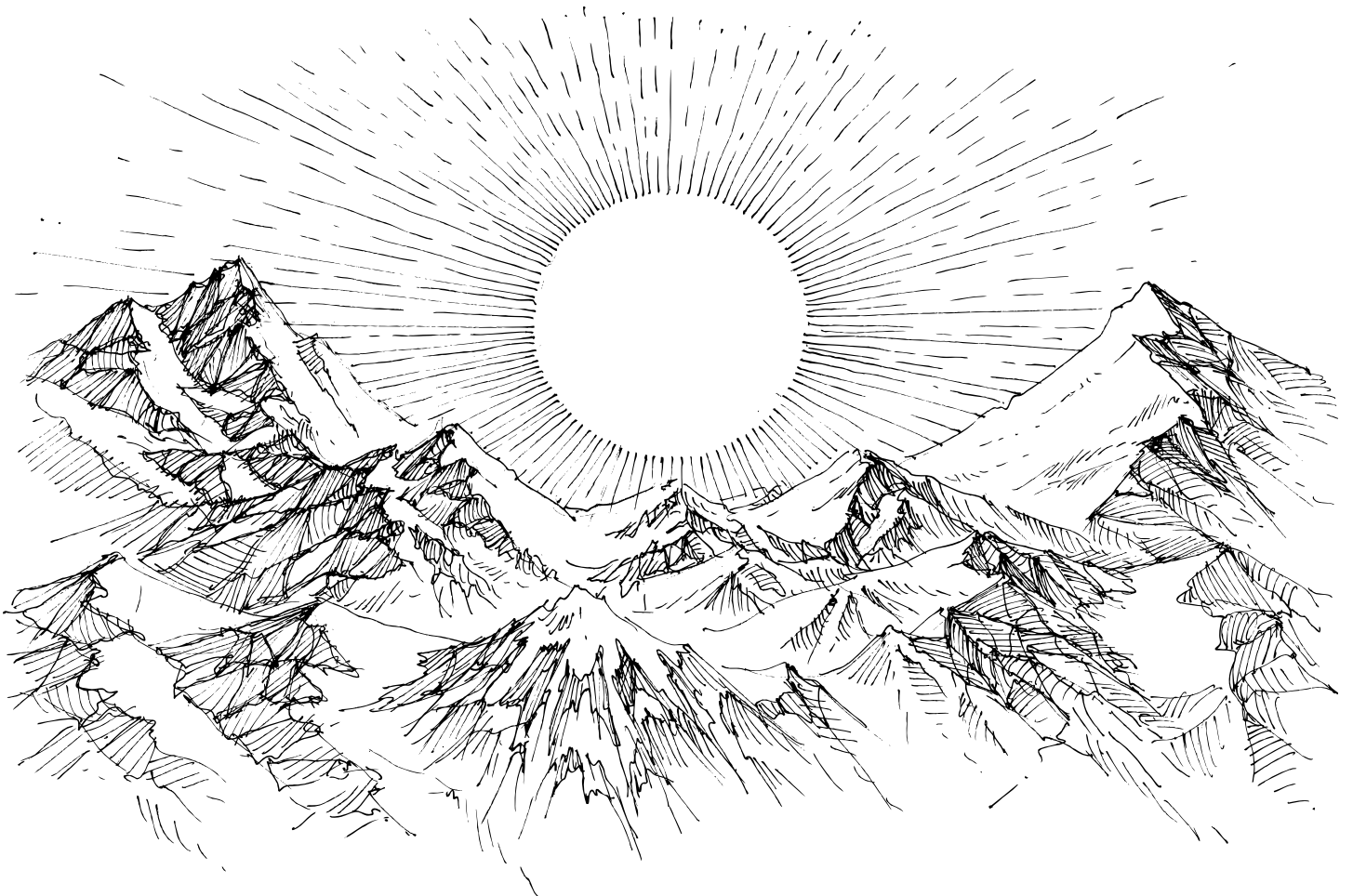


# Calm

Mindfulness Journal



“It is like whispering to one’s self  
and listening at the same time.”

