

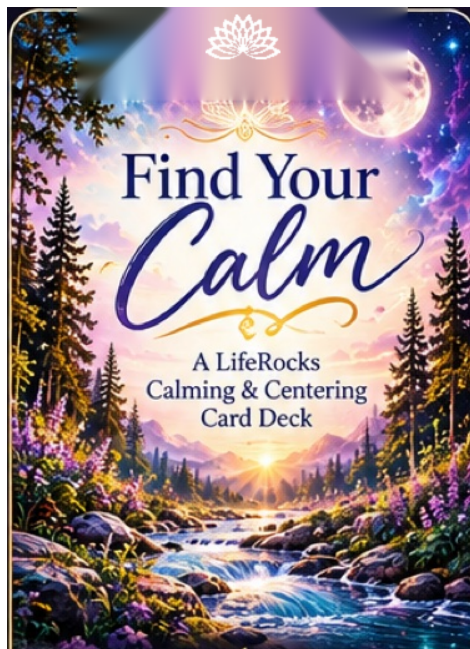


# FIND YOUR CALM

## The Workbook

*Your companion to the Find Your Calm card deck — 13 chapters, 52 card pages, one calmer you.*

A LifeRocks Calming & Centering Companion



by Sassy Cassie

LifeRocks Coaching & Wellness

*Breathe Deep, Live Wild / Create A Life That Rocks*

## THIS WORKBOOK BELONGS TO



This isn't homework. It's a homecoming.

This workbook belongs to: \_\_\_\_\_

My calm looks like: \_\_\_\_\_

The feeling I'm chasing: \_\_\_\_\_

I started this on (date): \_\_\_\_\_

Before you begin — the calm I'm calling in:

---

---

---

One word for how I want to feel: \_\_\_\_\_

**"You don't have to earn your calm. You just have to claim it."**

A promise to myself (write it, sign it, mean it):

---

---

---

Date it. Mean it. This is day one of your calmer life.

There's no wrong way to do this. Pull a card, open the workbook, breathe it in, and let it meet you exactly where you are today. Make it honest. Make it messy. Make it yours.

---



## A LETTER FROM SASSY

Hey, beautiful human.

If you're holding this workbook, it means you've got the Find Your Calm deck in your hands (or on your screen) — and that tells me something about you. It tells me you're done white-knuckling your way through the day. Done pretending you're fine when your chest is tight and your brain won't shut up. Done waiting for "someday when things calm down."

Here's the truth nobody told you: things don't calm down. You calm down. And then things look a whole lot different from the other side.

I built this deck because I needed it. Not the fluffy, light-a-candle-and-manifest kind of calm — the real, gritty, middle-of-a-Tuesday, kids-screaming, inbox-exploding, heart-pounding kind of calm. The kind you can grab with both hands when life is doing its absolute most.

Every card in the deck is a tool. A breath pattern. A grounding trick. A reframe. A reminder that you've survived every hard day so far and you're still standing — which, let's be honest, makes you kind of a badass.

But here's what I learned: a tool sitting in a box is just decoration. This workbook is where the cards come alive. This is where you write the messy stuff, track what actually works for your nervous system, and build yourself a personal calm playbook you can reach for on the days you need it most.

A few things before we start:

This is not homework. Nobody's grading you. Skip around. Do the chapters out of order. Do one exercise and ignore the rest. I don't care — as long as you're doing something for your peace.

Five minutes counts. Don't wait until you have an hour. You won't get an hour. Steal five minutes with your coffee, in your car, hiding in the bathroom. Small reps build big calm.

Write ugly. This workbook doesn't need your pretty handwriting. It needs your honest one. The magic is in getting it OUT of your head and onto the page, not in making it Pinterest-worthy.

Your calm gets to look like YOUR calm. Not your neighbor's calm. Not some influencer's calm. If your version of calm is screaming along to rock music in your car with the windows down (hi, it's me, music is medicine over here), then that's sacred too.

One more thing. I'm your coach, not your therapist. This workbook is full of coaching tools — questions, reflections, practices. It's not medical advice and it's not a substitute for professional support. If anxiety or anything else is running your life, please get yourself a good professional in your corner. Asking for help is the strongest move there is.

Alright. Grab your deck. Grab a pen. Let's go find your calm — and then let's go Create A Life That Rocks with it.

With all my wild heart,

Sassy Cassie LifeRocks Coaching & Wellness

---

## HOW TO USE THIS WORKBOOK (WITH YOUR DECK)

Your deck and this workbook are a team. The deck gives you the tool. The workbook helps you use it, track it, and make it yours.

Here's the rhythm I recommend:

1. **PULL.** Start your day (or your meltdown, no judgment) by pulling a card from the deck. Read it. Sit with it for a breath or two.
2. **OPEN.** Every card in your deck has its own page in this workbook — the card up top, worksheet steps right underneath. Flip to the chapter that matches the card's category (Calming Practices, Breathwork, Grounding Techniques, and so on — all 13 of them), then find your card's page.
3. **WRITE.** Do the worksheet steps on that card's page. Just that page. Five to fifteen minutes. That's it. Some days you'll do more because you're on a roll — great. Some days one prompt is all you've got — also great.
4. **TRACK.** At the end of the day, fill in your Daily Calm Tracker (near the back of the book). One page per day: morning intention, the card you pulled, a midday check-in, your evening wind-down, and little ticks for water, sleep, and movement. It takes two minutes and it will show you patterns you'd never see otherwise.
5. **REVIEW.** Once a week, do the Weekly Calm Review. What worked? What didn't? What's one small shift for next week? This is where the real transformation hides — in the honest weekly look-back.

A few house rules:

- Print extra trackers. The Daily Calm Tracker is designed to be used every single day, so print a stack of them (or photocopy the page). Same with the Weekly Calm Review.
- The chapters are 13 weeks if you want them to be. One category per week is a beautiful pace. Or binge three chapters in a weekend. Your workbook, your rules.
- Star what works. When a card's page genuinely helps you, put a big star on it. Over time, your starred pages become your personal emergency calm kit.
- Pair it with the card. Pull the physical card, open its workbook page, do the steps, feel the difference.

What you'll need: this workbook, your Find Your Calm deck, a pen you actually like writing with, and about five honest minutes a day.

## BEFORE YOU BEGIN — A TINY CHECKLIST

- ☐ Deck: grabbed. Physical cards or on your screen — both count.
- ☐ Pen: one you actually like writing with. This matters more than you'd think.
- ☐ Five honest minutes: stolen with your coffee, in your car, hiding in the bathroom. No judgment here.
- ☐ Extra trackers: print a stack of the Daily Calm Tracker (near the back of the book) — one page per day, you'll want them.
- ☐ Perfectionism: told to sit this one out. Ugly writing is welcome here.

My intention for these 13 weeks:

---

---

---

That's it. Let's begin.

---



Card 2 from your deck — How To Use This Deck

## YOUR FIRST PULL — DO IT NOW

Don't wait for the perfect moment. Pull a card from your deck right now — eyes closed, one deep breath, take the one that wants you.

The card I pulled: \_\_\_\_\_ Its category: \_\_\_\_\_

My first impression (one honest sentence): \_\_\_\_\_

---

*Now find that card's page in its chapter and do the worksheet steps. You're officially doing the thing.*

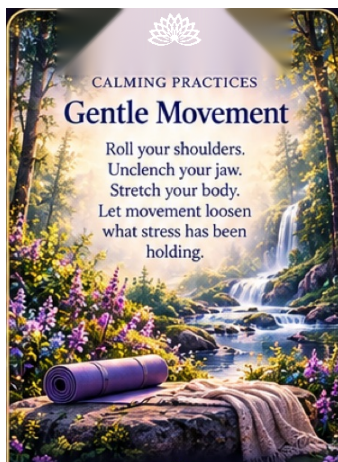
# CHAPTER 1

## CALMING PRACTICES

---

*Pairs with your Calming Practices cards: Create a Calm Space, Slow Down, Gentle Movement, Rest Here.*

Let's start with the basics — and I mean that as a compliment. Calming practices are the everyday, no-fancy-equipment, do-it-right-where-you-are tools. Dimming the lights. Stepping outside. Making tea like it actually matters. These aren't extras for people with spare time. They're how you tell your nervous system: hey, we're safe, stand down. So here's the question under this whole chapter: what actually calms YOU? Not what calms people on the internet. Your calm menu looks different from mine, and that's the whole damn point.





