



Calm & Collected

It's not all or nothing — it's all or *something*

Hey there —

Let's get one thing straight:

If your journal's been sitting on your desk for a few days (or... weeks) untouched, you're not behind.

You're human. And your wellness?

It doesn't follow a straight line. It zigs. It zags. Sometimes it curls up in bed with Netflix and avoids eye contact with all your goals.

And that's *okay*.

Here's what no one tells you:

You don't lose your progress the moment you take a break.

What matters most is that you come back — when you're ready, without guilt, and without trying to make up for lost time.

This isn't school. There's no gold star for being perfect.

There's just you, showing up in whatever way you can.

And honestly? That's way more powerful than perfection.

If you need a fresh way to restart...

You don't have to dive back into a big journaling routine.

Below is the Prompt of the Moment, try that instead:

The Calm Cue



Journal Prompt of the Moment:

**When I fall off track, what helps me reset — without
guilt?**

Don't overthink it. Just scribble. You might be surprised
what shows up.

BTW — if you're ready for a little more support right now...
I just released something new that might be *exactly* what you need:

✨ **30 Prompts for Inner Calm** – a beautiful little pack of clarity boosters to help you reconnect with yourself, one gentle page at a time.

Take a peek if that feels right for you:

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