

INNER PEACE INSIGHT JOURNAL

Committing to Calm

TODAY'S INSPIRATION

"A calm mind brings inner-strength and self-confidence."

- Dalai Lama

MORNING

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

Three things I will 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. _____

Today, I will treat myself by...

- Taking a walk in nature.
- Visiting with a friend.
- Taking deep breaths throughout my day.
- Admiring an inspiring piece of art.

EVENING

Three unexpected blessings that happened to me today...

1. _____

2. _____

3. _____

My biggest success with cultivating calm today was...

The one thing that disturbed me most today was...

How I will create more calm tomorrow...

Tonight I plan to go to sleep appreciating...
