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*Wishing you a month ahead of calm and peace. Take time to do your journal.*

*Create a comfortable and quiet space for yourself and have as much time as you need.*

*Safely light a candle (do not leave it unattended).*

*Pour yourself warm water or a cup of herbal tea.*

*Put some relaxing music on.*

*Allow yourself to write at your own pace.*

*Enjoy.*

*Answer the following journal prompts. Allow the mind to just write whatever comes up. Don’t judge it….simply let your pen flow.*

*I notice I am calm when…..*

*I notice I am not calm when….*

*I would like to feel more calm because….*

*I feel I can create more calm in my life by….*

*Things that make me feel calm are…..*

*Things that don’t make me calm are….*

*To feel calm I need to clear the following from my life…..*

*I am ready to release the following to help me feel calmer…..*

*I am grateful for…...*

*Other things that come to my mind to help me on my path to calm are….*