## Create a Calm Space

You don't need a whole zen den. A corner counts. Your car counts. The bathtub counts. Let's design yours.

Where it is: Where is my calm space — or where could it be? Describe it like you're telling a friend.

---

What it's like in there: What does it look, smell, sound, and feel like?

---

---

Make it real: 3 things I could add this week to make it calmer. (A candle, a blanket, a plant, a "do not disturb" sign with teeth — whatever.)

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

Lock it in: The one calm-space moment I'm scheduling this week — day + time:

---



## Slow Down

You don't have to do it all today. Read that again. Now let's prove it.

The everything-list: Dump everything on your mind right now — the whole noisy list. Then star the THREE that actually matter today. The rest can wait. I promise the world will keep spinning.

---

---

---

My top 3 for today: \_\_\_\_\_

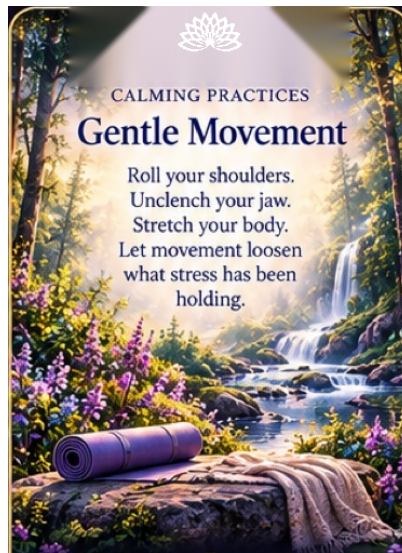
The next right step: Forget the whole list. What's the ONE next right step?

---

Permission slip: Write yourself permission to leave the rest for tomorrow:

---





## Gentle Movement

Stress doesn't just live in your head — it camps out in your shoulders, your jaw, your hips. Let's shake it loose.

Do it now: Roll your shoulders. Unclench your jaw. Stretch your body. Then answer — where were you holding tension?

---

My 2-minute move menu: 3 moves I can do anywhere, no yoga pants required.

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

☐ Did it: Check this when you've done one move today. How does your body feel now?

---



## Rest Here

You are allowed to pause. Sit down. Soften. And no — you don't have to earn it first. Rest is not laziness. It is care.

Guilt-free rest: When did I last rest without guilt? What would guilt-free rest look like today?

---

---

My rest menu: 3 ways I rest that actually restore me. (Scrolling doesn't count.)

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

Book it: One rest appointment this week. Day + time:

---

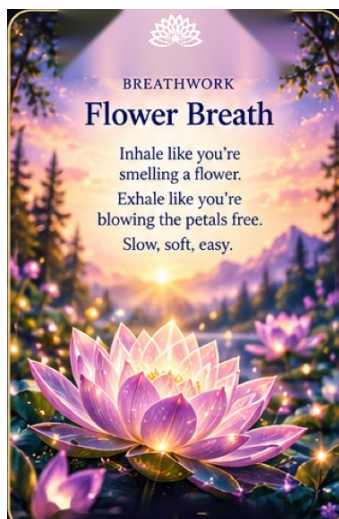


## CHAPTER 2

# BREATHWORK

*Pairs with your Breathwork cards: Box Breathing, Long Exhale, Flower Breath, Sighing Breath.*

Your breath is the remote control for your nervous system, and most of us walk around with the volume stuck on high. Breathwork isn't woo-woo. It's wiring. Slow your exhale and your body gets the message: we're okay. The beautiful part? Your breath goes everywhere you go. Bad meeting? Breathe. Traffic? Breathe. Toddler painting the dog? Breathe. It's free, it's portable, and nobody even has to know you're doing it. So let's find the breath pattern that works for YOUR lungs — not the textbook's.





## Box Breathing

In 4, hold 4, out 4, hold 4. The classic for a reason. Do 4 rounds right now, then log it.

Right now: Tension before \_\_\_\_/10 → 4 rounds → tension after \_\_\_\_/10.

Right now, my body feels: \_\_\_\_\_

The 5-day log: Do your 4 rounds daily and watch the pattern. Even a 1-point drop is your nervous system listening to you.

| Day | Before (1–10) | Rounds | After (1–10) |
|-----|---------------|--------|--------------|
| 1   |               |        |              |
| 2   |               |        |              |
| 3   |               |        |              |
| 4   |               |        |              |
| 5   |               |        |              |

My reset script: Write the tiny script you'll actually remember when your brain is buzzing. Keep it short — steal this starter and make it yours: "I am safe. I am here. Inhale... 2... 3... 4... Exhale... 2... 3... 4... 5... 6... One more. I've got this."

---



---



## Long Exhale

In for 4, out for 6 to 8. The exhale does the heavy lifting here — the longer the out-breath, the calmer the you.

Five rounds, right now: Do 5 rounds, exhale longer than the inhale.

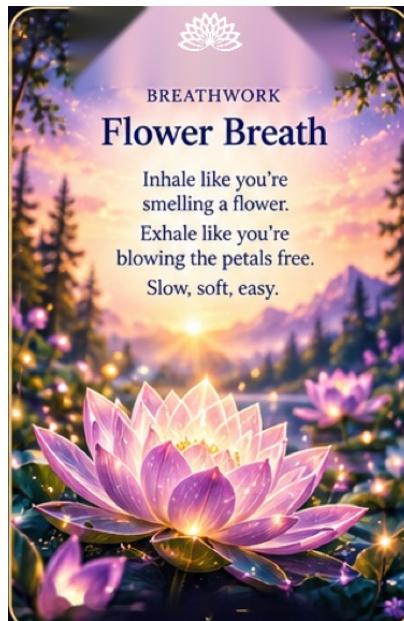
Tension before: \_\_\_\_/10

Tension after: \_\_\_\_/10

Where it lives: When will the long exhale help me most? (Bedtime? Before the hard conversation? The 3 PM slump?)

---

Rating: Would I reach for this one again? \_\_\_\_/5



## Flower Breath

Inhale like you're smelling a flower. Exhale like you're blowing the petals free. Slow, soft, easy. This one's pure nervous-system candy.

Do it now: 5 flower breaths. What flower did you smell? What did you notice?

---

Blow it out: What are you exhaling out with those petals? (The argument? The deadline? The whole damn day?)

---

Rating: Would I reach for this one again? \_\_\_\_/5



## Sighing Breath

Inhale fully, sneak in one extra sip of air, then let it all go with a long sigh. Your body already knows this one — you do it every time something finally works out.

Three sighs, right now: Do 3. What left your shoulders on the exhale?

---

The sigh moment: When will I use this one this week? (Walking in the front door? Before the big call?)

---

My signature breath: Of the four breaths in this chapter, my go-to is:

---

I'm naming it — because "The Parking Lot Reset" beats "breathing exercise 3" every time:

---

☐ Alarm set: My BREATHE alarm goes off at \_\_\_\_\_ (one chaotic time of day, one week).



## CHAPTER 3

# GROUNDING TECHNIQUES

---

*Pairs with your Grounding Techniques cards: 5-4-3-2-1 Grounding, Feel Your Feet, Temperature Change, Scent Anchor.*

Grounding is for the floaty, buzzy, checked-out, spinning moments — when you're in your head and your head is not a fun place to be. These techniques yank you back into your body and the present. Feet on the floor. Cold water on your wrists. Something solid in your hand. Here's the thing: anxiety lives in the future (what if...) and regret lives in the past (if only...). Grounding drags you back to right here, right now — the only place you can actually do anything. So: what pulls YOU back to earth fastest?







## 5-4-3-2-1 Grounding

The classic emergency brake. Do it for real, right now — write what you notice.

