



Seven-Day Calm Reset

A gentle 7-day journaling and reflection guide to restore calm, connection, and balance in family life.

Day 1 – Breathe

Start small.

Take three slow breaths before reacting to anything today.

Prompt: “When I slow down, I notice...”

Mini Practice: Take a three-minute breathing break with your child.

Day 2 – Notice

Bring awareness to what feels good.

Prompt: “What moments felt peaceful today – even briefly?”

Mini Practice: Write down or photograph one calm moment.

Day 3 – Release

Let go of what you can’t control.

Prompt: “What can I gently release today – a worry, guilt, or expectation?”

Mini Practice: Write it on a small piece of paper and tear it up to let it go.

Day 4 – Connect

Reconnect with your child and yourself.

Prompt: “When did we share a smile, touch, or moment of kindness?”

Mini Practice: Spend five minutes cuddling, walking, or listening together.

Day 5 – Rebalance

Create small adjustments for smoother days.

Prompt: “What routine or rhythm could make tomorrow easier?”

Mini Practice: Adjust just one thing — bedtime, lighting, tone, or timing.

Day 6 – Nurture

Remember your own needs matter.

Prompt: “How did I care for myself today?”

Mini Practice: Have a warm drink, stretch, or simply allow yourself to rest.

Day 7 – Reflect

Celebrate progress, not perfection.

Prompt: “What feels calmer, lighter, or more connected than last week?”

Mini Practice: Write a short thank-you note to yourself for showing up.