



The *Calmness* Challenge

*Harness the power of the mindful pause to respond
calmly and thoughtfully to everyone in your life.*

Dear friend,

WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Juliet, a highly qualified and experienced Teacher and Mindfulness Consultant, as well as the Author of 'How to Calm Your Class' and the 'Mindfulness in a Tin' series

I've created this challenge for anyone who is tired of being overly reactive to their thoughts. If you've ever upset yourself or anyone else by over reacting and feeling guilty later, then you'll know what this feels like. So many of us want to respond calmly and thoughtfully but feeling tired and stressed, with too much to do, can make us feel irritated and react crossly.

If you're nodding along, then I see you! You're not alone and this challenge is going to help you break out of this pattern and step into the calmest and most serene version of yourself.



Are you ready?

Let's begin!


Juliet x

THE CALMNESS CHALLENGE

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**To be calm is
the highest
achievement
of the self.**

ZEN PROVERB

Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you can do it. This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the next best thing is continuing to take steps. So follow along, keep taking action and see how things begin to unfold.

STEP THREE

3

HAVE FUN

This challenge is all about getting you BIG results, but it's important for us to have fun along the way. So roll up your sleeves, get stuck in, but remember to enjoy this journey!

Ready to get started? Good, let's do it...

responding calmly

Daily Dose of Calmness

In order to become less reactive, you need to create new habits and that starts by taking little steps every day. So here are some things you can try doing to help you become calmer and more mindful in the way you respond .

1 • PEACEFUL INTENTIONS

Start every day with an affirmation that sets your intention to remain calm, whatever happens. Choose a statement like, "I am capable of calmness in every situation", or, "Whatever happens, I'll handle it calmly".



2 • PLAN A CALM MOMENT

Be intentional each day that you're going to do something calm, plan it in, even if it's something tiny. This can be a cuppa without your phone, a short walk outside or anything you know you can do easily and calmly.

3 • PAUSE TO BREATHE

When faced with a stressful situation or experience, take one conscious breath to ground yourself. Allow the breath to anchor you in the present moment and create space between the stimulus and your response. This pause enables you to respond and act with clarity and calmness.



4 • LISTEN LONGER

Practice mindful communication during interactions with others to stay calm and present. Before speaking, listen attentively to the other person without interrupting and notice any emotions or reactions that arise within you. Breathe deeply and then choose your words carefully and thoughtfully, responding with kindness and empathy.



5 • REFLECT QUIETLY

Wind down your day in a quiet space, sit comfortably, and reflect on the events of your day with gentle curiosity and compassion. Acknowledge any challenges or successes you encountered without judgment, and allow yourself to let go of any lingering tension or worries.





You've
made it!

I really hope this simple challenge has helped you see what's possible and I can't wait to hear how you've got on with it. Taking time to create change in our lives can set us on a new trajectory and it's so exciting and rewarding.

This challenge is just the tip of the iceberg, there are so many more ways I can help you.
If you're ready for the next steps, here's how we can work together...

If you'd like to apply Mindfulness to your daily life, try my Five Star Course: [Your MAP to JOY](#). It will give you strategies to help you stop struggling with stress or anxiety and experience more joy in your everyday life. For a bespoke, Personalised Meditation, or One-to-One support, please contact me directly [here](#).

FIND ME HERE:

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LET'S CHAT!