

# 7 DAYS TO Inner Calm

A Guided Meditation Companion

*Workbook*



# **7 Days to Inner Calm: A Guided Meditation Companion Workbook**

**Welcome to your 7-day meditation journey!**

**This companion workbook is designed to help you go deeper into your daily meditations by providing space for reflection, intention-setting, and inner alignment.**

**Use this each day after your meditation to journal your thoughts, set an intention, and stay grounded in the practice.**

# Day 1: Abundance & Financial Peace

**Affirmation:** I am open to receive abundance.

**Journal Prompt:**

**What does financial peace look and feel like to you?**

**My Reflection:**

---

---

---

---

---

***Mantra:*** Money flows to me with ease and purpose.

## Day 2: Letting Go of Stress and Tension

**Affirmation:** I am safe, I am grounded, I am at peace.

**Journal Prompt:** What is one source of tension you're ready to release?

**My Reflection:**

---

---

---

---

---

***Mantra:*** I let go of what I cannot control.

# Day 3: Forgiveness & Healing the Heart

**Affirmation: I release the pain I've been carrying.**

**Journal Prompt: Who or what are you ready to forgive today?**

**My Reflection:**

---

---

---

---

---

**Mantra: I forgive so I can be free.**

## **Day 4: Confidence & Self-Belief**

**Affirmation: I believe in myself.**

**Journal Prompt: What makes you feel powerful and worthy?**

**My Reflection:**

---

---

---

---

---

**Mantra: I am bold, capable, and enough.**

# Day 5: Emotional Balance & Inner Peace

**Affirmation: Peace begins within me.**

**Journal Prompt: What emotion are you ready to make peace with?**

**My Reflection:**

---

---

---

---

---

**Mantra: I am calm and centered.**

# Day 6: Gratitude & Present-Moment Awareness

**Affirmation:** I am grateful for this moment.

**Journal Prompt:** List 3 things you are grateful for today.

**My Reflection:**

---

---

---

---

---

**Mantra:** Gratitude opens my heart to joy.



# Day 7: Purpose & Spiritual Alignment

**Affirmation: I am aligned with my highest purpose.**

**Journal Prompt: What is one small step you can take toward your purpose?**

**My Reflection:**

---

---

---

---

---

**Mantra: I trust the divine timing of my life.**

# Final Reflection

**Reflect on your 7-day journey:**

**- What shifted for you during this meditation series?**

---

---

---

**- What did you learn about yourself?**

---

---

---

**- How will you carry this peace forward?**

---

---

---

[illegible]