

GRACE & HOPE



Calm & Steady

A 90-Day Path Through Anxious Days

This journal belongs to

WELCOME

How to use this journal

Over the next 90 days, this journal is a gentle companion — a quiet, judgment-free space to notice how you're doing, and to take small steps forward. There is no wrong way to use it. Some days you'll write pages; other days a single line is more than enough.

Each day

Fill in a Daily Page — a quick mood check, a short prompt, and space for notes.

Each week

Pause at the Weekly Reflection to notice patterns and choose one simple next step.

When it's heavy

Turn to "Finding Your Way Forward" to untangle a worry into a small action.

Whenever you like

Color a page, write an affirmation, or revisit a memory. This is your space.

One small step at a time. You are not alone in this.

A GENTLE TOOL

Finding Your Way Forward

When your mind is racing, slowing down to one clear step can quiet the noise. Return here anytime.

1. What feels heavy right now? (Name it plainly.)

2. What part of this is outside my control? (I can set it down.)

3. What is one small thing that IS within my control?

4. The single next step I can take today is...

5. Someone I could reach out to for help is...

6. A truth or hope I want to hold onto is...

BEFORE WE BEGIN

Where I am right now

My anxiety tends to show up as...

The things that help me feel grounded are...

The thoughts I most need to challenge are...

What calm and steady would feel like for me is...

HOLD ONTO THESE

Words for the hard days

Breathe in for four, out for six.

This feeling is not forever.

You are safe in this moment.

You have survived every hard day so far.

Progress, not perfection.

Your feelings are valid, and they will pass.

You are allowed to rest.

One small step is still a step.

How I feel today



Low



Okay



Good

Today's reflection

What am I feeling right now, and where do I feel it in my body?

One small win today

I'm grateful for

Notes & thoughts

"Breathe in for four, out for six."

WEEK 1

Weekly reflection & a simple next step

What helped me this week?

What was hard — and what did I learn from it?

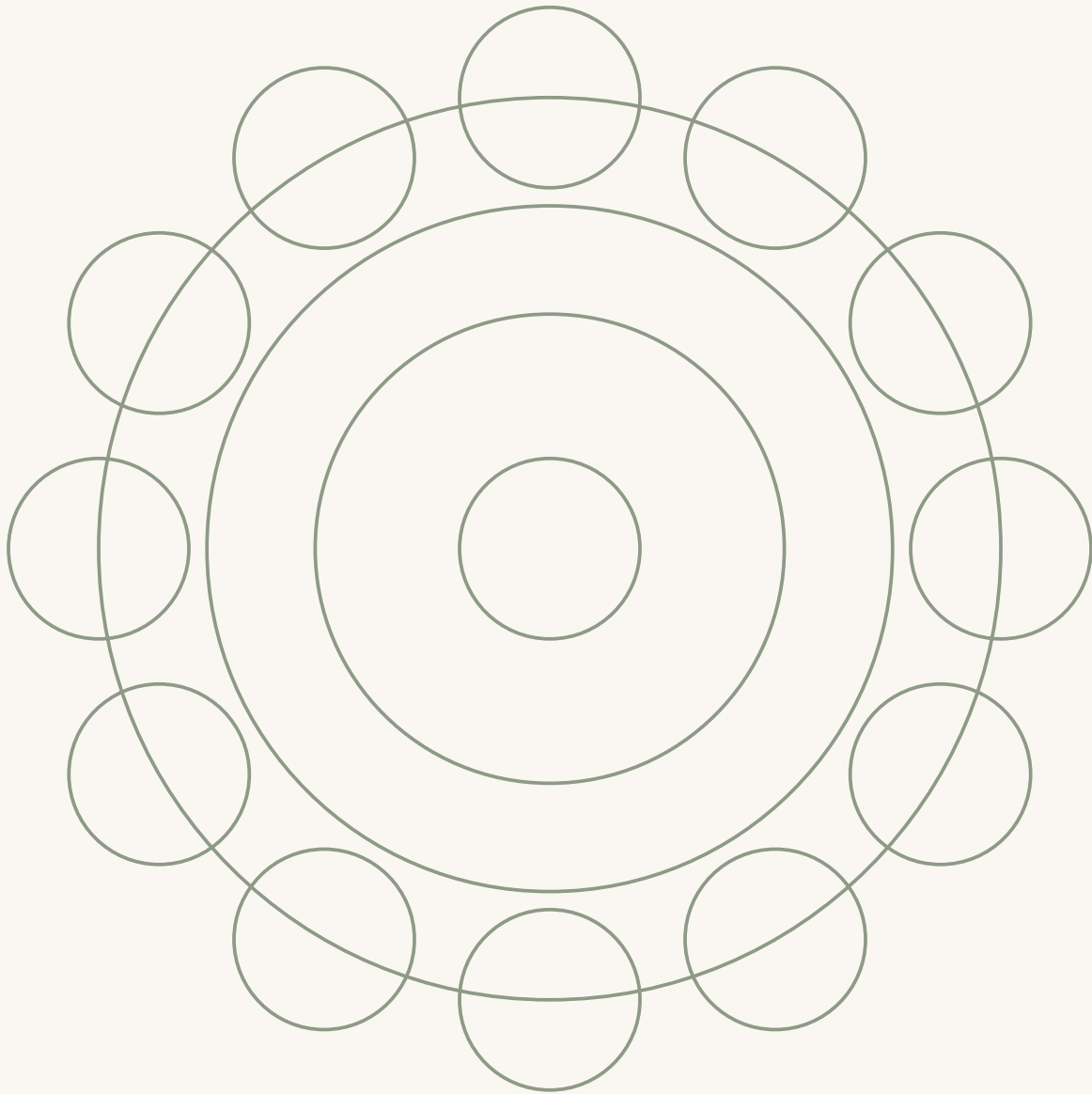
My one simple resolution for next week:

This week I made time to...

- ☐ Rest ☐ Move gently ☐ Connect with someone ☐ Ask for help
- ☐ Do one thing for me

TAKE A BREATH

A quiet space to color



Let your mind rest while your hands create.



This is just a taste.

The full journal includes everything you've seen here, plus:

- 90 dated daily pages with prompts, mood check-ins & notes
 - A weekly reflection & simple resolution every 7 days
 - Coloring pages to rest your mind
 - Milestone pages at day 30, 60 & 90
 - A keepsake closing page

90 days of gentle company, whenever you need it.