PRINTABLE JOURNAL

30-Day Calm and Gratitude Journal

Five quiet minutes a day to slow down, notice the good and feel more settled

CALM CHECK-INS · PROMPTS · GRATITUDE · AFFIRMATIONS



By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE

How to Use This Journal

Hi, I'm Coach Luke. In 20+ years of coaching, I've seen the same thing again and again: when stress runs the show, everything else gets harder. Sleep, food choices, sticking with workouts, even patience with the people we love. This journal is a simple five-minute daily habit to help you slow down, notice what's going well and feel a little more settled, one day at a time.

1. **Pick your time.** Morning coffee or just before bed both work. The same time each day makes it stick.
2. **Check in.** Circle a number from 1 (wound up) to 10 (calm and settled). There's no right answer. It's just information.
3. **Answer the calm prompt.** A few honest lines is plenty.
4. **Write three good things.** Small counts: a hot shower, a text from a friend, a quiet minute in the car.
5. **Read the affirmation.** Out loud or in your head. Pick the one word in it that you need most today.
6. **Reflect each week.** After every 7 days, fill in the weekly reflection and log your numbers on the 30-day tracker.

- Missed a day? Pick up where you left off. This isn't a test.
- Use the Breathing and Grounding page any time stress starts to rise.
- Fill in My Calm List early. It's your personal reset menu for hard days.



PLEASE NOTE

This journal is for education and self-reflection. It is not therapy and it is not a treatment for anxiety or any other health condition. If stress or worry is getting in the way of daily life, please talk with your doctor or a licensed mental health professional. Support options are on the last page.

YOUR 30 DAYS AT A GLANCE

The Plan and Your Tracker

WEEK 1 Notice

This week is about paying attention. No fixing yet. Just notice what stress feels like for you and where the calm moments already are.

WEEK 2 Soften

This week, give yourself a little more room. Rest, say no to one thing, and let 'good enough' be good enough.

WEEK 3 Connect

This week is about the people, places and small moments that help you feel safe and supported.

WEEK 4 Steady

This week, build on what is working. You have more steady ground under you than you think.

DAYS 29–30 Carry It Forward

Two last days to choose the habits you want to keep after this journal is done.

30-DAY CALM TRACKER

Copy your daily check-in number into each box and tick the heart once your three gratitude lines are done. Watch the numbers, not for perfection, just for patterns.

DAY 1 ♡	DAY 2 ♡	DAY 3 ♡	DAY 4 ♡	DAY 5 ♡	DAY 6 ♡
DAY 7 ♡	DAY 8 ♡	DAY 9 ♡	DAY 10 ♡	DAY 11 ♡	DAY 12 ♡
DAY 13 ♡	DAY 14 ♡	DAY 15 ♡	DAY 16 ♡	DAY 17 ♡	DAY 18 ♡
DAY 19 ♡	DAY 20 ♡	DAY 21 ♡	DAY 22 ♡	DAY 23 ♡	DAY 24 ♡
DAY 25 ♡	DAY 26 ♡	DAY 27 ♡	DAY 28 ♡	DAY 29 ♡	DAY 30 ♡

QUICK REFERENCE

Breathing and Grounding

Use any of these when stress starts to rise. One minute is enough to start. Keep this page handy, or snap a photo of it.

BREATHING

Longer exhale

Breathe in through your nose for a count of 4. Breathe out slowly through your mouth for a count of 6. Repeat 5 to 10 rounds. Letting the exhale run a little longer than the inhale is one of the simplest ways to help your body downshift.

Box breathing

In for 4, hold for 4, out for 4, hold for 4. Repeat 4 rounds. If the holds feel uncomfortable, skip them and just keep the counts even.

Double inhale, long sigh

Take a normal breath in through your nose, then a second short sip of air on top. Let it all go in one long, slow sigh through your mouth. 2 or 3 rounds is enough.

Belly and heart hands

Rest one hand on your chest and one on your belly. Breathe so the lower hand rises more than the upper one. Stay for one minute.

GROUNDING

5-4-3-2-1 senses

Name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and 1 you can taste.

Feet on the floor

Press both feet into the ground. Notice the chair holding you up. Say where you are and today's date.