— Mina Murray



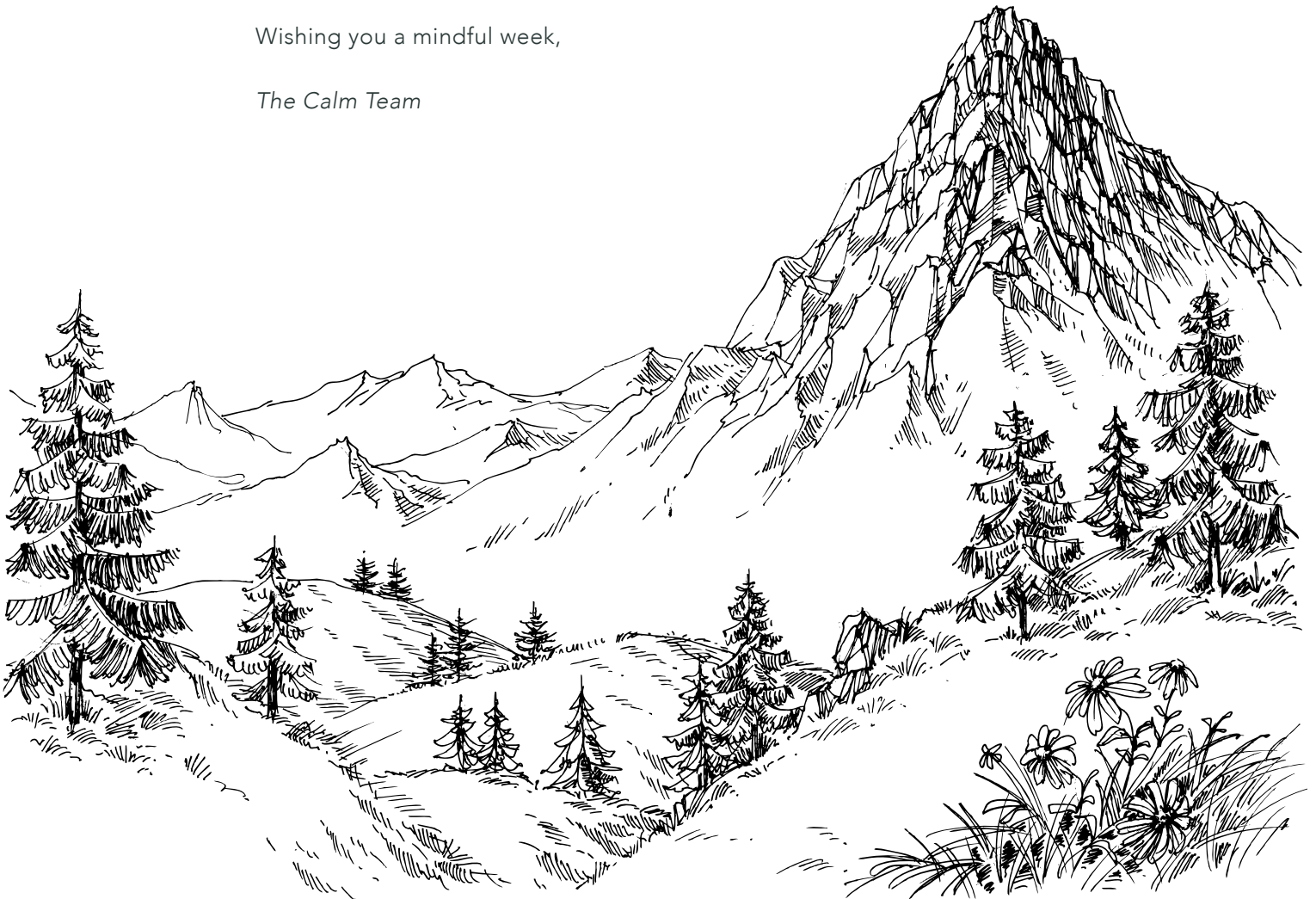
We created this journal to help you slow down and check in with yourself. Mindfulness is a practice of paying attention to the present moment on purpose with kindness and curiosity. Journaling is an intentional way to do just that.

Over the week we'll invite you to connect with your body, heart, mind, environment and the relationship you have with yourself and others. Each day we provide prompts as a starting place for this process — feel free to do all of them or pick the ones that most resonate with you. We hope that this combination of presence, contemplation and reflection will serve to deepen your awareness, inspire insight and empower your choices.

Give yourself 10 minutes every day and write. Do it just for you and discover the wisdom that lives within.

Wishing you a mindful week,

*The Calm Team*



# Plan Your Week

*Make it as nourishing as possible.*

What days do you want to meditate? What days do you want to exercise? Where can you prioritize self-care?  
What do you need to do this week? What can wait until next week?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“Fill your paper with the breathings  
of your heart.”

— William Wordsworth



# Sunday

What feeling would you like to invite into your day?

What are you letting go of today?

What are you grateful for today?

## Checking in with Your Body

*What do you notice when you scan your body?  
Without judgment, write down the sensations you feel in your body.*

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# Monday

What feeling would you like to invite into your day?

What are you letting go of today?

What are you grateful for today?

