



30 DAYS TO REGAIN CONTROL

Write.
Breathe.
Relax.





	MORNING	\
Today I want to feel		
One small step I will take for myself is		/
	DAYTIME	\
What stressed me out today?		
How did I react?		/
	EVENING	\
3 good things about my day		
One thought to let go of		/
	Prooftha It always brings you back hom	

Breathe. It always brings you back home.



	MORNING	
	MORITINO	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	D	rogress not perfection

CALM THE CHAOS SYSTEM

Progress, not perfection

day n°___



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		



	MORNING	
Today I want to feel		
One small step I will take for myself is		/
	DAYTIME	\
What stressed me out today?		
How did I react?		/
	EVENING	\
3 good things about my day		
One thought to let go of		/
	Volumer not your strop	20

You are not your stress.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	Clavvia a	and a the constant in found

Slow is smooth, smooth is fast.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		A

A pause is powerful.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		Oallas is a superior

Calm is a superpower.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day	······	
One thought to let go of		ans croato bia change

Small steps create big change.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		······································
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		Tadayia

Today is enough.

day n°____



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		

Silence speaks louder than chaos.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		at all to be all familiar

Let go to move forward.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		

reace begins with one deep breath.



MORNING	
DAYTIME	
EVENING	
	DAYTIME EVENING

our worth is not measured by productivity



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	Chan in temperary of	alm is forever

Chaos is temporary, calm is forever.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		/
	EVENING	
3 good things about my day		
One thought to let go of		
	Doct is not a weakne	000

rest is not a weakness.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	Anchor	volursalf in the present

CALM THE CHAOS SYSTEM

anchor yourself in the present



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		······································
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		

Choose peace over pressure.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		14/2 2/2011 42 212 2/21

It's okay to go slow.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	The election of the second	dua above the storm

The sky is still blue above the storm.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		1 . 1 . 1 1 1 1 1

Let today be lighter.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	One thing at a ti	me one day at a time

One thing at a time, one day at a time.



	MORNING	
Today I want to feel		
One small step I will take for myself is		<i>)</i>
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		······
One thought to let go of		
	You don't need to have it all figured out.ays brings you ba	ick home

CALM THE CHAOS SYSTEM

day ro



	MODNINO	
/	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		Caranity is atransuth

Serenity is strength.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	Value of a	december of the control

Your mind deserves softness too.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	Ct a in	Duantha Danin mani

Stop. Breathe. Begin again.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		

Caim thoughts create caim actions.



	MORNING	
Today I want to feel		
One small step I will take		
for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
		D. J. D. J. D. J.

Release. Reset. Relax.



	MORNING	
Today I want to feel		
One small step I will take for myself is		
	DAYTIME	
What stressed me out today?		
How did I react?		
	EVENING	
3 good things about my day		
One thought to let go of		
	Vollar	a acta hara nou

You are safe here, now