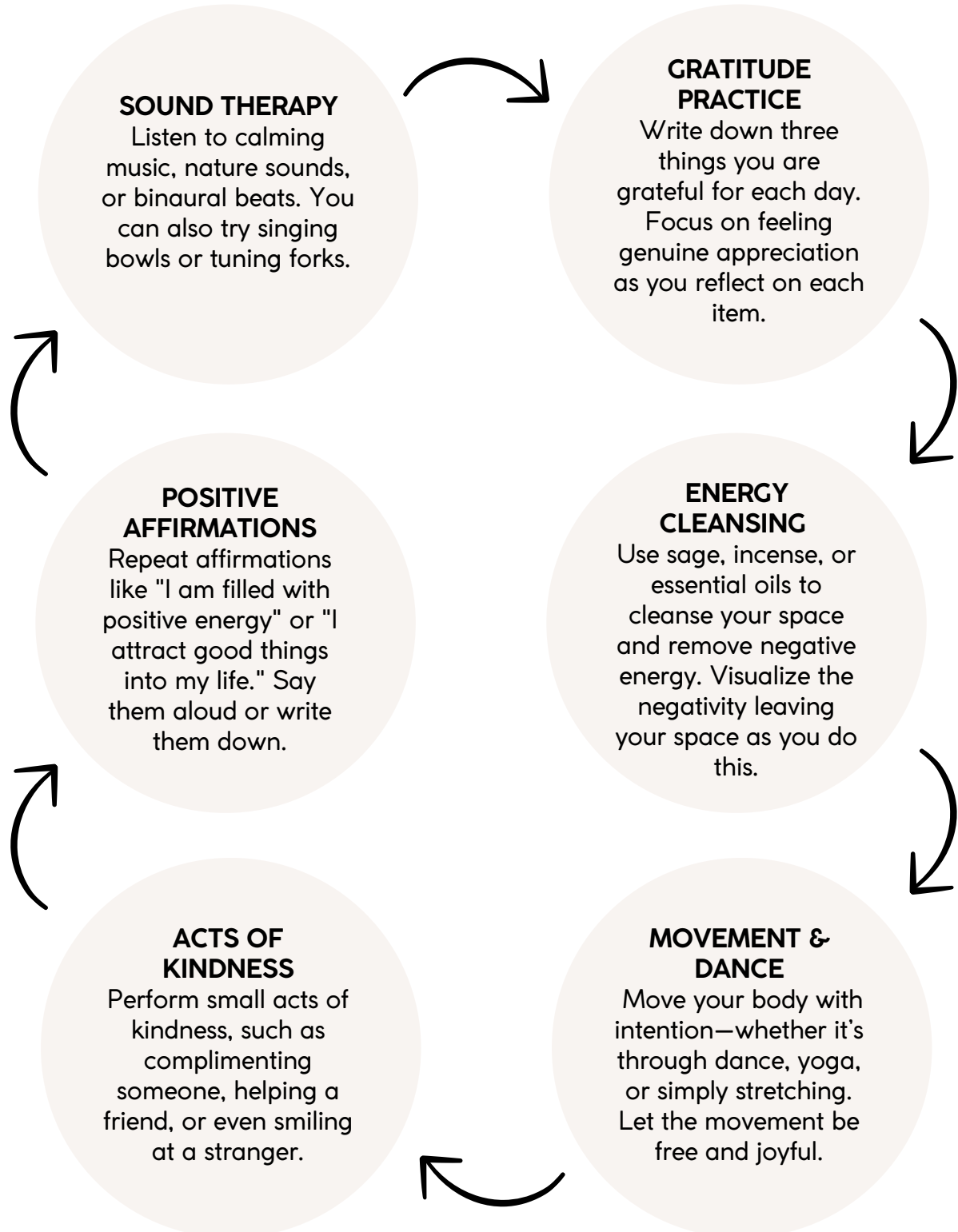
PRACTICE REGULARLY

Like any skill, the more you use your imagination, the stronger it becomes.

POSITIVE VIBRATIONS



Date : MM/ DD/ YYYY



1. INTEGRATE THESE PRACTICES INTO YOUR DAILY ROUTINE FOR LASTING EFFECTS
2. CHOOSE ENVIRONMENTS, PEOPLE, AND ACTIVITIES THAT UPLIFT YOU
3. PRIORITIZE THE ACTIVITIES THAT ELEVATE YOUR ENERGY

GRATITUDE PRACTICE



Date : MM/ DD/ YYYY

Cultivate a positive mindset and increase overall happiness by focusing on what you're grateful for.

GRATITUDE JOURNAL

Every day, write down 3-5 things you are grateful for. They can be big or small—anything that brought a smile to your face.



MORNING GRATITUDE

Start your day by thinking of one thing you're grateful for before you get out of bed. Let it set a positive tone for your day.



GRATITUDE MEDITATION

Close your eyes and focus on your breath. Bring to mind something or someone you are thankful for, and immerse yourself in the feeling of gratitude.



EXPRESS GRATITUDE TO OTHER

Tell someone why you appreciate them, write a thank-you note, or send a message expressing your gratitude.



GRATITUDE WALK

Take a walk outside and focus on finding things you appreciate in your surroundings—nature, fresh air, the feeling of movement.



BE SPECIFIC

Instead of just saying "I'm grateful for my family," specify what action or quality made you feel grateful today.

CONSISTENCY IS KEY

Make gratitude a daily practice to see the most benefits.

REFLECT

At the end of the week, review your gratitude entries to remind yourself of the positive moments.