## Checking in with Your Heart

*Listen within. How are you feeling?*

*Without judgment, write down your moods and feelings.*

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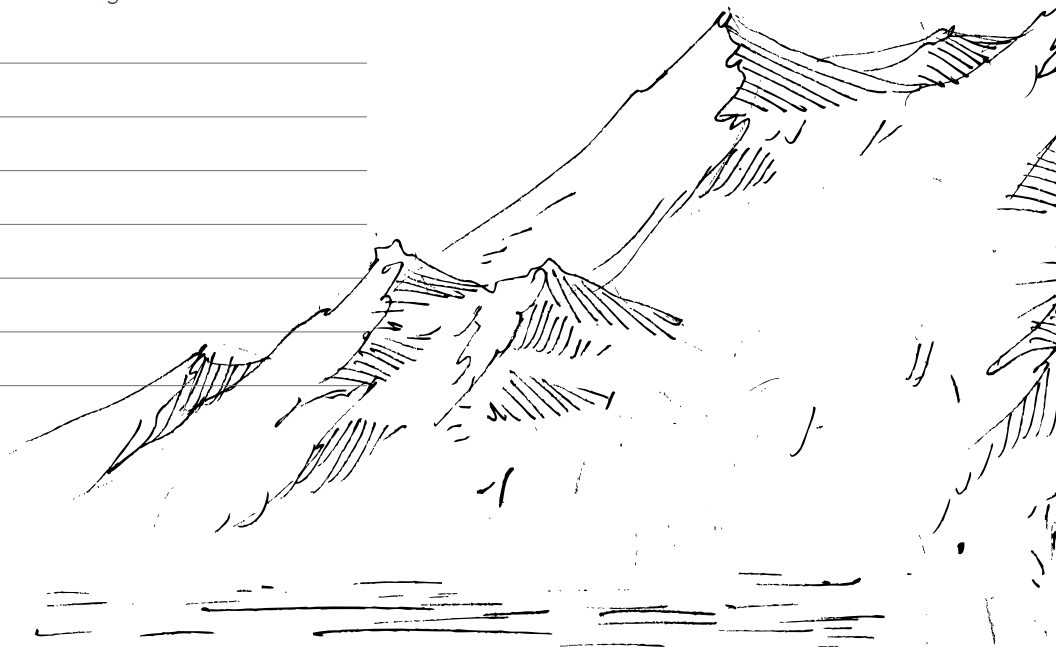
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# Tuesday

What feeling would you like to invite into your day?

What are you letting go of today?

What are you grateful for today?

## Checking in with Your Mind

*Without judgment, write down the thoughts that are floating through your mind.*

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# Wednesday

What feeling would you like to invite into your day?

What are you letting go of today?

What are you grateful for today?

## Checking in with Your Environment

*Take some time to experience the space around you.*

*What do you see, smell, hear and feel? Notice how the space around you impacts you.*

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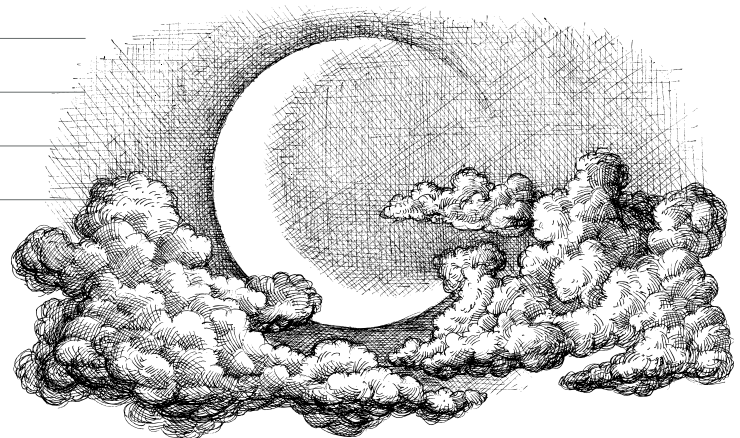
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# Thursday



What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?

## Exploring Your Relationships

*Contemplate the people in your life who support you and the people you care for. What do you notice in your body, mind and heart when you think about these people?*

