

HEALTHY MINDED

# 7-Day Calm Mind Routine

A simple daily structure for creating peace, reflection, and reset habits.

A calming digital wellness resource for reflection, relaxation, journaling, and daily reset habits.

Created by Healthy Minded | [stayhealthyminded.com](https://stayhealthyminded.com)

# Important Note

This product is for educational, self-growth, relaxation, and general wellness purposes only. It is not medical advice, therapy, diagnosis, or treatment. If you are in crisis or need professional support, contact a qualified professional or emergency services.

# How the 7-Day Routine Works

Each day includes one simple focus, one short practice, and one reflection prompt. Repeat the routine whenever you need a reset week.

Keep each day simple. Aim for 5 to 15 minutes, not perfection.

## Day 1: Clear the Mental Clutter

### Practice

Write down everything taking up space in your mind. Circle only one item to focus on today.

### Reflection Prompt

What is one thing I can let wait?

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## Day 2: Breathe Before You Build

### Practice

Practice five rounds of slow breathing. Inhale for four counts and exhale for six counts.

### Reflection Prompt

How did my body feel before and after breathing?

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## Day 3: Name the Pattern

### Practice

Notice one thought pattern that keeps returning. Write it down without judging it.

### Reflection Prompt

What does this thought seem to be asking for?

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## Day 4: Create a Calm Cue

### Practice

Choose one cue: tea, music, a candle, a walk, or a clean desk. Use it to signal reset time.

### Reflection Prompt

What cue helped me feel more present?

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## Day 5: Practice a Peaceful Boundary

### Practice

Choose one small boundary with time, energy, phone use, or stress.

## Reflection Prompt

Where do I need to protect my peace?

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## Day 6: Reset Your Evening

### Practice

Use the Sleep Reset Checklist and reduce stimulation before bed.

### Reflection Prompt

What helped my mind slow down tonight?

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## Day 7: Reflect and Repeat

### Practice

Review what worked. Choose one practice to carry into next week.

### Reflection Prompt

What practice deserves a permanent place in my routine?

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