

CalmPath Journal — First 3 Days

A gentle three-day start. Handwrite it if you can.

Day 1 — Notice

- What did today ask of me?
- Where did I feel most tense?
- One moment I'm grateful for:

Day 2 — Release

- What am I carrying that isn't mine?
- What can wait until tomorrow?
- A prayer in one sentence:

Day 3 — Begin Again

- What helped me most these three days?
- One habit I'll keep this week:
- How I want tomorrow to feel:

A note

- Leave space between the lines. Blank space on the page makes blank space in the mind.