




# Peace Practice Planner

## A Daily Guide to Cultivate Calm, Clarity & Intention

 Today's Date: \_\_\_\_\_

 Your Intention for the Day:

 Morning Affirmation: "I am \_\_\_\_\_  
(Speak it. Believe it. Repeat it.)

 3 Things I'm Grateful For:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



 Mindset Check-In:


How do I feel right now? What's one thing I need today to feel more supported or grounded?

 \_\_\_\_\_

 Peace Practices I'll Use Today:


(Check off or add your own)

- |  |   |
|--|---|
| <input type="checkbox"/> Breathwork (even just 3 deep breaths) | <input type="checkbox"/> Meditation or stillness  |
| <input type="checkbox"/> Journaling                            | <input type="checkbox"/> Nature walk or grounding |
| <input type="checkbox"/> Saying "no" to what drains me         | <input type="checkbox"/> Music that soothes me    |
| <input type="checkbox"/> Screen-free time                      | <input type="checkbox"/> _____                    |

 Evening Reflection (Optional): What brought me peace today?

 \_\_\_\_\_

What will I carry into tomorrow?

 \_\_\_\_\_