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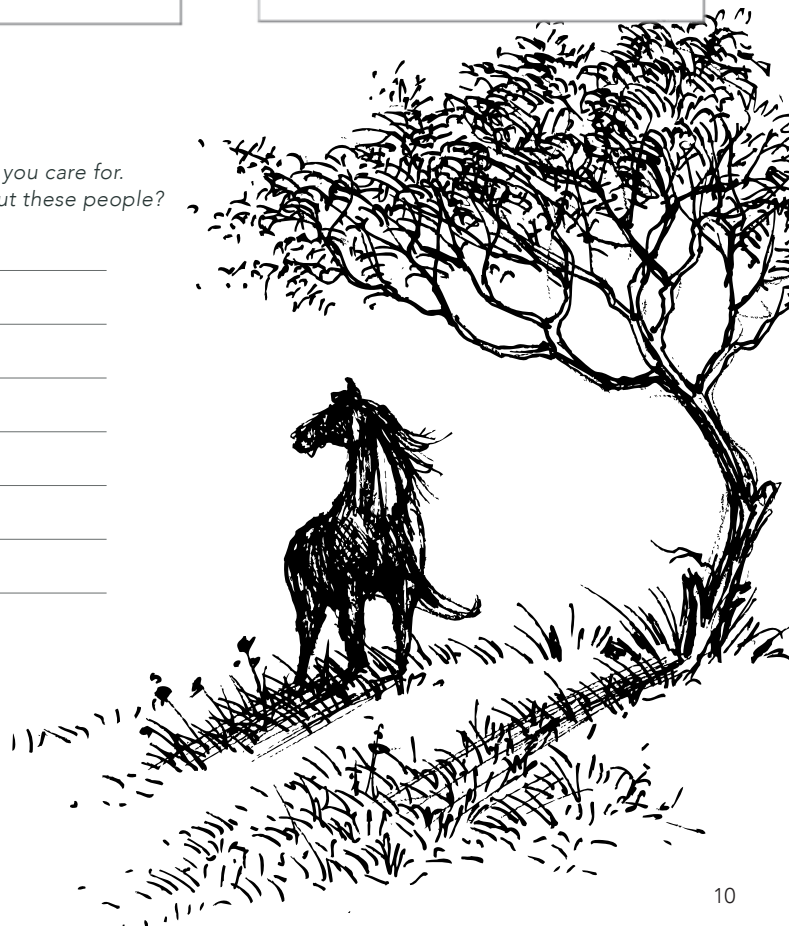
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# Friday

What feeling would you like to invite into your day?

What are you letting go of today?

What are you grateful for today?

## Exploring Your Relationship to Self

*How are you taking care of yourself? What boundaries do you have in place to support you? How do you celebrate yourself?*

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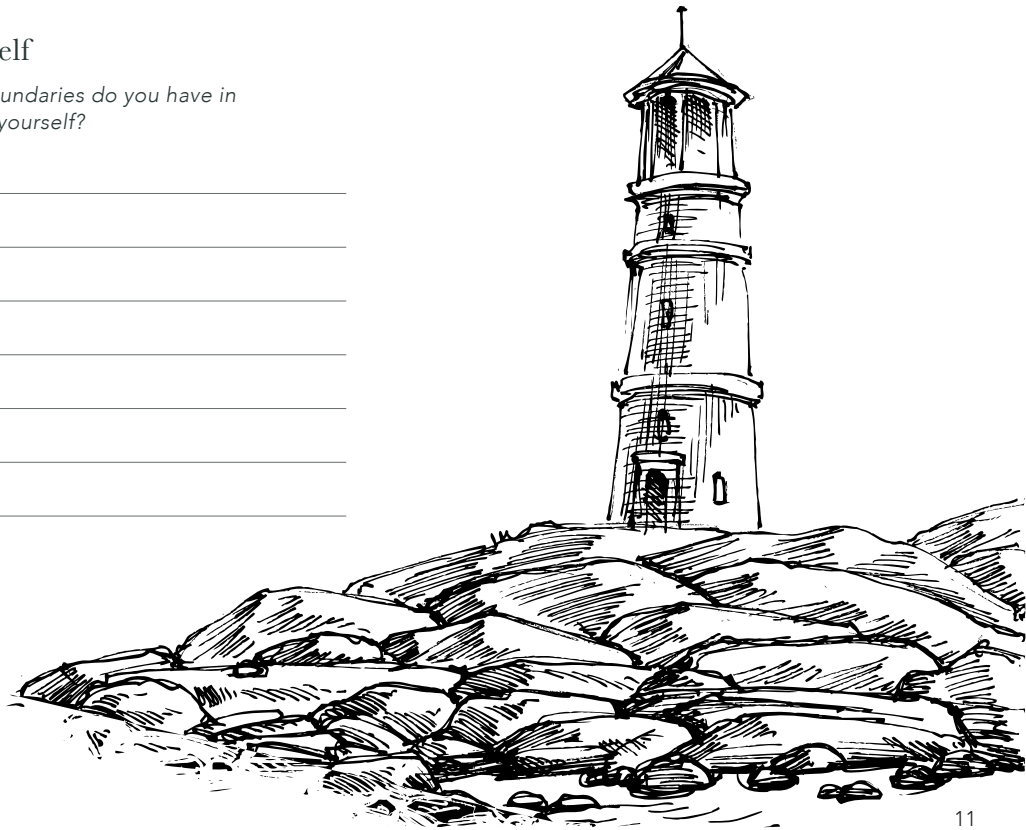
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# Saturday



What feeling would you like to invite into your day?

What are you letting go of today?

What are you grateful for today?

## Reflecting on Your Week

*What have you learned about yourself this week? What shifts do you want to make? What do you want to carry with you?*

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