

NAME / DATE: ◆

HOW I'M FEELING RIGHT NOW:

★ 01 - PAUSE & GROUND — stop the spiral before anything else

- Take 3 slow, intentional breaths — in for 4, out for 6.
- Name what you're feeling (just a word is enough).
- Drink a glass of water. Come back to your body.
- Place one hand on your chest. Feel it rise and fall.
- Step away from the screen for 60 seconds.
- Say aloud: "I can handle this one step at a time."

★ 02 - BRAIN DUMP — empty the mental inbox

Everything swirling in my mind right now — get it ALL out of your head and onto the page.

★ _____	★ _____
★ _____	★ _____
★ _____	★ _____
★ _____	★ _____

◆ Keep writing until the page feels heavier than your head.

★ 03 - SORT THE NOISE — separate what's real from what's fear

✓ WITHIN MY CONTROL

✗ NOT MY CONTROL (release it)

<p>◆ You can only work with what's in your control. The rest is weather.</p>	
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★ 04 - ONE CLEAR STEP — simplify everything to a single action

The ONE thing I can do in the next 10–15 minutes:

→ _____

◆ Not a to-do list. ONE step. That's it.

★ 05 - PERMISSION SLIPS — reframe, release & give yourself grace

Check every one that applies to you today:

- I give myself permission to not have all the answers.
- I give myself permission to ask for help.
- I give myself permission to feel what I feel.
- I give myself permission to let this be enough.
- I give myself permission to rest without guilt.
- I give myself permission to take it one step at a time.
- I give myself permission to begin imperfectly.
- I give myself permission to choose peace over panic.

★ 06 - CLARITY AFFIRMATION — land here with grounded power

"Clarity is not the absence of chaos — it's the decision to move through it."

— Chase Your Sky

MY PERSONAL AFFIRMATION FOR TODAY: _____

AFTER THIS CHECKLIST I FEEL: Clearer Calmer Grounded Ready to act Still processing