

UNSELFISHLY
me

Practice Calm



Journal

Journal

What time of day does your nervous system feel the most supported, and why?

Journal

Reflect on one small daily habit that helps you feel steady.

Journal

What predictable parts of your daily routine help you feel safe?

Journal

Write a list of 5 gentle morning habits that could support your nervous system.

How do transitions between tasks affect your energy and focus?

Journal

What types of movement help you feel calm and centered?

Journal

Write a stream of consciousness about how your body responds to stillness.

Journal

What are 3 daily patterns you could change to reduce nervous system strain?

Journal

Reflect on how your current eating habits impact your emotional balance.

Journal

What foods or meals help you feel nourished and grounded?

Journal

Write a list of 10 small ways to stay hydrated throughout your day.

Journal

How does your evening routine affect your ability to rest and repair?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal

What changes to your physical environment would support a calmer nervous system?

Journal

Write a stream of consciousness about how clutter affects your mood.

What role does social media play in your nervous system regulation?

Journal

How do you feel physically after a day with lots of digital input?

Journal

What does your body need more of movement or stillness?

Journal

Write a list of 5 ways you can build micro pauses into your routine.

Journal

Reflect on a recent moment of connection that helped you feel more grounded.

Journal

Who in your life makes you feel emotionally safe,
and how do they do it?

Journal

Write a stream of consciousness about how your body feels during supportive human connection.

Journal

What simple practice could help you feel more balanced in the middle of your day?

Journal

How can you better align your habits with your natural daily rhythms?

Journal

What would your ideal nervous system support plan look like from morning to night?