



A GENTLE SPACE FOR YOUR THOUGHTS

Calm Mind Journal

*A 7-Day Guided Journal for
Easing Anxiety, One Page at a Time*

A free gift for you — from your Sunday Reset community



Welcome, friend.

Anxiety can feel loud, tangled, and hard to put into words. This journal isn't about fixing yourself — it's about giving your mind a soft place to land. Each day includes a short mood check-in and a gentle prompt to help you notice what you're feeling without judgment.

How to use this journal:

- Find a quiet moment — morning coffee, before bed, whenever feels right.
- Answer honestly. There are no wrong feelings here.
- Revisit past pages to notice patterns in what eases your mind.

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

What emotion is loudest in me right now? Where do I feel it in my body?

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

What is one small thing, big or small, that went right today?

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

What thought keeps circling back? If I said it out loud to a friend, what would they say back?

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

What do I need permission to let go of today?

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

When did I feel most at ease this week? What made that moment different?

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

What would I say to a friend who felt the way I feel right now?

Today my anxiety feels like:



Calm



Mild



Present



Heavy



Overwhelming

Looking back on this week, what is one thing I'm proud I got through?



You made it through.

However these seven days felt, showing up for yourself on paper is never small. Keep this journal somewhere close — your mind will thank you.

*With care, [Your Blog Name]
[yourblogurl.com]*