The walkthrough: 5 things I can SEE: \_\_\_\_\_

4 things I can FEEL: \_\_\_\_\_

3 things I can HEAR: \_\_\_\_\_

2 things I can SMELL: \_\_\_\_\_

1 thing I can TASTE: \_\_\_\_\_

Check in: How do I feel compared to 2 minutes ago?

---

My emergency shortcut: You won't always have time for all five senses. My two fastest — the ones that yank me back quickest:

1. \_\_\_\_\_

2. \_\_\_\_\_ Where I'll use my shortcut this week:



**Feel Your Feet**

Press your feet into the floor. Notice the ground under you. You are here. You are supported. Sixty seconds — that's all.

Do it now: Feet flat, press in, wiggle your toes. Say to yourself: "I am here. I am present. I am safe." What did you notice in your body?

---

---

Where it fits: When could you use this in a normal day? (Before the hard call? The school pickup line? Right before bed?)

---

☐ Did my 60 seconds today. Tomorrow's moment: \_\_\_\_\_



## Temperature Change

Cold is a pattern-interrupt your nervous system can't ignore. Hold something cool. Splash cold water on your hands. Let the sensation drag you back to now.

Try it now: Cold water on your hands, or something cool in your grip. What did you notice? (Buzz drop? Shoulders unlock? Jaw?)

---

My cold kit: My go-to cold thing: \_\_\_\_\_

Where I'll keep it so it's actually in reach: \_\_\_\_\_

The interrupt moment: When I'll reach for cold instead of spiraling: \_\_\_\_\_

---



## Scent Anchor

Lavender, citrus, peppermint, coffee — pick your scent and let it anchor you in the present. Your nose is a direct line to calm.

My scent: The scent I'm claiming: \_\_\_\_\_

Try it now: Breathe it in slow. What shifted? (Jaw? Shoulders? The buzz?)

---

Ground before bed: Use one grounding technique before bed each night this week — feet on the floor, 5-4-3-2-1, cold water, scent, whatever's yours.

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

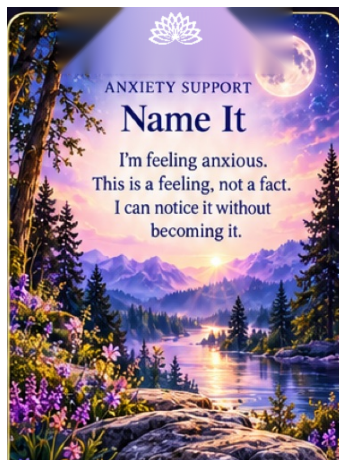
Sleep difference on the nights I grounded: \_\_\_\_\_

## CHAPTER 4

# ANXIETY SUPPORT

*Pairs with your Anxiety Support cards: Name It, This Will Pass, Support System, Professional Help.*

Alright, let's talk about the elephant in the room. Anxiety. That tight chest, racing mind, can't-sit-still, everything-feels-urgent feeling. If you pulled these cards, you're not broken — you're human with a nervous system doing its job a little TOO enthusiastically. Here's what I want you to hear: a feeling is not a fact. Anxiety is a wave. It rises, it peaks, and — this is the part your brain doesn't believe in the moment — it passes. Each card in this chapter hands you one way to ride the wave instead of drowning in it.







## Name It

The second you name it, it stops being a giant fog and becomes something you can actually deal with. Anxiety hates being called out — it thrives in the vague. So get specific.

Right now, name it: "I'm feeling \_\_\_\_\_ because \_\_\_\_\_." Where do I feel it in my body?

---

Notice it without becoming it:

The feeling is: \_\_\_\_\_

The FACT is: \_\_\_\_\_

(Example — feeling: "everything is falling apart." Fact: "I'm on my couch and the bills are paid.")

---

My name-it script — the exact sentence I'll say next time, in my own words:

---

---

Keep this page dog-eared. Future-panicky-you will thank present-calm-you.



## This Will Pass

Your brain in anxiety mode has the memory of a goldfish — it genuinely can't remember you've survived 100% of your worst days so far. Let's fix that with receipts.

Proof I've done hard things — 3 times I thought I couldn't handle something, and did:

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

The last wave: the last time anxiety hit hard, it peaked and then:

---

It lasted about: \_\_\_\_\_ (It ended before. It'll end again. That's not hope, that's data.)

My reminder for the middle of it — one sentence I'll read when I'm IN the wave:

---



## Support System

Here's the lie anxiety tells best: "Nobody wants to hear it. Don't be a burden." Bullshit. You don't have to earn support by being fine first. Name your people BEFORE you need them.

My safe people — and how each one helps best (listens, distracts, shows up):

1. \_\_\_\_\_

Helps by: \_\_\_\_\_

2. \_\_\_\_\_

Helps by: \_\_\_\_\_

3. \_\_\_\_\_

Helps by: \_\_\_\_\_

The text I'll actually send — write it now, while you're calm, copy-paste ready for the hard day:

"Hey, I'm having an anxious day. Can you \_\_\_\_\_?"

My version: \_\_\_\_\_

- ☐ Permission slip — check the ones you'll allow yourself: ☐ I can ask for help BEFORE I'm falling apart.  
☐ I can say "I just need you to listen" — no fixing required. ☐ Receiving support doesn't make me weak or needy.



## Professional Help

Some anxiety needs more than a card deck and a deep breath — and that's not failure, that's honesty. Reaching for professional support isn't the last resort. It's a strong next step. Strong people get support.

An honest check-in: lately, my anxiety has been \_\_\_\_\_

(occasional / weekly / daily / running the show)

The part I can't seem to shake on my own: \_\_\_\_\_

What support could look like — check the ones that feel possible: ☐ Talk to my doctor at my next visit ☐  
Look into a therapist or counselor ☐ Save 988 in my phone — call or text when it gets big ☐ Ask a trusted friend who they see

One strong next step: this week, I will \_\_\_\_\_.

The smallest possible version of that step: \_\_\_\_\_.

(Small counts. Looking up one number counts. Telling one person counts.)

This workbook is a companion, not a treatment plan. If anxiety is running your life, you deserve real backup.

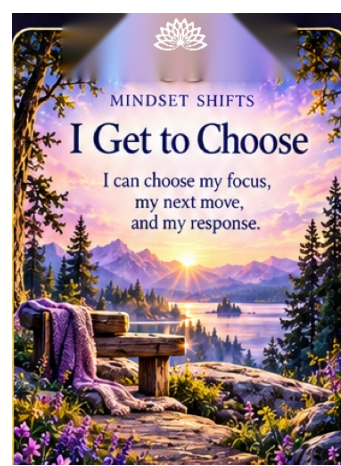
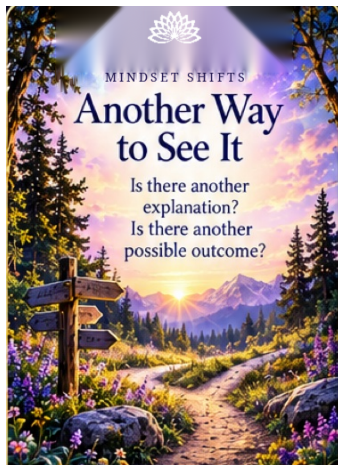
## CHAPTER 5

# MINDSET SHIFTS

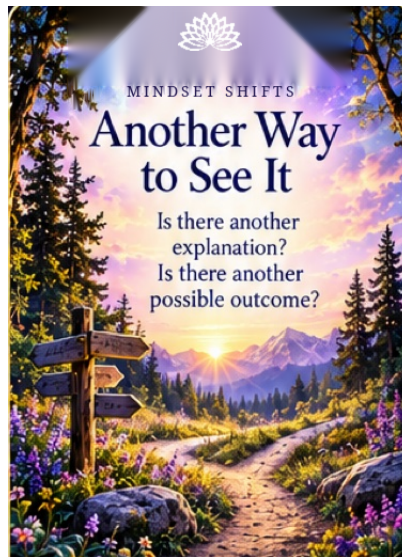
---

*Pairs with your Mindset Shifts cards: Another Way to See It, Progress Over Perfection, Challenge the Thought, I Get to Choose.*

Your mindset isn't positive thinking — it's not slapping a smiley face on a garbage day. A mindset shift is catching the story your brain keeps telling you — "I can't," "I always mess this up," "it's too late for me" — and asking: is there another way to see this? You get to choose your thoughts. Not all of them, not perfectly. But more than you think. "I'm terrible at this" becomes "I'm learning this." "I have to" becomes "I get to." Tiny words. Big difference. This chapter gives each of those shifts its own page — start with the card that matches the story running in YOUR head today.







