



The Power of Calm – Workshop Worksheet

1. Reflection: What does calm mean to you?

Take a moment to describe what 'calm' looks and feels like in your life:

2. What disrupts your calm?

List 3 situations or thoughts that tend to create stress or tension in your day:

3. How can you invite calm back in?

For each trigger above, write one calming practice or supportive action you can try:

4. Your Calm Plan

What's one small thing you'll commit to this week to support your calm?