

**MORNING**

My overall feeling goal for the day is...

\_\_\_\_\_

Three things I'll do to soothe myself today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Three behaviors that usually cause me disturbance that I will lessen or avoid today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Tonight, I will treat myself by...

- Taking a slow walk in nature
- Visiting with a dear friend
- Treating myself to a hot bath
- Other \_\_\_\_\_

**EVENING**

Three unexpected blessings that happened to me today...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My biggest success cultivating calm today was...

\_\_\_\_\_

\_\_\_\_\_

The thing that disturbed my calm most today...

\_\_\_\_\_

How I will create more calm tomorrow...

\_\_\_\_\_

\_\_\_\_\_

Tonight, I will go to sleep appreciating...

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**INSIGHTS AND QUESTIONS**

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