

Daily Calm Planner



30 DAYS TO REGAIN CONTROL

Write.
Breathe.
Relax.



Daily Calm Planner



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

.....

Breathe. It always brings you back home.

Daily Calm Planner



MORNING

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DAYTIME

What stressed me out
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EVENING

3 good things about my
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One thought to let go of

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Progress, not perfection.

Daily Calm Planner



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DAYTIME

What stressed me out
today?

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How did I react?

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EVENING

3 good things about my
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One thought to let go of

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One thought at a time.

Daily Calm Planner



MORNING

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DAYTIME

What stressed me out
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EVENING

3 good things about my
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One thought to let go of

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You are not your stress.

Daily Calm Planner



MORNING

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DAYTIME

What stressed me out
today?

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How did I react?

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EVENING

3 good things about my
day

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One thought to let go of

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Slow is smooth, smooth is fast.

Daily Calm Planner



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DAYTIME

What stressed me out
today?

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EVENING

3 good things about my
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One thought to let go of

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A pause is powerful.

Daily Calm Planner



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DAYTIME

What stressed me out
today?

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How did I react?

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EVENING

3 good things about my
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One thought to let go of

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Calm is a superpower.

Daily Calm Planner



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DAYTIME

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EVENING

3 good things about my
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One thought to let go of

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Release what you can't control.

Daily Calm Planner



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One thought to let go of

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Small steps create big change.

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How did I react?

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3 good things about my
day

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One thought to let go of

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Today is enough.

Daily Calm Planner



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DAYTIME

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How did I react?

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EVENING

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One thought to let go of

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Silence speaks louder than chaos.

Daily Calm Planner



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One thought to let go of

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Let go to move forward.

Daily Calm Planner



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One thought to let go of

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Peace begins with one deep breath.

Daily Calm Planner



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EVENING

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One thought to let go of

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Your worth is not measured by productivity.

Daily Calm Planner



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One thought to let go of

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Chaos is temporary, calm is forever.

Daily Calm Planner



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One thought to let go of

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Rest is not a weakness.

Daily Calm Planner



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One thought to let go of

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Anchor yourself in the present.

Daily Calm Planner



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DAYTIME

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How did I react?

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EVENING

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One thought to let go of

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Choose peace over pressure.

Daily Calm Planner



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One thought to let go of

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It's okay to go slow.

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One thought to let go of

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The sky is still blue above the storm.

Daily Calm Planner



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DAYTIME

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EVENING

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One thought to let go of

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Let today be lighter.

Daily Calm Planner



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DAYTIME

What stressed me out
today?

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How did I react?

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EVENING

3 good things about my
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One thought to let go of

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Gratitude grows calm.

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One thought to let go of

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

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One thought to let go of

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You don't need to have it all figured out.ays brings you back home.

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One thought to let go of

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Serenity is strength.

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One thought to let go of

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Your mind deserves softness too.

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One thought to let go of

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Stop. Breathe. Begin again.

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EVENING

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One thought to let go of

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Calm thoughts create calm actions.

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EVENING

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One thought to let go of

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Release. Reset. Relax.

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One thought to let go of

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You are safe here, now