GRATITUDE JOURNAL



Date : MM/ DD/ YYYY

EVENING LOG

THE BEST PART OF THE DAY WAS

3 GOOD THINGS THAT HAPPENED TODAY

- ---
- ---
- ---

PEOPLE I'M GRATEFUL FOR

- ---
- ---
- ---

3 THINGS I'M GRATEFUL FOR TODAY

- ---
- ---
- ---

TOMORROW, I LOOK FORWARD TO

DAILY GRATITUDE



Date : MM/ DD/ YYYY

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

--

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

SOMETHING I'M PROUD OF

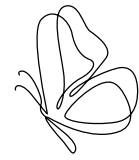
MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

NATURE CONNECTION



Date : MM/ DD/ YYYY

NATURE WALKS

Spend time walking in a natural setting like a park, forest, or beach. Focus on your surroundings—notice the colors, sounds, and textures of nature.



GROUNDING

Stand or sit barefoot on natural surfaces like grass, sand, or soil. Focus on the sensation of the earth beneath you and take deep breaths.



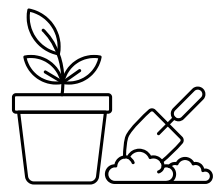
OUTDOOR MEDITATION

Find a quiet spot outside, sit comfortably, and close your eyes. Focus on your breath and listen to the natural sounds around you.



GARDENING

Spend time tending to a garden, whether it's planting, watering, or simply enjoying the greenery. Engage your senses by feeling the soil, smelling the flowers, and observing the growth.



NATURE VISUALIZATION

If you can't be outdoors, close your eyes and visualize a calming natural scene like a waterfall, forest, or mountain. Use all your senses to make the visualization as vivid as possible.



BRING NATURE INDOORS

Incorporate natural elements into your home or workspace, such as plants, flowers, or natural light. Create a mini nature corner with stones, shells, or other natural items.



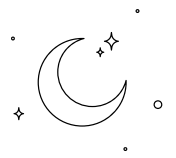
SLEEP HYGIENE



Date : MM/ DD/ YYYY

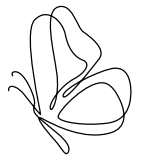
Sleep hygiene refers to a set of practices and habits that promote good, restful sleep. Improving sleep hygiene can help enhance sleep quality and duration, which is important for overall health and well-being. Here are some key aspects of good sleep hygiene:

- 1 **Maintain a Consistent Sleep Schedule:** Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.
- 2 **Create a Relaxing Bedtime Routine:** Establish calming pre-sleep rituals, such as reading, taking a warm bath, or practicing relaxation exercises like deep breathing or meditation.
- 3 **Optimize Your Sleep Environment:**
 - Comfortable Bed and Pillows: Ensure your mattress and pillows are supportive and comfortable.
 - Darkness and Quiet: Keep the bedroom dark, quiet, and cool. Consider blackout curtains, earplugs, or white noise machines if needed.
 - Limit Light Exposure: Reduce exposure to bright lights, especially blue light from screens, at least an hour before bedtime.
- 4 **Limit Stimulants and Heavy Meals:** Avoid caffeine, nicotine, and large meals close to bedtime, as these can interfere with sleep.
- 5 **Be Mindful of Daytime Naps:** If you nap during the day, try to limit it to 20-30 minutes and avoid napping late in the afternoon or evening.



Notes

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- 6 Stay Active:** Regular physical activity can help you fall asleep faster and enjoy deeper sleep. However, avoid vigorous exercise close to bedtime.
- 7 Manage Stress and Anxiety:** Techniques such as journaling, mindfulness, or talking to a friend can help you unwind before bed.
- 8 Limit Alcohol Consumption:** While alcohol might make you feel sleepy, it can disrupt sleep later in the night.
- 9 Reserve Your Bed for Sleep and Intimacy Only:** Avoid using your bed for activities like watching TV, working, or eating, as this can associate your bed with wakefulness.
- 10 Consider Natural Light Exposure:** Exposure to natural light during the day helps maintain a healthy sleep-wake cycle.

SLEEP TRACKER

DAY	PM	AM	SLEEP QUALITY
MON	1 2 3 4 5 6 7 8 9 10 11	1 2 3 4 5 6 7 8 9 10 11	○ ○ ○ ○ ○
TUE			○ ○ ○ ○ ○
WED			○ ○ ○ ○ ○
THU			○ ○ ○ ○ ○
FRI			○ ○ ○ ○ ○
SAT			○ ○ ○ ○ ○
SUN			○ ○ ○ ○ ○

WEEKLY MINI CHALLENGE



Keep your phone on silent or do not disturb mode for 4 hours a day.

S M T W T F S

Sleep with your phone in a room other than your bedroom.

S M T W T F S

Practice deep breathing once a day.

S M T W T F S

Write or mail a thank you card to someone each day.

S M T W T F S

Get a puzzle book and complete one each day.

S M T W T F S

Go outside and sit in the sun for 10 minutes each day.

S M T W T F S

Sit in a quiet spot, let your mind wander and do nothing for 15 minutes each day.

S M T W T F S

SELF-CARE RITUALS THAT SOOTHE (RECAP)



Date : MM/ DD/ YYYY

Meditate to clear your mind, strengthen your focus, and gain peace

Take time to do something you really love to do

Take a luxurious bath or shower. Include candles, soft music, or soothing oils.

Go outdoors to re-acquaint yourself with nature

It's important to take care of you!

These self-care rituals will help you soothe your mind, body, and soul, contributing to joyous and fulfilling days.