## Another Way to See It

Your brain's first take is rarely its best take — it's just the fastest one. This card slows you down long enough to ask: what ELSE could be true here?

What's bugging me: \_\_\_\_\_

Another explanation — what else could explain this, besides the worst-case story?

---

Another possible outcome — a different way this could go, one I haven't let myself consider:

---

Star the truest one. The reframe I'm keeping this week: \_\_\_\_\_



## Progress Over Perfection

Perfectionism is just fear in a fancy outfit. This card is your permission slip to be gloriously unfinished — because done beats perfect every single time.

The Flip Table:

| INSTEAD OF... (the old story)      | TRY THINKING... (the truer story)                 |
|------------------------------------|---------------------------------------------------|
| Example: "I ruined the whole day." | Example: "One rough morning. The day isn't over." |

Circle the flip you need most this week. Sticky note. Where you'll see it.

Evidence it counts — 3 small things I did recently that moved me forward. Especially tiny ones:

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

That's not nothing. That's momentum. Small steps still move you forward — that's not a platitude, that's physics.

Done > perfect this week: one thing I'll finish imperfectly on purpose: \_\_\_\_\_



## Challenge the Thought

That thought on repeat? It's not the truth — it's a habit. Run it through the card's three questions and watch it lose its grip.

The thought on repeat: \_\_\_\_\_

The three questions: 1. Is it TRUE? (Facts only. Not feelings, not "probably.")

\_\_\_\_\_

2. Is it HELPFUL? (Even with a grain of truth — is rehearsing it helping?)

\_\_\_\_\_

3. What would I say to a friend who told me this?

\_\_\_\_\_

My reframe — say it the way you'd say it to her:

\_\_\_\_\_

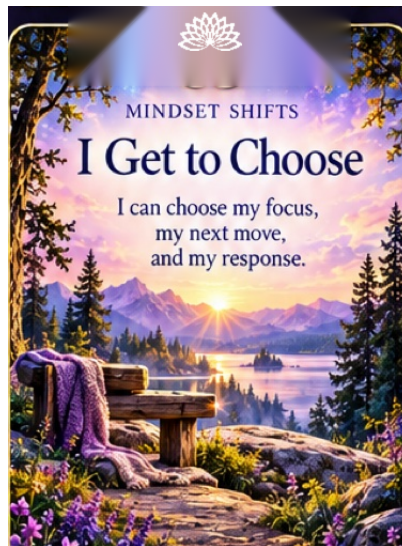
Read it out loud. It hits different out loud.

This week: the spiral I caught with it:

\_\_\_\_\_

What shifted:

\_\_\_\_\_



## I Get to Choose

You can't control everything — but you can always choose your focus, your next move, and your response. That's not small. That's the whole game.

Right now I choose my focus: instead of spiraling on:

---

I'm putting my attention on:

---

My next move: the one small thing I'll do next: \_\_\_\_\_

My response: when \_\_\_\_\_ happens today, I'll respond by:

---

Instead of (the old pattern I'm retiring):

---

The "get to" flip — rewrite one "I have to" as "I get to": Old: I have to \_\_\_\_\_

New: I get to \_\_\_\_\_

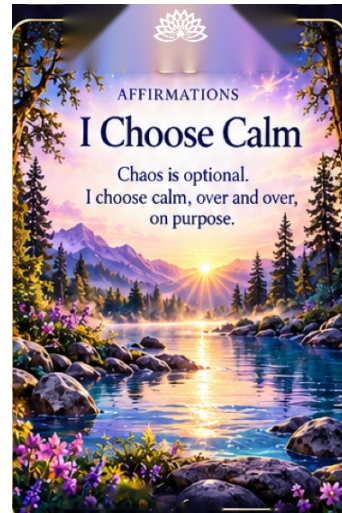
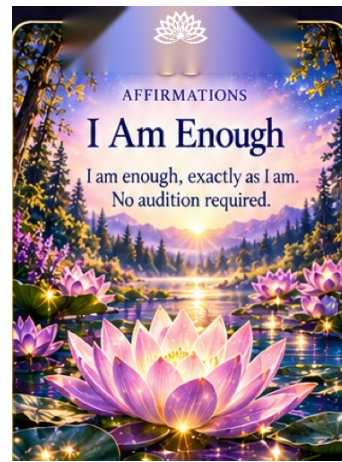
## CHAPTER 6

# AFFIRMATIONS

---

*Pairs with your Affirmations cards: I Am Safe, I Am Enough, I Trust Myself, I Choose Calm.*

Okay, I know — affirmations can feel cheesy. But you're already affirming things all day: "I'm so behind." "I can't handle this." Your brain doesn't care if they're positive or negative — it just believes what it hears most. So feed it something better on purpose. The trick is making them believable. "I am calm" can feel like a lie on a chaotic day, but "I am learning to choose calm"? Your brain can get behind that. This chapter gives each affirmation its own page — find the words that feel true AND move you forward.







## I Am Safe

When your nervous system is screaming, logic doesn't help — safety does. This card is a direct message to your body: right here, right now, you are safe. Stand down.

The safety check — ground the affirmation in real evidence. Right here, right now: I am in: \_\_\_\_\_

I can see: \_\_\_\_\_

I can hear: \_\_\_\_\_ Nothing is threatening me in this moment.

Tell your body: my body has been bracing like:

\_\_\_\_\_

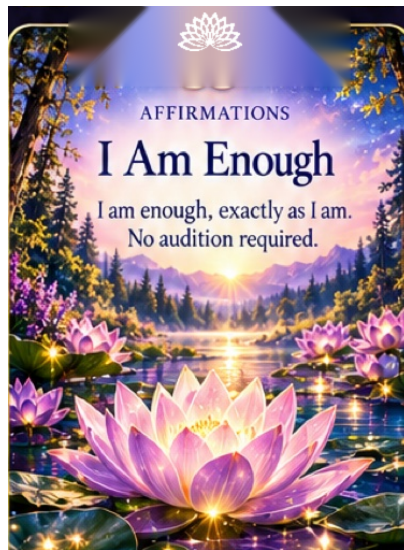
I'm giving it permission to stand down by (unclench jaw, drop shoulders, slow exhale — pick one):

\_\_\_\_\_

Say it till it lands — write it in YOUR words, tweaked until your body believes at least 10% of it:

"Right here, right now, I am safe because \_\_\_\_\_."

Hand on heart, feet on the floor, say it out loud. Your voice in your own ears is the whole point.



## I Am Enough

You've been auditioning for your own life — trying to earn a spot you already have. This card cancels the audition. You are enough, exactly as you are. Full stop.

Drag it into the light — the meanest thing I say to myself on repeat:

---

---

The rewrite — say it the way you'd say it to your best friend, because you'd NEVER talk to her like that:

---

---

No-audition evidence — one thing I did this week that proves I'm already enough (not "will be" — already):

---

Tape the rewrite to your mirror. Two minutes, twice a day, rewiring in progress.



## I Trust Myself

Your track record is undefeated — you've survived every hard day so far. But this card isn't just about surviving. It's about trusting your own judgment when the next hard thing shows up.

My gut was right — a time I trusted myself, even when it was scary or unpopular, and it worked out:

---

What I knew that I almost ignored: \_\_\_\_\_

The decision in front of me: something I'm weighing right now: \_\_\_\_\_. My gut says:

---

The fear says:

---

Borrow from your record — finish these two: I've handled \_\_\_\_\_ before.

I can trust myself with \_\_\_\_\_.

