

Eric Wal's

# Yoga's Secret to Calm

## Intentional Living Journal

The deliberate use of intention, something we call *sankalpa* in yoga, is a powerful tool in cultivating ever greater states of calm in our lives. Use this journal to help you create more ease and self-control in your days.

### MORNING

The **primary feeling** I intend to carry into my day is...  
(such as calm, joy, ease, happiness, confidence, appreciation)

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Three places I intend to pause, breathe, and soothe myself toward that **primary feeling** are...

1. 

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2. 

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3. 

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Three overlooked blessings I'm grateful for today...

1. 

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2. 

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3. 

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### EVENING

Today, my biggest success with my Intentional Living practice was...

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Today, my biggest challenge with my Intentional Living practice was...

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How I intend to do better tomorrow...

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Tomorrow will be an amazing day because...

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