Practice soothing, healthful skin care

Exercise to relieve your stress and rejuvenate both your mind and body

Stay in touch with your feelings

NOTES:

Journal Prompts

1. What self-care practices make you feel most at peace?
2. Write about a time you prioritized your needs over others. How did it feel?
3. How do you practice self-compassion during tough times?
4. List three things you love about yourself and why.
5. What does self-love mean to you, and how do you express it?
6. Think of a habit you want to develop for better self-care.
7. Describe your perfect self-care day. What activities does it include?
8. How do you forgive yourself after making a mistake?
9. What are some positive affirmations that resonate with you?
10. Write about a book or movie that inspired you to love yourself more.
11. How do you balance self-care with your responsibilities?
12. What's something you do just for yourself, not for anyone else?
13. Reflect on a time when self-care helped you through a challenge.
14. How do you set boundaries for self-care and self-love?
15. What does your ideal self-care routine look like?
16. Think of a moment you felt completely content with yourself. Describe it.
17. What activities help you reconnect with yourself?
18. Write about someone who encourages you to practice self-love.
19. How does physical health play into your self-care routine?
20. Describe a change you made for your well-being. How did it benefit you?
21. What are some ways you can be kinder to yourself?
22. How do you handle days when self-love feels difficult?
23. What does taking care of your mental health look like for you?
24. Reflect on how your self-care practices have evolved over time.
25. Write about a goal that focuses on improving your self-esteem.
26. How do you celebrate your successes and achievements?
27. What's a fear you've overcome that has improved your self-love?
28. How do you nurture your passions and interests as a form of self-care?
29. Think of a way you could treat yourself without spending money.
30. Describe how you maintain a positive self-image.

Date : MM/ DD/ YYYY

What's happening today?

What's on your mind?

How do you feel today?								
Level of calm & happiness			Average/content			Level of stress & anxiety		

What colour represents today?

Three words that describe today?

DAILY REFLECTION

Good things that happened today

Things that were hard or stressful today

What can I do to make tomorrow great

JOURNALING PROMPTS

What does stress feel like in my body today?

What would my ideal stress-free day look like?

If I could wave a magic wand, what would I remove from my life to feel less stressed?

JOURNALING PROMPTS

What's one small act of self-care I can commit to right now?

What's one thing I can say "no" to this week to reduce my stress?

What's one thing that always makes me feel calm? How can I do more of it?

DECLUTTER YOUR MIND



Our minds are filled with clutter. Just as a cluttered home can be decluttered, so can a cluttered mind. Daily stress, poor mental habits, and unfinished business are a few of the causes of mental clutter.

Answer these questions to gain insight toward reducing your mental clutter:

1. What are the excess items in my home and work environment that contribute to my mental clutter?

2. Are there unnecessary people in my life that create additional clutter? Who are they? How can I lessen their impact?

3. How do I distract myself? What do I do when I procrastinate?

DECLUTTER YOUR MIND



4. When can I implement focused breathing into my routine?

5. How can I add at least one 20-minute daily meditation session into my life?

6. How would my life change if I were able to reduce my mental clutter by at least 50 percent?

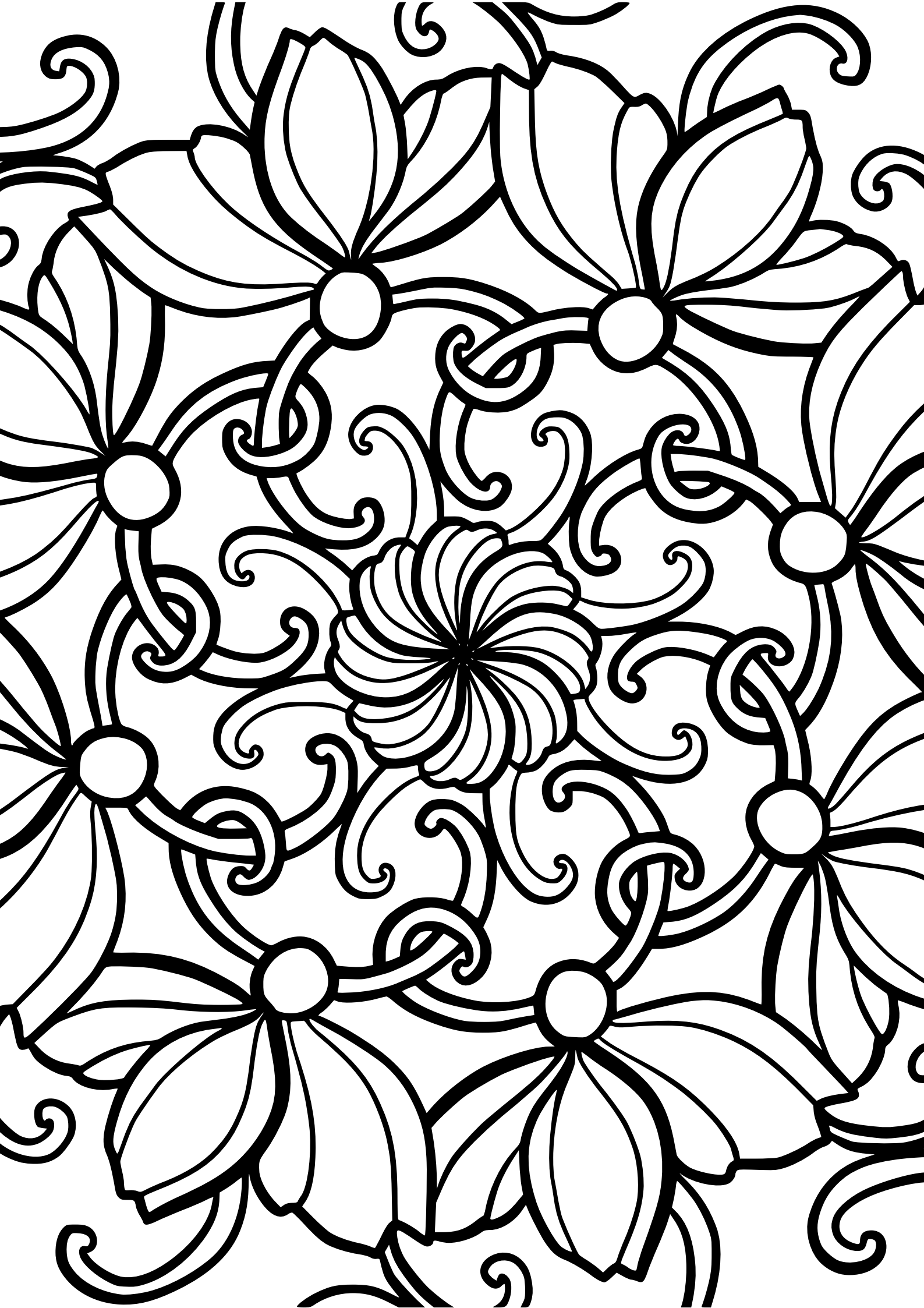
7. What are the negative thoughts I experience regularly? How do these impact the rest of my day?