---



## I Choose Calm

Chaos will always volunteer — calm has to be chosen. Over and over. On purpose. This card is your daily vote, and today you're voting calm.

My remix — rewrite it in YOUR words, your vibe, a little sass if you want:

"I Choose Calm" → \_\_\_\_\_

(Example: "Calm is my choice today. Chaos can wait its turn.")

Anchor it: I'll say my version daily when (after coffee, in the car, before sleep):

---

I'll put it where I'll see it:

---

The 7-day test: after a week of choosing it on purpose, I noticed: \_\_\_\_\_

---

Mirror, dashboard, lock screen — your brain believes what it hears most. Make sure it's hearing this.

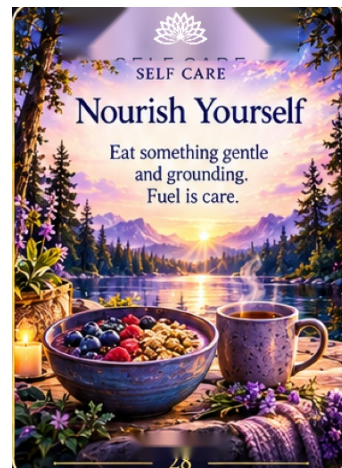
## CHAPTER 7

# SELF CARE

---

*Pairs with your Self Care cards: Drink Some Water, Nourish Yourself, Comfort Matters, Be Kind to You.*

Let's clear something up: self care is not bubble baths and face masks. (Though if that's your thing, rock on.) Real self care is the unsexy stuff — saying no, going to bed, drinking water, asking for help before you're drowning. It's maintenance, not luxury. You don't wait until your car breaks down to change the oil. Same deal. And can we kill the guilt? Rest is not laziness. Boundaries are not selfish. You're no good to anyone running on fumes — especially not yourself. My question: what's the one basic need you've been ignoring — and what would it look like to finally handle it?







## Drink Some Water

Boring? Maybe. Powerful? Absolutely. Dehydration feels a lot like anxiety — foggy, headachy, edgy. A few slow sips can genuinely bring you back into your body. This is the easiest win in the whole deck.

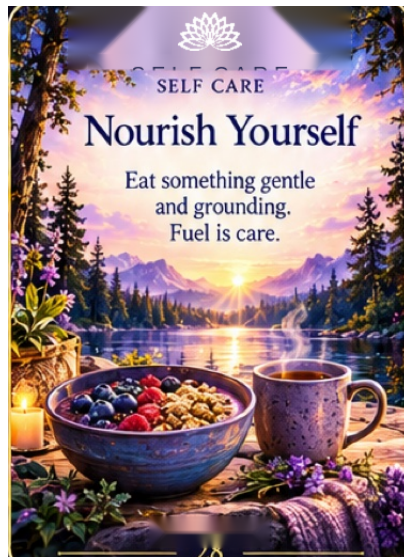
My water check-in: How much water have I actually had today? \_\_\_\_\_ glasses.

When do I usually forget to drink? (Mid-afternoon slump? Chaotic mornings?)

---

My water trigger: Tie water to something you already do. "Every time I \_\_\_\_\_, I'll drink a glass of water."

---



## Nourish Yourself

Not a diet lecture. Just this: your brain runs on what you feed it. Skipped meals and sugar crashes masquerade as mood problems. Eat something gentle and grounding today — fuel is care.

Gentle + grounding foods I actually like: (Not "should" foods — foods that make your body say thank you.)

---

---

Today's fuel check: What did I eat today, and how did I feel about an hour later? Ate:

---

Felt (about an hour later):

---

One nourishing meal I'll make happen this week:

---



## Comfort Matters

Comfort isn't weakness. Soft clothes, a blanket, warmth — these tell your nervous system the emergency is over. Stop treating comfort like something you have to earn first.

My comfort kit: Your top 3 comforts — blanket, hoodie, tea, fuzzy socks, whatever actually works.

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

Where I feel most held: Describe the spot (or the setup) where you feel safest and softest.

---

---

Comfort I'm giving myself this week: One comfort, scheduled like it matters — because it does.

---



## Be Kind to You

You would never talk to your best friend the way you talk to yourself. Time to even the score. Being kind to you covers what you say in your head AND what you say out loud — especially the word no.

Catch and rewrite: Write the mean thing you say to yourself most often. Then rewrite it the way you'd say it to someone you love.

Mean version: \_\_\_\_\_

Kind version: \_\_\_\_\_

My kind-but-firm no: Something I need to say no to (or say less yes to):

\_\_\_\_\_

The actual words I'll use: \_\_\_\_\_

\_\_\_\_\_

Ask for help: Strong women delegate too. Who can I ask, and for what? Who:

\_\_\_\_\_

What I'll ask for:

\_\_\_\_\_

Permission slip: I, \_\_\_\_\_, give myself full permission to:

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_ With zero guilt and zero explanation owed to anyone.

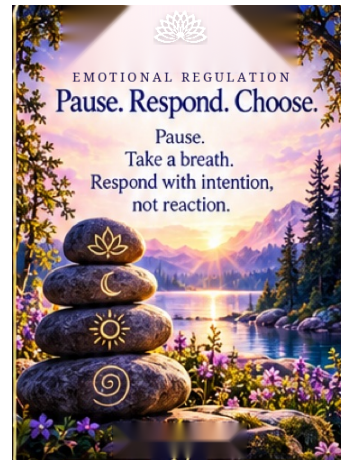
Signed: \_\_\_\_\_

## CHAPTER 8

# EMOTIONAL REGULATION

*Pairs with your Emotional Regulation cards: It's Okay to Feel, Pause. Respond. Choose, Let It Out, Unclench.*

Emotions aren't the problem. Emotions are data — your inner dashboard lights. The problem is what we DO with them: stuffing them down until we explode, or letting them drive while we hang on for dear life. Regulation isn't about NOT feeling. It's about feeling it, naming it, and choosing your response instead of reacting on autopilot. Pause. Take a breath. Respond with intention instead of reacting. That's the whole game, and it's a practice — not a personality trait you either have or don't. My question: what do you usually do with big feelings — and what would you rather do?







## It's Okay to Feel

There's no such thing as a bad feeling — just feelings you'd rather not have. They all get to exist. Naming yours precisely takes the charge out of it. "Bad" isn't an emotion; "disappointed and lonely" is.

Name it precisely: Think of a feeling hanging around right now. Give it 2–3 specific feeling words (not "fine," not "bad").

---

Rate it: Intensity right now (1–10): \_\_\_\_\_ What this feeling might be trying to tell me:

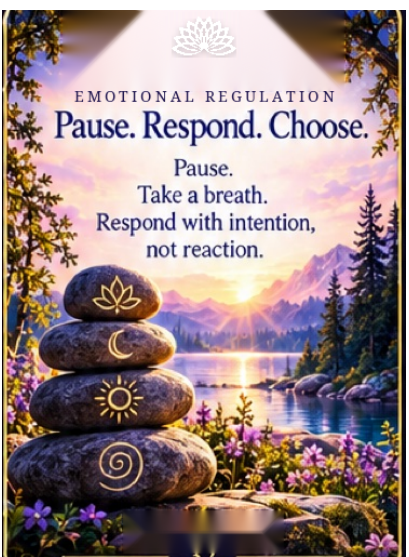
---

What I usually do with it:

☐ Stuff it ☐ Explode ☐ Feel it and let it move ☐ Numb it

☐ Other: \_\_\_\_\_

No judgment. Just data.



## Pause. Respond. Choose.

Between the trigger and your reaction, there's a gap — and in that gap lives every better choice you've ever made. Sixty seconds. Feet on the floor. Breath in. Then respond instead of react.

My usual trigger: A situation (or person) that usually gets a reaction out of me:

---

My pause plan: What I'll do for 60 seconds instead — breathe, feet on the floor, step away, sip water:

---

---

My chosen response: The words or action I'll use when I'm responding, not reacting:

---

---



## Let It Out

Feelings that don't get expressed get stored — in your jaw, your shoulders, your 2 AM spirals. Write it down. Cry it out. Move it out. Feel it to release it. Pick your poison.

