



Restorative Stillness Journal Page

Use this journal page to slow down, reflect, and track your daily rituals of stillness. These gentle practices help calm the nervous system and cultivate inner peace.

1. What is the emotional 'weather' inside me right now?

2. What small ritual would nourish me today?

3. What can I let go of to make room for peace?

4. Where did I feel most present today?

5. What would it feel like to slow down 10% more?

Stillness Ritual Tracker (Check off each day you practice):

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ritual Mindful Tea/Coffee	<input type="checkbox"/>						
Slow Journaling	<input type="checkbox"/>						
Breathing Practice	<input type="checkbox"/>						
Mindful Walking	<input type="checkbox"/>						
2-Minute Pause	<input type="checkbox"/>						