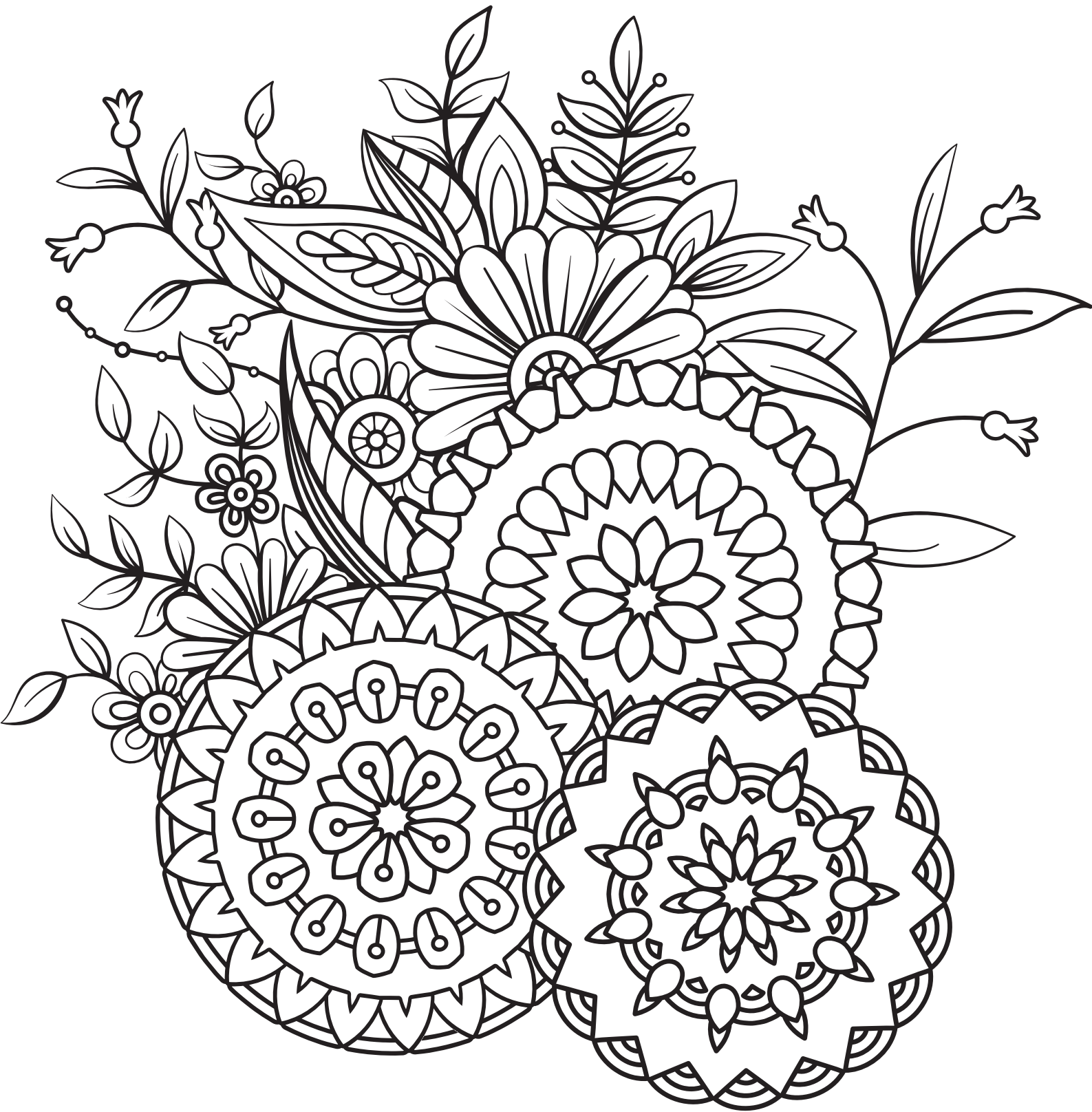


CALMING YOUR MIND

COLORING PAGES