My release style: Which one actually works for me?

☐ Write it down ☐ Cry it out ☐ Move it out (walk, shake, dance, punch a pillow)

My go-to: \_\_\_\_\_

Vent it raw: Dump it here — unfiltered, unpretty. Nobody's reading this but you.

---

---

---

After the release: How does my body feel now vs. before? (Lighter? Tired? Shaky? Clear?)

---



## Unclench

Right now, without changing anything — notice. Jaw clenched? Shoulders up by your ears? Hands in fists? Your body is bracing for something that isn't happening. Let's stand down.

The tension inventory: Where am I holding it right now? Check all that apply:

☐ Jaw ☐ Shoulders ☐ Hands/fists ☐ Stomach ☐ Forehead

☐ Other: \_\_\_\_\_

Unclench, in order: Do it now — relax your jaw, drop your shoulders, uncurl your hands, soften your belly. Then rate it:

Tension before: \_\_\_\_/10

Tension after: \_\_\_\_/10

My tension tells: The first sign I'm clenching up is usually:

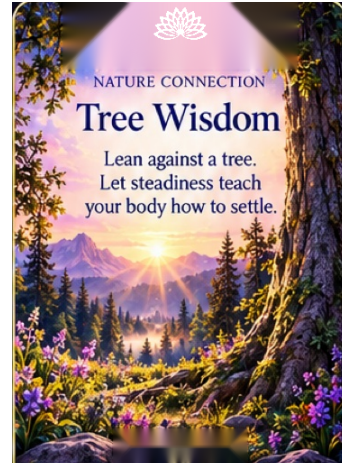
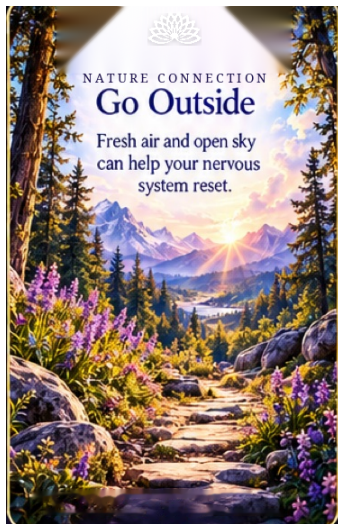
---

## CHAPTER 9

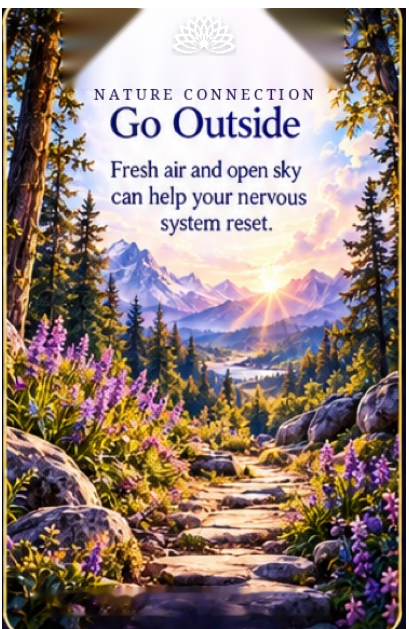
# NATURE CONNECTION

*Pairs with your Nature Connection cards: Go Outside, Find Your Sky, Water Heals, Tree Wisdom.*

You don't need me to tell you nature heals — you feel it every time you step outside and your shoulders drop two inches. There's real science here (lower cortisol, better mood, clearer thinking), but honestly? You don't need the science. You need the trees. The sky. The water. This is the simplest prescription on earth: go outside, look up, sit by water. No app, no subscription, no 47-step morning routine. Just you and the big wild world reminding you you're part of something bigger than your to-do list. My question: when's the last time you went outside with no destination and no phone in your face? Let's fix that.







### Go Outside

Fresh air and open sky can help your nervous system reset. Not metaphorically — your actual nervous system. Ten minutes outside changes your chemistry. Your backyard counts. Ten minutes counts.

This week's nature doses (three minimum — be specific: what + where):

| Day | Dose (what + where) | Minutes |
|-----|---------------------|---------|
|-----|---------------------|---------|

My non-negotiable dose: The one I'm treating like a prescription this week:

---

The smallest version: For the day everything goes sideways — the version that still counts:

---



## Find Your Sky

Look up. Even for one minute. The sky has a way of making your problems right-sized — not small, just... in perspective. Clouds, stars, rain, blue — whatever's there today.

Sky log: Go outside and look up for 2 full minutes. Then fill this in. Date/time: \_\_\_\_\_ What I saw:

---

What I noticed in my body and mind after:

---

---

Perspective check: What's been feeling huge lately? Write it — then write what the sky made you think about it.

The huge thing: \_\_\_\_\_

After looking up: \_\_\_\_\_



## Water Heals

Sit by water. Listen. Breathe. Reset. River, lake, fountain — hell, the bathtub with the faucet running. Water has been calming humans since before humans had words for it.

Water log: Sit near water for 10 minutes. Listen. Breathe. Date/time: \_\_\_\_\_ Where:

---

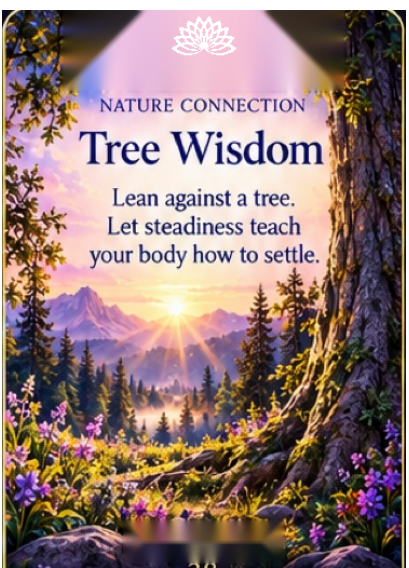
What I noticed:

---

---

My nearest water: The water I can get to most easily when I need a reset:

---



## Tree Wisdom

Lean against a tree. Feel how it doesn't hurry, doesn't apologize, doesn't try to be anything but a tree. Let steadiness teach your body how to settle. Trees are the original unbothered.

Tree moment: Lean against a tree (or sit under one) for 5 minutes. What did you notice — in the tree, in your body?

---

---

My season check: What season is it outside? \_\_\_\_\_

What season am I in personally? (Blooming? Harvesting? Resting? Shedding?)

---

Honor the season: One way I'll honor my current season this week:

---

## CHAPTER 10

# REFLECTION & JOURNALING

*Pairs with your Reflection & Journaling cards: Today I Feel..., What Do I Need Right Now?, Gratitude Moments, Let Go on Paper.*

Journaling isn't about writing pretty. It's about getting the noise OUT of your head and onto paper where you can actually look at it. Half the things swirling in your brain lose their power the second you write them down — because on paper, you can see they're just thoughts, not facts. You don't need a leather-bound journal and a fountain pen. The back of an envelope works. This workbook works. The notes app on your phone at 2 AM works. The only bad journaling is the journaling you don't do because you're waiting for the perfect setup. My question: what's been living rent-free in your head that needs to get out on paper?







**Today I Feel...**

The whole practice in three minutes. Name what's actually true instead of performing "fine" — no judgment, no fixing, just truth on paper.

Name it: Forget "fine." What's the honest word for today — and what's behind it?

Today I feel: \_\_\_\_\_

What's behind that feeling: \_\_\_\_\_

\_\_\_\_\_

Honor it, don't fix it: Feelings aren't problems to solve. What would honoring this one look like today — not fixing it, just honoring it?

\_\_\_\_\_

\_\_\_\_\_

Three-day check-in: Do this three mornings in a row and watch the pattern emerge.

| Day | I feel | What's behind it |
|-----|--------|------------------|
| 1   |        |                  |
| 2   |        |                  |
| 3   |        |                  |



## What Do I Need Right Now?

Most of us are fluent in everyone else's needs and illiterate in our own. Ask the question like you'd ask a friend you actually like — then answer it honestly.

Ask directly: What do you need right now? Check all three.

