

# Focus & Calm Tracker

Gentle daily rhythm ideas for balanced mornings and peaceful evenings

## Morning Focus

**Brew Morning Focus Tea (see Immuni-Tea PDF for recipe)**

**Optional: Herbal Focus Gummies**

**Play calming music or nature sounds during breakfast**

**Morning check-in: "What's one good thing we can do today?"**

## Evening Calm

**Bedtime Spray ritual (pillow, pajamas, doorways)**

**Optional: Lemon Balm + Passionflower glycerite**

**Herbal bath or foot soak once/twice a week**

**Gratitude share or quiet story before lights out**

## Weekly Reflection

Circle ☀️ if mornings felt smoother this week

Circle 🌙 if bedtime felt smoother this week

Notes: What herbal tools worked best?

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### Tips:

Start with one herbal tool, then build from there.

Let kids help choose herbs to feel included.

Keep it flexible—these are anchors, not rules.

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