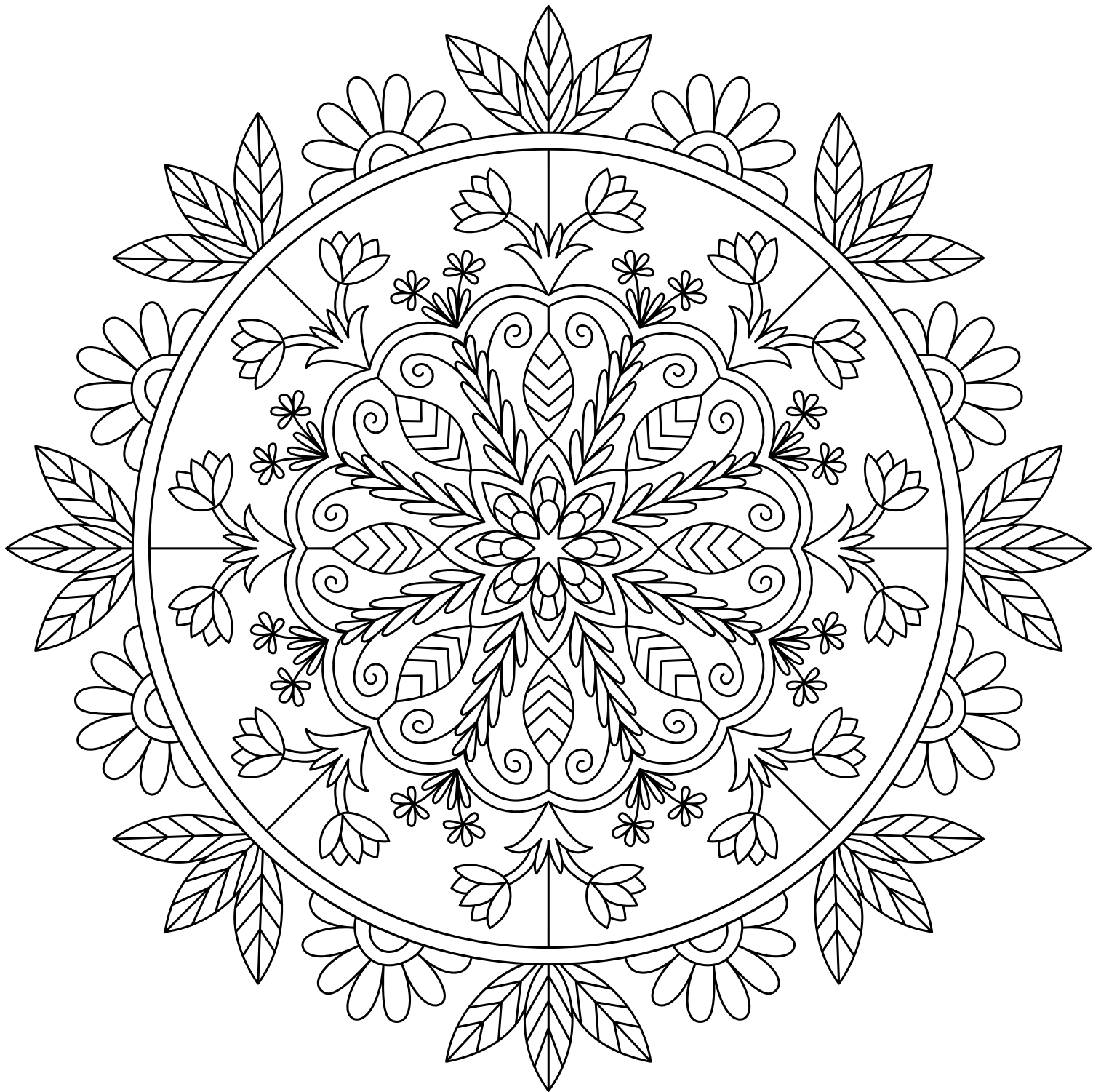


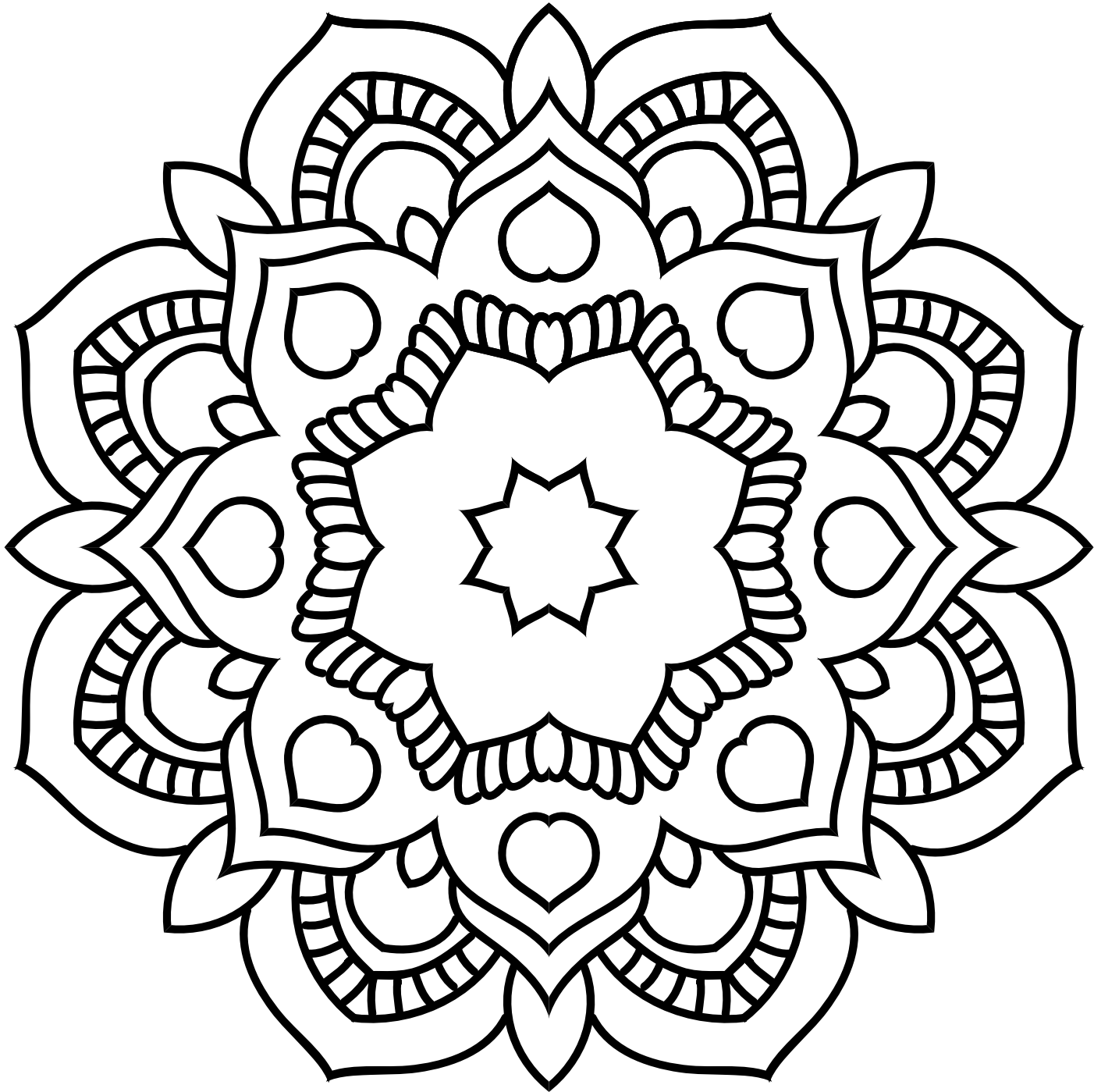


