

UNSELFISHLY
me

Sustain the Calm



Journal

Journal

What helps you feel calm, even when life feels chaotic?

Journal

Reflect on a recent time you bounced back from stress. What helped you recover?

Journal

What systems in your daily life support your nervous system right now?

Journal

Write a stream of consciousness about what long-term calm feels like in your body.

Journal

When do you notice the earliest signs that you are becoming dysregulated?

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List 5 habits that help you return to calm when you feel off track.

Journal

How do you respond differently to stress now than you did a year ago?

Journal

Reflect on how your internal identity supports or challenges your nervous system health.

Journal

What does it mean to you to be someone who is steady and grounded?

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What parts of your routine are flexible but still help you stay centered?

Journal

Write about a situation where you chose to respond instead of react. What changed?

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How does your current lifestyle support your nervous system resilience?

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List 10 calming tools you trust and return to often.

Journal

What are your energy limits, and how do you honour them in daily life?

Journal

Write a stream of consciousness about what gets in the way of sustaining your calm.

Journal

In what ways do you self-sabotage your own calm or stability?

Journal

How do your relationships affect your ability to stay regulated?

Journal

What does it feel like to be safe, calm, and supported?

Journal

List 5 supportive routines or rhythms that make your nervous system feel safe.

Journal

How do you reflect without self-blame when something throws you off balance?

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What signs tell you that you may need outside help or additional support?

Journal

Reflect on what it means to you to make calm a core value in your life.

Journal

Write a stream of consciousness about your journey with nervous system regulation.

Journal

How do you plan for times of stress without assuming the worst?

Journal

What long-term goals do you have for your emotional and nervous system health?