

PROMPT BOOK

# CALM



## PROMPT BOOK

# CALM: WEEK ONE

Carve out ten-fifteen minutes each day to free-write about your feelings.

Some starters:

- I'm feeling \_\_\_\_\_ because \_\_\_\_
- The sun came up today and \_\_\_\_\_
- I'm most worried/excited/joyful about...

Notice how you feel at the end of the week. Did it leave you feeling calmer? Or reveal something else?

## PROMPT BOOK

# CALM: WEEK TWO

What would your life look like if you could cultivate more calm?

What would this give you?

Why would you want that for yourself?  
And others?

What are your biggest barriers to calm?

How might you overcome them?

What feels good to commit to doing – or not doing?

## PROMPT BOOK

# CALM: WEEK THREE

Take a barrier to calm that has recently shown up & write about it in more depth – *(mine are often anxiety or self-criticism)*

What support could you use, or get, to help dispel them? (Might be a big ask!)

When would you like to speak to yourself in more of a calm way? Why? What kinds of things would you say?

What about speaking to others?

How could you find more calm on an everyday basis?

## PROMPT BOOK

# CALM: WEEK FOUR

When do you feel least calm?

When do you feel most calm?

Thinking of your *least* calm, what would help to soothe or deescalate those moments?

What place makes you feel most calm?

Take a page and describe it in detail – sights/sounds/touch/taste/smells.

Repeat this exercise with a memory.

Now, how do YOU choose to integrate calm into your life?