



# Weekly Planer

What I am Grateful For:

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This Weeks Top Goals:

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How Will I Practice My Daily Kalm?

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Notes (try writing down what makes you Kalm)

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Dates

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Thank you for downloading!

Connect with us:



## 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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