Body: \_\_\_\_\_

Brain: \_\_\_\_\_

Heart: \_\_\_\_\_

Listen honestly: What's the need underneath the need — the one you've been pretending isn't there?

---

---

Respond kindly: If you treated yourself like someone you love, what's one kind thing you'd do for yourself today?

---



## Gratitude Moments

Not the big vague stuff — "family, health, home." The tiny, specific, real ones. Do this for 7 days and your brain starts scanning for good things on its own. That's neuroscience, not magic.

Name 3 small things from today:

1. Something that felt GOOD: \_\_\_\_\_
2. Something that felt SAFE: \_\_\_\_\_
3. Something BEAUTIFUL I noticed: \_\_\_\_\_

Why it mattered: Pick the one that hit hardest — why did it land?

---

---



## Let Go on Paper

Grab the heavy stuff and set it down. On purpose. In writing. Paper can hold what your head can't.

I'm releasing: \_\_\_\_\_

---

I'm keeping (what's worth carrying forward): \_\_\_\_\_

---

Mark the release: Burn it safely, tear it up, say it out loud, walk it off — pick something real and actually do it.

What I'll do: \_\_\_\_\_

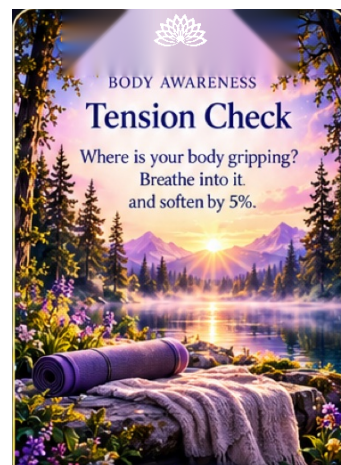
## CHAPTER 11

# BODY AWARENESS

---

*Pairs with your body-based cards across the deck — Body Scan, Ground Through the Hands, Shoulder Soften, Tension Check.*

Your body is talking to you all day long. Tight shoulders. Clenched jaw. Shallow breathing. That knot in your stomach before the hard conversation. The problem isn't that your body isn't communicating — it's that most of us have the volume turned all the way down until something screams. Body awareness is just turning the volume back up. Noticing. No fixing required — noticing IS the practice. You can't release tension you don't know you're holding. (Go ahead — unclench your jaw right now. See? You were doing it.) My question: where do YOU hold stress — and what is your body trying to tell you?







**Body Scan**

Slow head-to-toe scan, right now. Rate each area 1 (loose) to 5 (concrete). Be honest — no performing wellness here.

Scan and rate:

| Body area         | Tension (1–5) | What it feels like |
|-------------------|---------------|--------------------|
| Jaw / face        |               |                    |
| Neck / shoulders  |               |                    |
| Chest / breathing |               |                    |
| Stomach / gut     |               |                    |
| Hands (clenched?) |               |                    |
| Hips / low back   |               |                    |
| Legs / feet       |               |                    |

My top 3 tension holders: \_\_\_\_\_

Where is ease? Don't skip this one — name one place in your body that feels okay right now.

\_\_\_\_\_



## Ground Through the Hands

Don't just read this one — do it. Press your palms together, right now, and hold them there. Your hands are grounding wires you carry everywhere.

Do it now: Press your palms together for 30 seconds. What do you feel — strength? pressure? warmth?

---

Rate the shift: Frazzled \_\_\_\_/10 before → \_\_\_\_/10 after.

Take it with you: Three everyday moments you'll press your palms this week (steering wheel, desk, in line at the store):

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



## Shoulder Soften

Check right now: your shoulders are probably up around your ears. This is the fastest tension release you own — lift, hold, let go.

Do it now: Lift your shoulders to your ears. Hold 5 seconds. Drop them. Describe the difference:

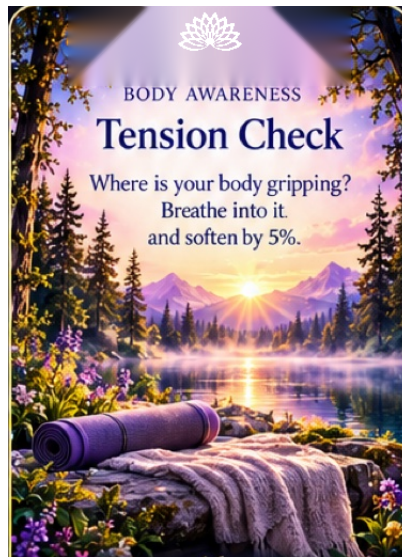
---

Log the drop: Do three rounds — the release after the squeeze is the whole lesson.

Tension before: \_\_\_\_/10 → after: \_\_\_\_/10

Your other concrete spots: Where else do you hold it like concrete? Tense each one hard for 5 seconds, then release completely.

---



## Tension Check

You don't need 100% relaxed — that's a fantasy. Five percent softer is real, and your nervous system counts it.

Find the grip: Where is your body gripping right now?

---

Breathe into it: Three slow breaths, aimed right at that spot. Soften by 5%.

Gripping \_\_\_\_/10 → \_\_\_\_/10.

Your early-warning signal: Your body whispers before it screams. What's the first signal YOUR body sends when stress is building — and what will you do when you notice it?

My signal: \_\_\_\_\_

What I'll do: \_\_\_\_\_

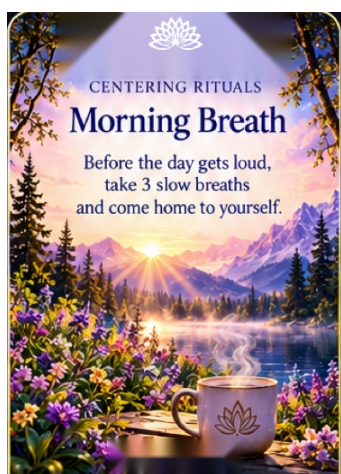
## CHAPTER 12

# CENTERING RITUALS

---

*Pairs with your ritual-style cards across the deck — Morning Breath, Evening Wind-Down, Tea or Coffee Ritual, Light a Candle.*

A ritual is just a routine with meaning. Brushing your teeth is a routine. Lighting a candle, taking three breaths, and setting an intention before the chaos starts? That's a ritual. Same actions, totally different energy. Here's why this matters: willpower runs out. Rituals don't need willpower — they run on rhythm. When calm is built into your day at the same time, in the same way, it stops being something you have to remember and starts being something you just... do. Like buckling your seatbelt. My question: what would your days feel like with a 5-minute centering ritual bookending them? Let's build yours.







## Morning Breath

Before the notifications, before the news, before anyone needs anything — three breaths that are just yours.

Do it now: Three slow breaths. What shifted?

---

Build your 5-minute morning ritual: Pick 3 ingredients — keep it tiny or you won't do it.

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

Anchor it: Trigger beats time. "After I brush my teeth" sticks better than "at 6:15." Tomorrow, my ritual starts:

After:

---

I will:

---



## Evening Wind-Down

Your brain needs a landing strip, not a cliff. Ten minutes between "day mode" and sleep changes everything.

My wind-down ingredients: Pick 3.

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

The order:

First: \_\_\_\_\_

Then: \_\_\_\_\_

Last (in bed): \_\_\_\_\_

Screens:

My screen-off time: \_\_\_\_\_

My non-negotiable rule (mine: phone charges in the kitchen, not the bedroom):

---



## Tea or Coffee Ritual

You already drink it every day — this just turns it into a ritual instead of fuel. Same mug, totally different energy.

Do it slowly, once: Hold the warmth. Breathe in the scent. Take one slow sip. Describe it like you're telling a friend:

---

---

Make it daily: My ritual drink:

---

When (what time / what cue):

---

Be here: One thing you'll actually notice (not scroll through) while you sip tomorrow:

---



## Light a Candle

One small flame. That's the whole technology. Light it when you need to come back to yourself.

Set the intention: When I light this candle, I'm returning to:

---

Your 60-second return: For the days a full ritual is a fantasy — design one you can do anywhere, even in a bathroom stall. Practice it twice right now so it's in your muscle memory.

