

# THE CALM RESET



*Guided Journal Prompts for Emotional  
Clarity*

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# The Calm Reset Journal

This is a collection of guided journal prompts. It is not meant to be completed in order or all at once.

You are invited to move through these prompts slowly and intentionally. Choose the questions that resonate. Skip the ones that do not. Return to the same prompt as many times as you like.

There is no right way to use this guide.

You may choose to write in a notebook, a journal, or a digital notes app. Some prompts may bring clarity. Others may bring emotion. Both are welcome. If you notice yourself feeling overwhelmed, pause. Take a breath. You can always come back later.

This guide is here to support awareness, honesty, and self connection. Not productivity. Not perfection.

Let this be a place where you listen to yourself without judgment.

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# 01 Grounding and Awareness

Before anything can shift, there needs to be awareness.

These prompts are designed to help you notice what is present in your thoughts, emotions, and body right now. This is not about analysis or fixing. It is about paying attention with honesty and curiosity.

Start here if you feel scattered, disconnected, or unsure of where to begin. Grounding creates a sense of safety, and safety allows clarity to follow.





1. How do I feel?

You can add something specific in there such as How do I feel about... – myself, my body, my partner, my job, my health, etc.

It can be about someone or something you are either currently struggling with or alternatively, grateful for.

2. How do I want to feel (today)?

Again, you can be more specific and ask how you want to feel about a particular person, situation, concern or experience.

3. What do I need (most today)?

4. What am I grateful for?

List at least 5 things and if you want to expand it, you can also say why you're grateful for each item on your list.

5. What was my biggest lesson or achievement today/this week/this month?

6. The things that bring me the most joy in my life are...

7. The people in my life who bring me the most joy are...

8. I feel happiest when...

9. What do I feel happy about right now?

10. What am I excited about today?

11. What am I looking forward to?

12. How can I experience more joy, happiness and/or peace in my life?

13. What changes do I need to feel healthier, happier and more fulfilled?

14. What is my happiest memory from today/this week/this month?

15. I feel most at peace/relaxed when...

16. I feel most loved when...
17. When I am alone I feel...
18. When I am surrounded by people I feel...
19. I want/need to forgive...
20. What is currently my biggest fear, worry or concern?
21. What is the main cause of stress in my life?
22. How can I reduce the stress in my life?
23. What is most important to me right now?
24. What do I feel guilty about right now?
25. What do I feel sad or upset about right now?
26. What do I feel angry about right now?
27. Who or what do I feel resentful towards/about right now?
28. What do I feel disappointed about right now?
29. What am I dreading?
30. If I could change one thing about my present life, what would it be?
31. I need to tell the truth about/be honest with...
32. What do I feel I am currently lacking in my life? What do I need more of?
33. Where do I currently have too much excess in my life? What do I need less of right now?
34. Who or what do I need to let go of or at least distance myself from?
35. Where or with who do I need stronger personal boundaries?

*Awareness is not about fixing what you find.  
It is about allowing yourself to see clearly.*

# 02

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## Emotional Release



We often carry more than we realize.

These prompts invite you to gently acknowledge emotions that may have been held in, avoided, or pushed aside. This section is not about reliving the past. It is about giving yourself permission to name what is true.

You may choose to move slowly here. Write only what feels manageable. Emotional release does not require intensity. It requires compassion.

*You are allowed to name what you feel, even if you do not know what to do with it yet.*





1. They made me believe that ...
2. I still believe that I have to ... (eg: in order to be loved / accepted)
3. ...that triggers me today, reminds me of\_\_\_\_\_ in the past
4. What needs of mine haven't been met?
5. I don't feel validated because ...
6. What patterns in my adult life mirror my childhood?
7. What patterns in my adult life mirror my parents patterns?
8. I totally avoid feeling ....
9. \_\_\_\_\_you really hurt me when you said\_\_\_\_\_ it made me feel\_\_\_\_\_
10. I know I didn't react at the time but\_\_\_\_\_made me so angry
11. I wish I was brave enough to say this to your face
12. I've never felt so low before when ...
13. When you treat me like\_\_\_\_\_ it makes me feel \_\_\_\_\_
14. Because I don't have\_\_\_\_\_ in my life I feel\_\_\_\_\_
15. I'm scared of because it feels like it means
16. When I was little I felt like\_\_\_\_\_ when I was told\_\_\_\_\_
17. Honestly, what's really making me sad right now is...
18. I cannot accept the fact that ...
19. I am embarrassed by...
20. I feel at fault for ...
21. I wish I was brave enough to...
22. I always feel tearful when i think about...
23. My biggest trigger right now is...
24. The words I wish I could hear from\_\_\_\_\_ are \_\_\_\_\_
25. If I'm completely honest, I have always felt ...
26. I am so ashamed that I ..
27. I'm trying so hard to keep the peace about \_\_\_\_\_when I would rather \_\_\_\_\_



# 03

## Inner Child Reflection

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There are parts of you that learned how to adapt very early.

