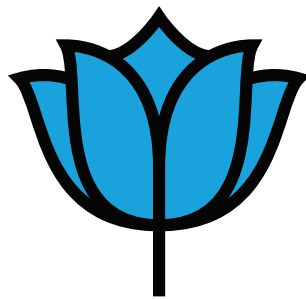


***Calm***  
Mindfulness Journal



“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 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

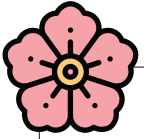
Saturday

“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 judgement, write down the sensations you feel in your body.

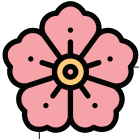
---

---

---

---

# 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 Body

What do you notice when you scan your body?

Without judgement, write down the sensations you feel in your body.

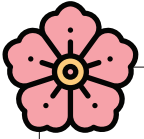
---

---

---

---

# 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 Body

What do you notice when you scan your body?

Without judgement, write down the sensations you feel in your body.

---

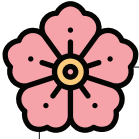
---

---

---



# 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 Body

What do you notice when you scan your body?

Without judgement, write down the sensations you feel in your body.

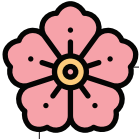
---

---

---

---

# Thursday



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 judgement, write down the sensations you feel in your body.

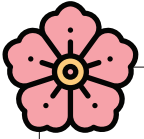
---

---

---

---

# Friday



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 judgement, write down the sensations you feel in your body.

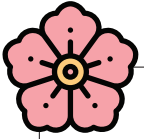
---

---

---

---

# Saturday



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 judgement, write down the sensations you feel in your body.

---

---

---

---