

FINDING YOUR CALM WORKSHEET

Every choice is influenced by the people in our lives. If you change your life influencers for the better, you can dramatically increase your chances for calmness.

How do you feel about your chaos and stress level now?

Where do you find your calmness?

What affirmation is your favorite?

How has calmness changed your perspective?

Review your immediate surroundings for calmness?

Who are the most positive people you can think of?

What one person helped in reducing your stress?

What did you find the most helpful in reducing stress?

Have you awakened your spiritual awareness?

What positive thoughts or traits have you decided to live by?
