

□ Dates		
	Monday	

Weekly Planer

What I am Grateful For:

Tuesday

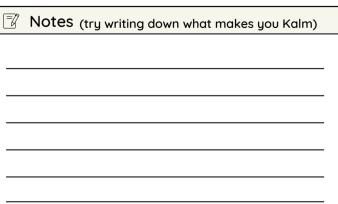
	This Weeks Top Goals:	

Wednesday

How Will I Practice My Daily Kalm?

Thursday

Friday



Saturday

Sunday

Thank you for downloading!

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Need to Kalm the mind? Try these simple exercises!

- 1. Deep breathing: Take slow, deep breaths to calm the body and mind.
- 2. Meditation: Practice mindfulness meditation, focus on your breath, and let go of thoughts.
- 3. Exercise: Physical activity releases endorphins, which can help reduce stress.

4. Nature: Spending time in nature can help reduce stress levels and improve well-being.

5. Write it down: Write down your thoughts and feelings, this can help process and manage stress.

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