

BMCARE MOMENTS OF CALM

30 Day Daily Calm Journal

A printable wellbeing journal for reflection, gratitude,
mindfulness, and peaceful daily routines

Relax - Reset - Recharge

How to Use This Journal

One page per day

Use one journal page each day for 30 days. You can write in the morning, evening, or whenever you need a quiet moment.

Keep it simple

You do not need long answers. A few honest words are enough. The aim is calm, not perfection.

Build a gentle routine

Try pairing your journal time with tea, soft music, a relaxing video, or a quiet walk.

Use alongside Moments of Calm

This journal works well with calming wallpapers, relaxation timelapses, peaceful music, and wellbeing content from BMCARE Services.

A little calm each day can become a powerful habit.

DAY 01

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I give myself permission to slow down today.

Mood scale

1 low

1

2

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10

10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 02

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Small moments of calm can change the whole day.

Mood scale

1 low

1

2

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 03

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Today, I choose gentleness over pressure.

Mood scale

1 low

1

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 04

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

My breath can bring me back to the present moment.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 05

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

One peaceful step is enough for today.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 06

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I can pause, reset, and begin again.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 07

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Calm grows when I notice the simple things.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 08

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I am allowed to rest without guilt.

Mood scale

1 low

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10

10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 09

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Today, I will look for one quiet moment of peace.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 10

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I do not need to rush my healing or my day.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 11

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Gratitude helps me notice what is still good.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 12

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

A gentle routine can support a calmer mind.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 13

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I can be kind to myself in small ways.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 14

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Peace begins with one mindful breath.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 15

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I can let go of what I cannot carry today.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 16

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Comfort can be found in simple daily rituals.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 17

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Today, I focus on what supports my wellbeing.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 18

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I welcome quiet moments and steady thoughts.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 19

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

My day does not need to be perfect to be meaningful.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 20

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Rest is part of caring for myself.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 21

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I can find calm in nature, music, and stillness.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 22

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I choose one thing today that brings me peace.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 23

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I can move through today with patience.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 24

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

A peaceful evening begins with a gentle pause.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 25

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I am grateful for the calm I create.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 26

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

My wellbeing matters in small and simple ways.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 27

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I can breathe, soften, and take the next step.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 28

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Today, I notice light, warmth, and comfort.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 29

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

Reflection helps me close the day peacefully.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

DAY 30

Daily Calm Journal

Date: _____

Today I feel: _____

TODAY'S CALM AFFIRMATION

I carry calm forward, one day at a time.

Mood scale

1 low

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10 calm

Morning thoughts

What would help today feel calmer?

Three things I am grateful for

Notice small comforts, people, places, or moments.

My calm intention

One gentle focus for today:

Self-care today

One small thing I can do for myself:

Mindful moment

Write about a sound, colour, scene, memory, or simple moment that brought you peace today.

Evening reflection

What can I release before rest? What went well today?

BMCARE MOMENTS OF CALM

30 Day Reflection

What changed for me over the last 30 days?

Which calm habit would I like to continue?

What brought me the most peace?

A note of kindness to myself:

Thank you for taking time for calm, reflection, and wellbeing.