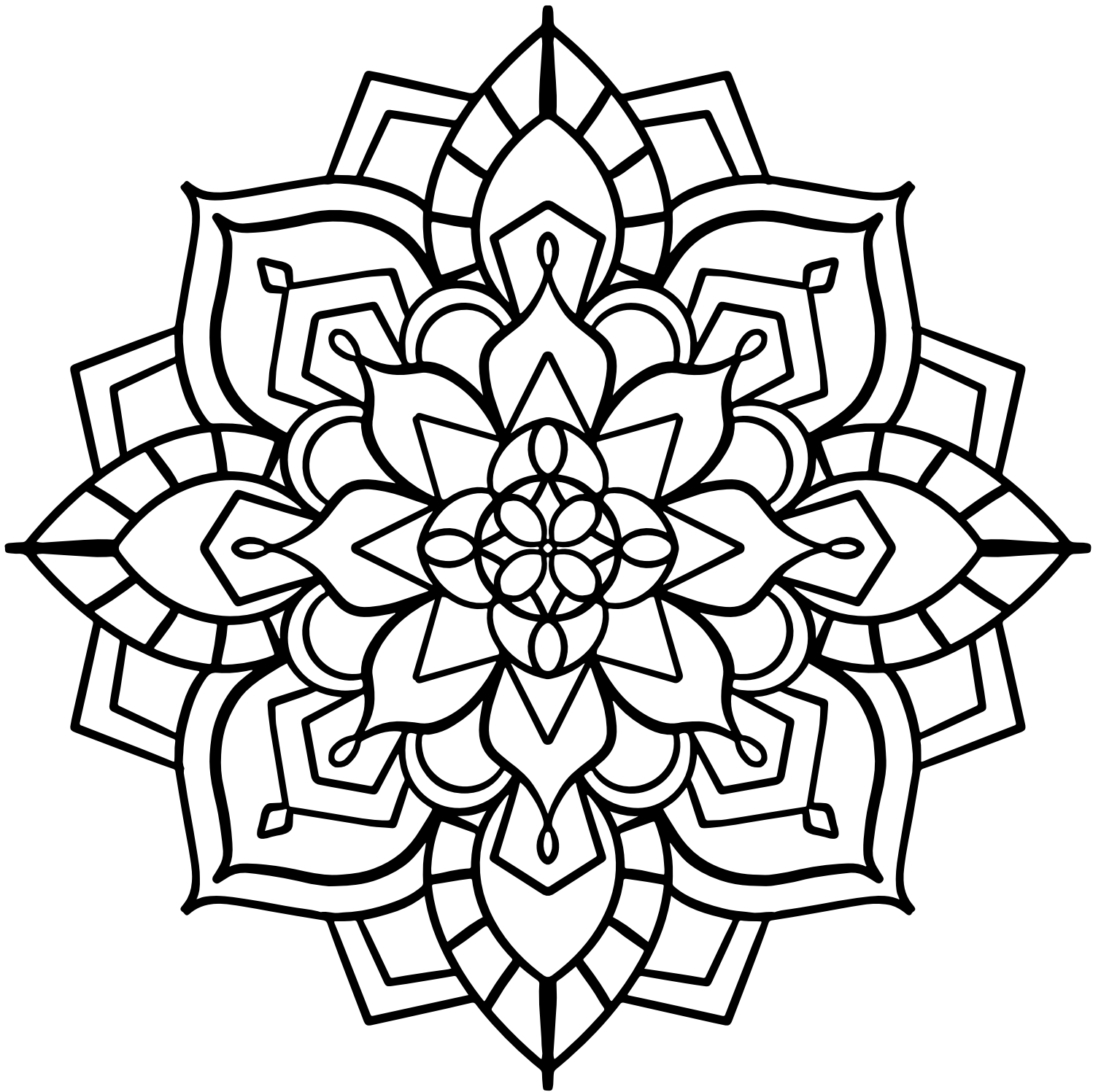


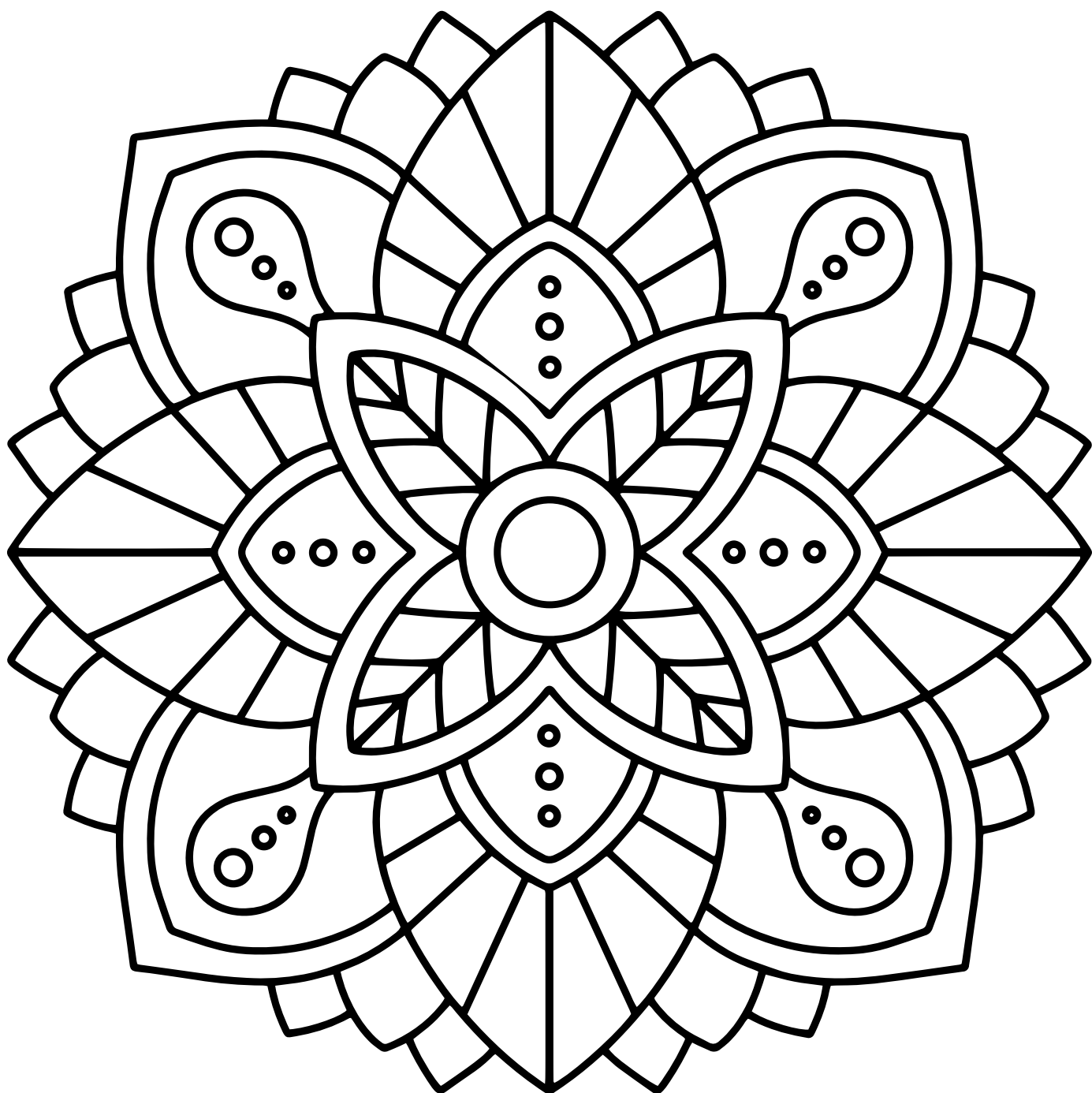