Name it to tame it

Put the feeling into words: "I'm feeling tense because of..." Naming it often turns the volume down a notch.

Breathe gently. If you feel dizzy or lightheaded, stop and return to normal breathing.



YOUR PERSONAL RESET MENU

My Calm List

Fill this in during your first week and add to it as you go. On a hard day you won't have to think. Just pick something from your own list.

Things that help me feel calm

People I can reach out to

My go-to reset when stress rises

Things I can say no to when I'm stretched thin



WEEK 1 · NOTICE

Day 1

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Where do you feel stress in your body right now? Name the spot, then take three slow breaths and notice if it changes.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I can slow down, even for one breath.



Day 2

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What part of your day usually feels the most rushed? What is one tiny way to give it a little more room?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I don't have to fix everything today.



WEEK 1 · NOTICE

Day 3

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Look around wherever you are right now. Name three things that tell you you're safe in this moment.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Right here, right now, I am okay.



Day 4

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What thought has been on repeat this week? Write it down. Then write what you would say to a good friend who told you the same thing.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

A thought is not a fact.



Day 5

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Think of a calm moment from the last day or two. Where were you, and how did it feel? Stay with that memory for three slow breaths.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Calm is something I can practice, not something I wait for.



Day 6

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What drains your energy most right now? What gives a little of it back?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I'm allowed to protect my energy.



Day 7

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Look back at your check-in numbers from this week. What is one pattern you notice?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Noticing is progress.



WEEKLY REFLECTION

Week 1: Notice

MY CHECK-IN NUMBERS THIS WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	MY AVERAGE

What helped me feel calmer this week?

What made things harder?

Three things I'm grateful for from this week:

One small thing I'll try next week:

COMING UP: WEEK 2, SOFTEN

This week, give yourself a little more room. Rest, say no to one thing, and let 'good enough' be good enough.



Day 8

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What is one thing you could say no to, or put off, this week without any real harm?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Rest is part of the work, not a reward for finishing it.



WEEK 2 · SOFTEN

Day 9

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Write down one thing you're worried about. Now circle the part you can actually do something about today.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I'll handle what's in front of me and let the rest wait.



Day 10

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

How did you sleep last night? Pick one small change for tonight, like screens off a little earlier or a short walk after dinner.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

My body knows how to rest when I give it the chance.



Day 11

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Take a 10-minute walk, outside if you can. Notice one thing that's growing, like a tree, a weed in the sidewalk or a plant on a windowsill. How did you feel afterward?

THREE THINGS I'M GRATEFUL FOR

1 _____

2 _____

3 _____

TODAY'S AFFIRMATION

Moving my body helps settle my mind.



Day 12

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Think of a feeling that seemed huge last week but has eased since. What does that tell you about the feeling you have today?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Good enough is often good.



Day 13

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Who or what made you smile recently? Describe the moment in as much detail as you can.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I let good moments stay a little longer.



Day 14

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What is one kind thing you did for yourself this week, big or small?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I can be on my own side.



WEEKLY REFLECTION

Week 2: Soften

MY CHECK-IN NUMBERS THIS WEEK

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	MY AVERAGE

What helped me feel calmer this week?

What made things harder?

Three things I'm grateful for from this week:

One small thing I'll try next week:

COMING UP: WEEK 3, CONNECT

This week is about the people, places and small moments that help you feel safe and supported.



Day 15

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Who is one person who makes you feel heard? When could you reach out to them this week?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I don't have to carry everything alone.



Day 16

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Picture a place, real or remembered, that feels peaceful. Describe what you see, hear and feel there.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I can return to a calm place in my mind whenever I need it.



Day 17

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What did your body do for you today that you usually take for granted?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I'm thankful for the body that carries me through my day.



Day 18

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Write a short thank-you note to someone in your life. You don't have to send it.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Gratitude connects me to the people around me.



Day 19

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What is one boundary that would make next week feel lighter?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Saying no to some things lets me say yes to what matters.



Day 20

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Step outside or look out a window for two minutes. What did you notice?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

The world is bigger than my worries.



Day 21

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What helped you most this week: a person, a habit or a moment?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I'm learning what helps me.



