

# Mind Your Calm™

## Pocket Journal

A gentle space to pause, reflect and breathe.



HEALTH



Mind Your Co.™



# How to Use This Pocket Journal

This journal is not meant to be filled perfectly or completely. You can write one word, one sentence, or nothing at all. Use it when your mind feels busy, heavy, or overwhelmed. Let this be a place where you speak kindly to yourself.





# Daily Check-In 1


Right now, I am feeling...

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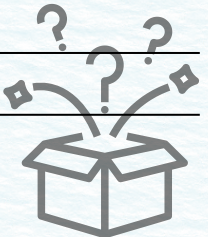
One thought looping in my mind is...

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One gentle thing I can do for myself today is...

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# Daily Check-In 2


Right now, I am feeling...

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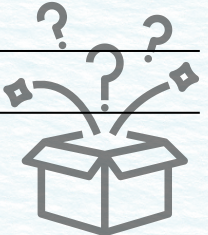
One thought looping in my mind is...

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One gentle thing I can do for myself today is...

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# Daily Check-In 3


Right now, I am feeling...

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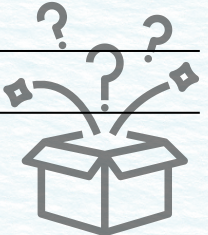
One thought looping in my mind is...

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One gentle thing I can do for myself today is...

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# Daily Check-In 4


Right now, I am feeling...

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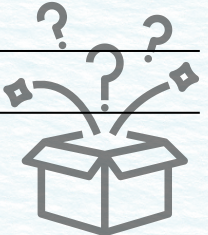
One thought looping in my mind is...

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One gentle thing I can do for myself today is...

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# Daily Check-In 5


Right now, I am feeling...

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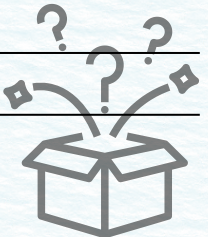
One thought looping in my mind is...

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One gentle thing I can do for myself today is...

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# Calm Reset 1

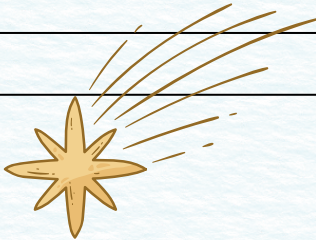
What is making me feel overwhelmed right now?

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What is one thing I can control in this moment?

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Breathe in 4 • Hold 4 • Breathe out 6



# Calm Reset 2

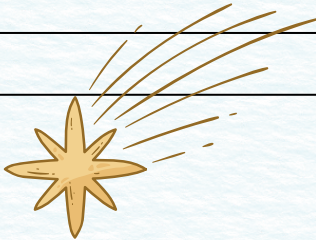
What is making me feel overwhelmed right now?

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What is one thing I can control in this moment?

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Breathe in 4 • Hold 4 • Breathe out 6



# Gentle Gratitude 1

One small thing I appreciate right now...

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One small thing I appreciate right now...

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## Gentle Gratitude 2

One small thing I appreciate right now...

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One small thing I appreciate right now...

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# A Gentle Reminder

You do not need to rush your healing. Small moments of care matter. Speak kindly to your mind — always.



W E L L B E I N G



Write with patience.  
Breathe with awareness.  
Grow with compassion.

With love,  
Mind Your Co.