

Calm Moments Checklist

Small pauses for a peaceful holiday season.

YOUR BREATHING REMINDER

IN

4 counts

HOLD

4 counts

OUT

6 counts

Repeat three times. Then ask: What do I need right now?

MY PAUSES THIS WEEK

PAUSE	MON	TUE	WED	THU	FRI	SAT	SUN
Parked-car pause (3 slow breaths)	☐	☐	☐	☐	☐	☐	☐
Waiting-in-line pause (look around, notice)	☐	☐	☐	☐	☐	☐	☐
One gratitude per store	☐	☐	☐	☐	☐	☐	☐
A real sit-down coffee break	☐	☐	☐	☐	☐	☐	☐
The "enough" check (list done? go home)	☐	☐	☐	☐	☐	☐	☐

TODAY I'M GRATEFUL FOR

CUT ALONG THE DASHED LINES AND KEEP THESE IN YOUR PURSE, CAR, OR PLANNER

My Calm Shopping Card

- Breathe in 4 • hold 4 • out 6
- Pause in the car before you go in
- Notice one pleasant thing in line
- One gratitude per store
- List done? You are done.

You have enough time.

Before I Buy

- Is it on my list?
- Did I check the regular price?
- Would I buy it anyway?
- Does it fit my budget?
- Will they use it?

If it's a maybe, wait a day.