WEEKLY REFLECTION

Week 3: Connect

MY CHECK-IN NUMBERS THIS WEEK

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	MY AVERAGE

What helped me feel calmer this week?

What made things harder?

Three things I'm grateful for from this week:

One small thing I'll try next week:

COMING UP: WEEK 4, STEADY

This week, build on what is working. You have more steady ground under you than you think.



WEEK 4 · STEADY

Day 22

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Think of a hard time you already got through. What helped you then that could help you now?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I've handled hard things before.



WEEK 4 · STEADY

Day 23

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What would a calm morning look like for you? Write out your ideal first 15 minutes.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I can start my day on purpose.



WEEK 4 · STEADY

Day 24

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Name one feeling that showed up today and where you noticed it in your body. What happened to it after a few minutes?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

It's only a feeling, and I can let it move through.



Day 25

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

List three things that are going right in your life, even small ones.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Good things are happening alongside the hard ones.



WEEK 4 · STEADY

Day 26

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What is one worry you could set down for tonight? Write it here so you don't have to hold it in your head.

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I can put this down and pick it up later if I need to.



Day 27

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

When stress starts to rise, what is your first sign? What is your go-to reset from this journal?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I notice early and respond with care.



Day 28

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

What are you most proud of from the last four weeks?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

Small steps add up.



WEEKLY REFLECTION

Week 4: Steady

MY CHECK-IN NUMBERS THIS WEEK

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	MY AVERAGE

What helped me feel calmer this week?

What made things harder?

Three things I'm grateful for from this week:

One small thing I'll try next week:

COMING UP: DAYS 29–30, CARRY IT FORWARD

Two last days to choose the habits you want to keep after this journal is done.



Day 29

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Which calm habit from this month do you want to keep? When and where will you do it?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I keep the habits that help me.



Day 30

Date: _____

CALM CHECK-IN

Circle one. 1 = wound up, 10 = calm and settled

1 2 3 4 5 6 7 8 9 10

TODAY'S CALM PROMPT

Write a short note to yourself for a day when you feel scared or unsure. What do you most need to hear?

THREE THINGS I'M GRATEFUL FOR

1

2

3

TODAY'S AFFIRMATION

I'm more steady than I think.



LOOKING BACK

Your 30-Day Reflection

DAY 1 CHECK-IN

DAY 30 CHECK-IN

What has changed for me over these 30 days?

The calm habits I want to keep:

What I want to let go of:

The gratitude moment I want to remember most:



PLEASE READ

When to Get Extra Support

Journaling, gratitude and slow breathing are helpful everyday tools. They are not a replacement for real care. Please reach out to your doctor or a licensed mental health professional if:

- worry, fear or low mood shows up most days for two weeks or more
- stress is affecting your sleep, appetite, work or relationships
- you're having panic attacks, or chest pain (get chest pain checked right away)
- you're leaning on alcohol or other substances to cope
- you'd simply like someone to talk to. That is reason enough.

988 Suicide & Crisis Lifeline (US) · call or text · 24/7

If you are in crisis or having thoughts of harming yourself, you don't have to handle it alone.

In the US: **call or text 988** to reach the 988 Suicide & Crisis Lifeline, free and available 24/7.

Outside the US: contact your local emergency number or a local crisis line.

If you are in immediate danger, call 911 or your local emergency number.

You just spent 30 days showing up for yourself. That matters. Keep the habits that helped, go easy on yourself on the hard days, and come back to these pages whenever you need them.

Coach Luke
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More free workouts and recipes at coachluke.com.

FREE BUYER BONUS

Your free bonus

Thank you for buying from my shop on coachluke.com. Two extras come with your journal:

1. YOUR COACHING CHECK-INS

Ten short emails from me across your 30 days. They start automatically after your purchase: a welcome on Day 1, a nudge at each weekly reflection, ideas for the harder days and a simple plan for keeping your favorite habits after Day 30. Watch your inbox (and your Promotions tab) for an email from Coach Luke. You can unsubscribe any time.

2. The Free Resource Library

Printable guides, checklists and trackers from coachluke.com, all free. Scan the code with your phone camera or tap the link.

coachluke.com/free-library

Trouble with your file or a question about the journal? Email **coach@coachluke.com**.