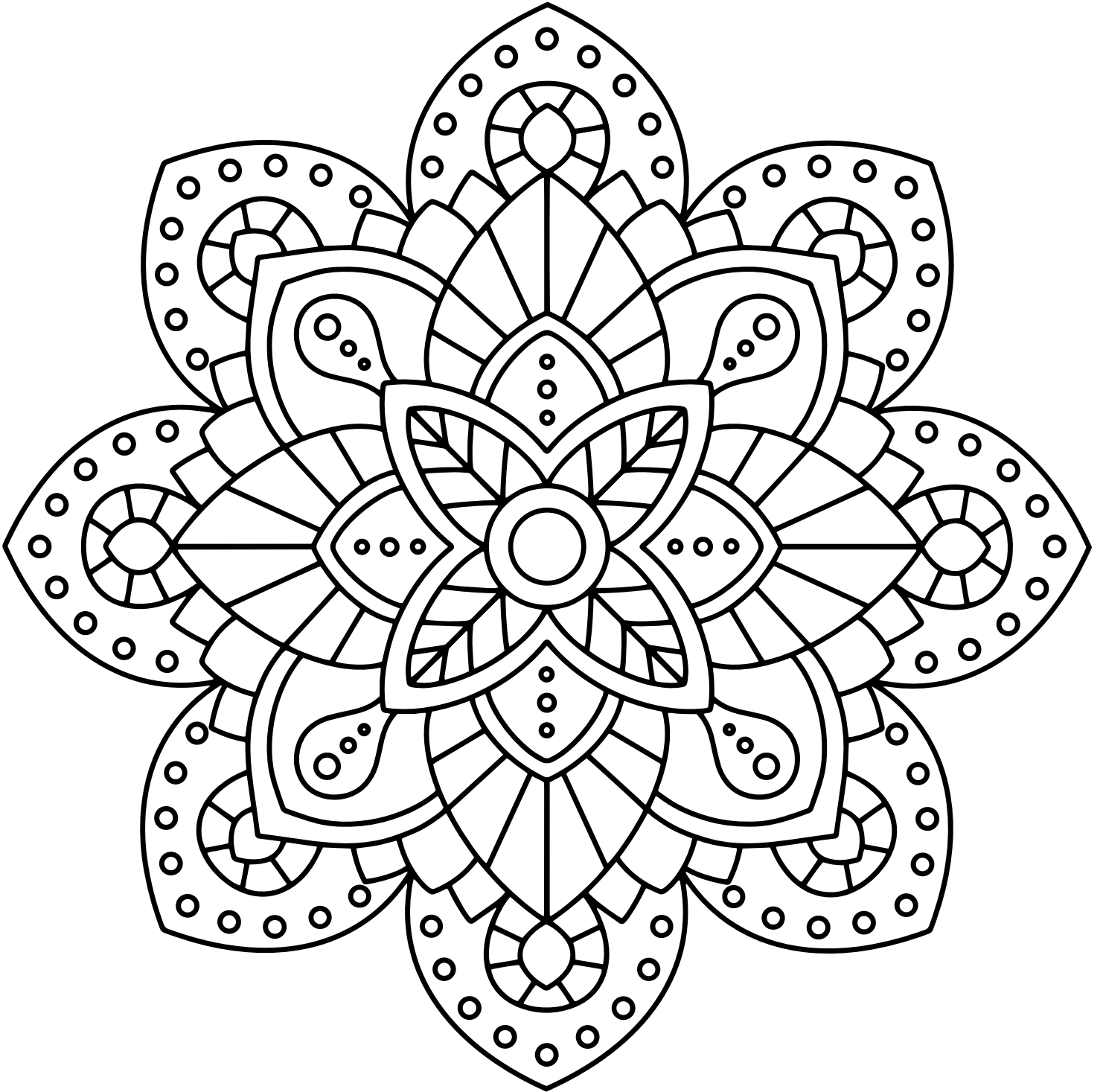






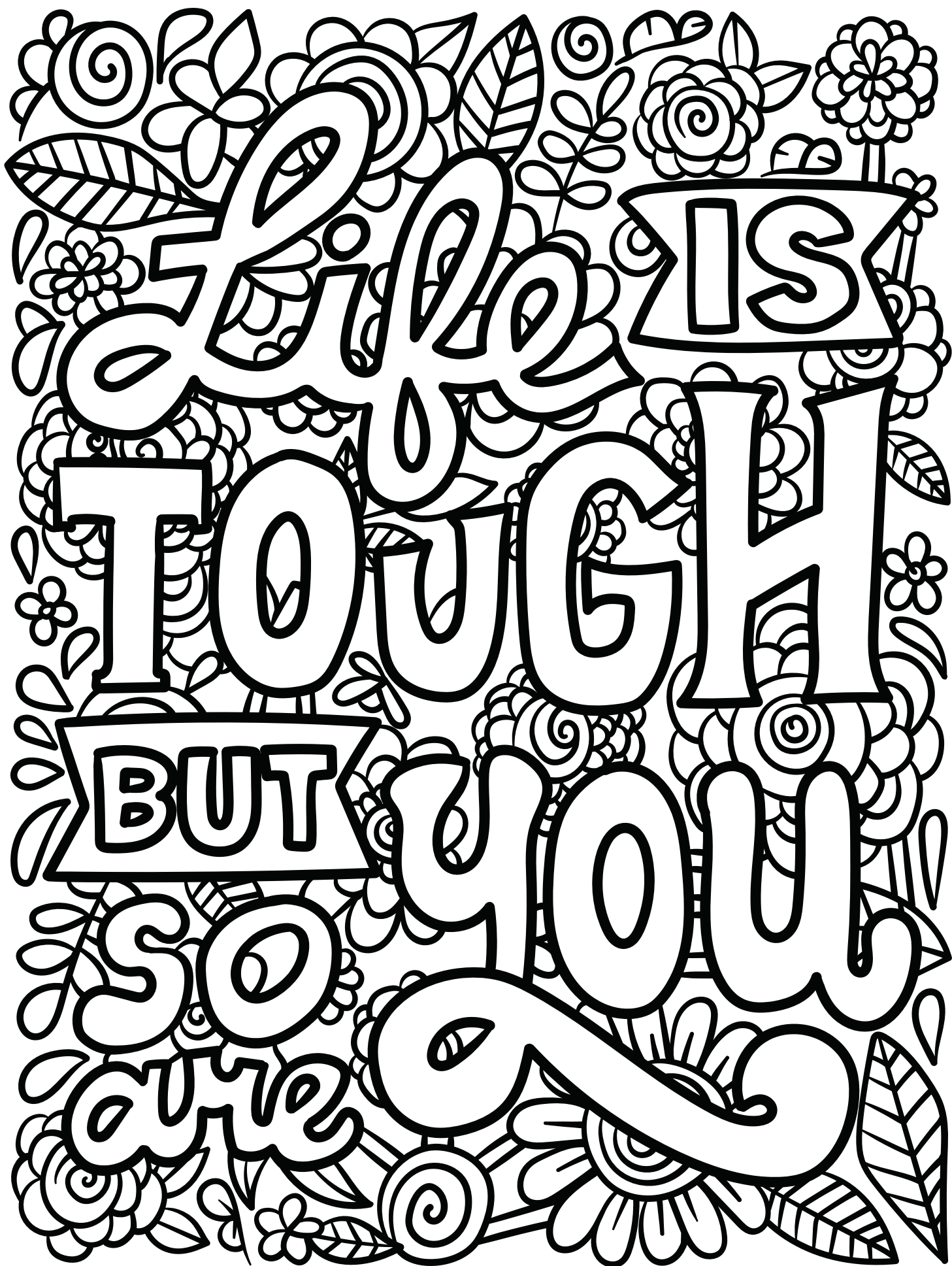








**BETHE
BEST
VERSION
OF YOURSELF**









Life

is full of

Possibilities