Seconds 1–20: \_\_\_\_\_

Seconds 21–40: \_\_\_\_\_

Seconds 41–60: \_\_\_\_\_

This week: I'll light my candle \_\_\_\_\_ (when/trigger).

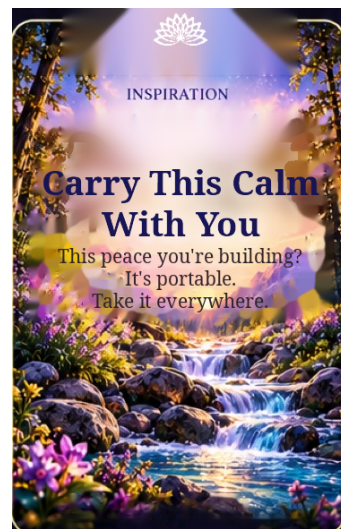
## CHAPTER 13

# INSPIRATION

---

*Pairs with your Inspiration cards: Good Things Are Coming, Look How Far You've Come, Peace Is Allowed, Carry This Calm With You.*

We made it to the last chapter, and I saved this one for the end on purpose. Because inspiration isn't fluff — it's fuel. On the days when the tools feel like too much work and you'd rather just stay in the spiral, inspiration is what gets you to reach for the deck instead. But here's the reframe: the most powerful inspiration isn't a quote on a pretty background. It's YOUR OWN EVIDENCE. The hard things you've already survived. The growth you can measure. The reasons you started. Nobody can argue with your own track record — so let's write it down where you can see it. My question: when you look at how far you've come — really look — what do you see?







## Good Things Are Coming

This isn't wishful thinking — it's direction-setting. Name what you're creating, and your brain starts scanning for it.

Good things on their way: Name 3 — big or tiny — that you're moving toward or that feel close.

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

Letter to future me: Write to yourself 90 days from now — what you're working on, what you're proud of, what you hope is different. Seal it and open it in 90 days.

Dear future me,

---

---

---

Open on: \_\_\_\_\_ (today + 90 days)

Hope anchors: Three truths you can hold onto when things feel dark — a memory, a person, a lyric, a moon phase. Whatever holds YOU.

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



## Look How Far You've Come

Your own track record is the most convincing evidence there is. Nobody can argue with what you've already survived.

The timeline: Five moments — big or small — where you handled something hard, grew, or kept going when quitting would've been easier.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What got you through: For the hardest one — what carried you through?

---

---

Start your courage file: One small win a day. Nobody claps for these, but they count. On a bad day, read this page first — evidence beats feelings.

The win I forget too often: \_\_\_\_\_

What it proves about me: \_\_\_\_\_



## Peace Is Allowed

Read the card again: peace isn't a reward for productivity. You don't have to earn rest. You don't have to finish the list first. It is allowed NOW — mid-mess, unfinished, today.

Where do you gatekeep your own peace? Be honest:

I tell myself I can't rest until \_\_\_\_\_

---

Permission slip: Write it out. Make it official.

I, \_\_\_\_\_, hereby allow myself to:

---

---

— without earning it first.

Your why in one sentence: Why do you want more calm in your life? (Put this on your mirror.)

---



## Carry This Calm With You

You did the work in these pages — now pack it up. Calm isn't a place you visit. It's a thing you carry.

Where it's going: Three places or situations you're taking your calm this week:

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

The portable kit: Your 3 go-to tools — the cards, breaths, and rituals you'll reach for first:

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

Pass it on: Inspiration multiplies when you give it away. Who needs a genuine "you've got this" this week?

Who: \_\_\_\_\_

What I'll say: \_\_\_\_\_

**"You've survived 100% of your hardest days so far. That's not luck — that's a track record."**

# DAILY CALM TRACKER

Print a stack of these — one page per day.

Date: \_\_\_\_\_ Day of week: \_\_\_\_\_

## ☀ MORNING

My intention for today (one sentence — how do I want to FEEL today?):

---

Card I pulled: \_\_\_\_\_ Category: \_\_\_\_\_

My morning ritual: ☐ Done Time: \_\_\_\_\_

## ⬆ MIDDAY CHECK-IN

How am I doing right now? (circle one)

○ Frazzled ○ Wobbly ○ Okay ○ Steady ○ Calm

Tension level: \_\_\_\_\_ /10 Energy level: \_\_\_\_\_ /10

Tool I used (or need) today: \_\_\_\_\_

Water: ☐☐☐☐☐☐☐☐ (check one per glass — aim for 8)

Movement: ☐ Got some in — what: \_\_\_\_\_

## 🌙 EVENING WIND-DOWN

My wind-down ritual: ☐ Done Screen off at: \_\_\_\_\_

3 good things from today: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Tomorrow I want to remember: \_\_\_\_\_

Quality: ☐ good ☐

Sleep: Bedtime \_\_\_\_\_ Wake time \_\_\_\_\_ okay ☐ rough

## ★ TODAY'S CALM SCORE

Overall, how calm did today feel? (circle one)

1 — chaos gremlin 2 3 4 5 — human 6 7 8 9 10 — zen queen

One honest sentence about today:

---

---



# WEEKLY CALM REVIEW

Do this every Sunday (or whatever your week-reset day is). Print one per week.

Week of: \_\_\_\_\_ to \_\_\_\_\_

## WHAT WORKED

Which tools, cards, exercises, or rituals actually helped this week? Be specific.

---

---

---

My most-used card this week: \_\_\_\_\_

My most-starred workbook page: \_\_\_\_\_

## WHAT DIDN'T

What fell flat, felt forced, or just didn't happen? No guilt — just data.

---

---

## PATTERNS I NOTICE

Look at your Daily Trackers. Any patterns? (Better sleep on grounding nights? Mondays always rough? Afternoon slump at 3?)

---

---

## MY CALM SCORES THIS WEEK

Mon \_\_\_\_ /10 Thu \_\_\_\_ /10

Tue \_\_\_\_ /10 Fri \_\_\_\_ /10

Wed \_\_\_\_ /10 Sat \_\_\_\_ /10

Sun \_\_\_\_ /10

Week average: \_\_\_\_ /10 Last week: \_\_\_\_ /10 Trending: ☐ Up ☐ Same ☐ Down

## ONE SHIFT FOR NEXT WEEK

Not ten. ONE. What's the single smallest change that would make next week calmer?

---

My one shift: \_\_\_\_\_

I'll do it by (specific day/time/trigger): \_\_\_\_\_

## A NOTE TO MYSELF ♥

One encouraging sentence to carry into next week: \_\_\_\_\_

# KEEP GOING

You made it to the back of the book. That matters.

Not because you did every exercise perfectly — I know you didn't, and I don't care. It matters because you picked up a tool for your own peace and you actually used it. Most people never get that far. They buy the thing, they mean to start Monday, and the thing gathers dust. Not you. You're here, at the last page, with ink on your hands and proof that you showed up for yourself.

Here's what I want you to know: calm is not a destination. You're not going to wake up one day permanently zen, floating six inches off the ground. You're going to have weeks where your tracker is full of 8s and 9s, and weeks where it's 3s and "chaos gremlin" and that's just life. The goal was never perfection. The goal is having the tools — YOUR tools, the ones you starred in this book — and reaching for them a little faster each time.

So keep the deck close. Keep a tracker going. Revisit the chapters that hit hardest. And on the days when it's all too much? Pull a card, do one tiny exercise, and remember: you've gotten through every hard day so far. Every single one. That's a 100% success rate, babe.

Keep going. Keep breathing. Keep choosing calm — and keep creating a life that rocks.

All my love, Sassy ♥

---

## THIS IS YOURS NOW

No group. No guru. No permission slip required. You've got 54 cards, 13 weeks of tools, and everything you need is already in your hands.

Come back to this workbook whenever life gets loud. Redo a week. Pull a card. Start the whole thing over. That's what it's here for — again and again and again.

Breathe Deep, Live Wild / Create A Life That Rocks

---

© 2026 LifeRocks Coaching & Wellness · Created by Sassy Cassie. This workbook is a companion to the Find Your Calm card deck. For personal use.