These prompts help you reflect on earlier experiences with curiosity and care. They are meant to support understanding, not blame. You are not required to remember everything or uncover anything all at once.

If resistance shows up, that is information. If tenderness shows up, move gently. Your pace matters.

1. Describe what your childhood was like in one sentence. Was it generally happy? Anxious? Stressful? Sad? Do you remember?

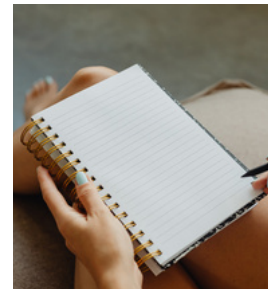
2. What characteristics or traits did you have as a child that you still have? Which characteristics did you have but 'grew out' of? Why was this? Do you remember? Were you ever told to hide certain parts of you that others deemed 'childish'? How does this make you feel now?

3. What's one thing you wish you could change about your childhood?

4. What was your relationship with your parents like as a child? What's it like now? How has it changed? How do you feel about this?

5. Write about an event from your past (that's not traumatic) and consider how you reacted. How did you move past this as a child? Why do you think you can remember this so vividly? How has it shaped you as an adult?

6. If you were sitting in front of your child-self right now, what would you say to them? How would you treat them? What do they look like? How do you view them? Does this affect how you look at yourself now as an adult?



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*You are allowed to meet your younger self with kindness, not judgment.*



7. List five activities that you loved taking part in as a child.
8. Where was your 'safe space' as a child? Did you have one? How does remembering it make you feel? How does your 'safe space' as a child translate into adulthood?
9. List three activities you enjoyed as a child that you can incorporate into your adult life. How do you plan to do this? Do you need to adapt these hobbies to make them more appropriate? Schedule one into your journal.
10. Think about your favourite childhood movie or TV show. How did it make you feel? What made you love it so much? Do you revisit it now? Why or why not? How does it make you feel now?
11. Who did you look up to as a child? Did you have an idol? What made you look up to them? What characteristics of theirs do you wish you possessed as a child? As an adult, do you possess them now?
12. What did self-care mean to you as a child? What were your favourite ways to practise it – albeit unknowingly – when you were young? How can you incorporate this self-care into your adult routine?
13. Other than parents, who were you close to as a child? Write about them. Are you still close? What happened?
14. What are two affirmations you wish you could have told yourself as a child? How would repeating them now make you feel?
15. What did you want to do or be when you were older? Have you fulfilled that? Did your dream change?
16. How did you deal with with emotions when you were younger? How did your caregivers encourage you to express yourself when upset, angry or excited? Were you taught to suppress these emotions?
17. What do the terms "immature", "childish", and "childlike" mean to you? What connotations do they hold?
18. What's one way you can make yourself feel warm, safe and nurtured today? How can you make time for yourself?

# 04 Coming Back to the Body

After reflection or emotional work, the body often needs reassurance. These prompts help you reconnect with physical sensations and the present moment. This is about listening to your body, not changing it. Noticing what feels supportive or settling can help bring a sense of steadiness after deeper inner work.

These prompts are meant to help you reconnect with your body after emotional or reflective work. There is no right answer. Simply notice.





1. What do I notice in my body right now?
2. Where do I feel tension? Where do I feel ease?
3. What part of my body feels most settled in this moment?
4. What sensations feel neutral or comforting?
5. What feels supportive to my body today?
6. What does my body need more of right now?
7. What does rest feel like in my body?
8. When do I feel most grounded during my day?
9. What helps me feel present in my body?
10. What does slowing down allow me to notice?

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*Listening to your body does not require fixing it.*

# 05

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## Integration and Self Trust



*Small moments of honesty create steadiness.*

Awareness becomes meaningful when it is integrated.

These prompts invite you to reflect on what you are noticing and what feels important to carry forward. This is not about creating action plans or solving everything.

It is about building trust with yourself through small moments of honesty and choice.



1. What am I noticing about myself after moving through these prompts?
2. What feels clearer than it did before?
3. What surprised me?
4. What feels important to honour right now?
5. What feels true for me in this season of my life?
6. What am I learning to trust about myself?
7. What feels supportive to carry forward?
8. What am I ready to be more honest about?
9. What feels less heavy than it did before?
10. What does self-trust look like for me right now?



*Integration happens slowly. Awareness is enough.*

# A Gentle Closing

If you have moved through this guide slowly, that matters.

If you skipped sections or returned to the same prompt more than once, that matters too.

There is no right way to do this work.

Awareness, honesty, and self trust are built over time. Often quietly. Often without big moments or clear answers. What matters is that you are listening.

You do not need to take action on everything you noticed here.

You do not need to have clarity yet.

You do not need to make anything mean more than it does.

Let what resonated stay with you.

Let what did not feel right fall away.

You can return to these prompts whenever you need grounding, perspective, or a reminder that you are allowed to move at your own pace.

You are learning how to come back to yourself.

That is enough.