

INNER PEACE INSIGHT JOURNAL

Committing to Calm - week four

TODAY'S INSPIRATION

"Walk as if you are kissing the earth with your feet."

- Thich Nhat Hanh

MORNING

My overall *feeling* goal for the day is...

Three things I will enjoy to encourage and nourish positive thoughts today...

1. _____

2. _____

3. _____

Three unhelpful mental narratives or memories that I will not engage with today...

1. _____

2. _____

3. _____

Today, I will treat myself by...

- Taking a walk in nature.
- Visiting with a friend.
- Taking deep breaths throughout my day.
- Creating something meaningful.

EVENING

Three unexpected blessings that happened to me today...

1. _____

2. _____

3. _____

One area of my life where I'm noticing progressively more calm is...

My biggest challenge with nourishing positive thoughts today was...

How I will adjust my course tomorrow...

Tomorrow will be an amazing day because...
