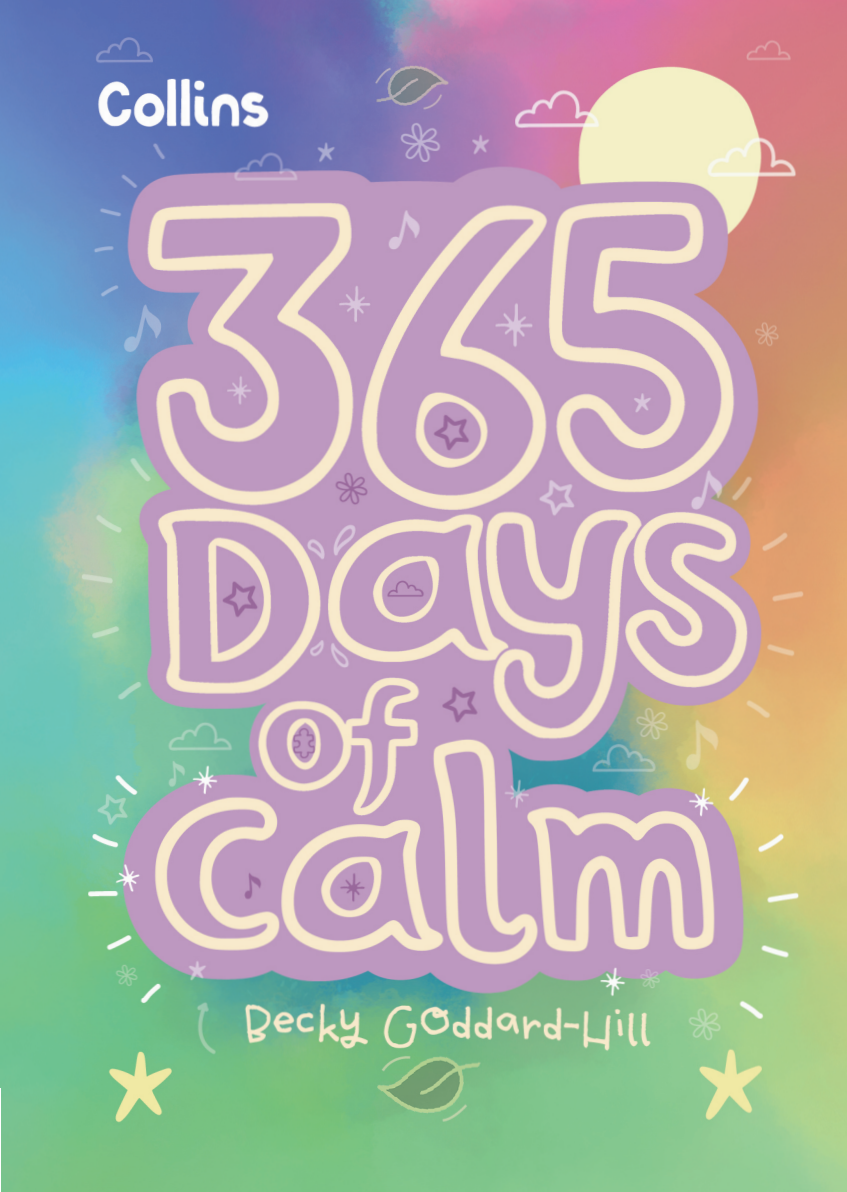
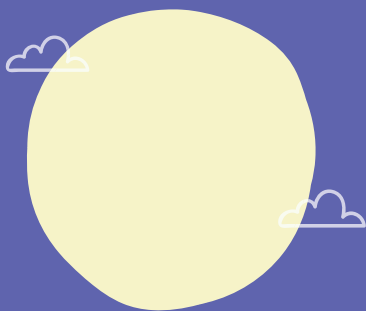


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365 Days of calm

Becky Goddard-Hill



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I dedicate this book to
Crocus Fields and the
wonderful staff and
children I worked with there.

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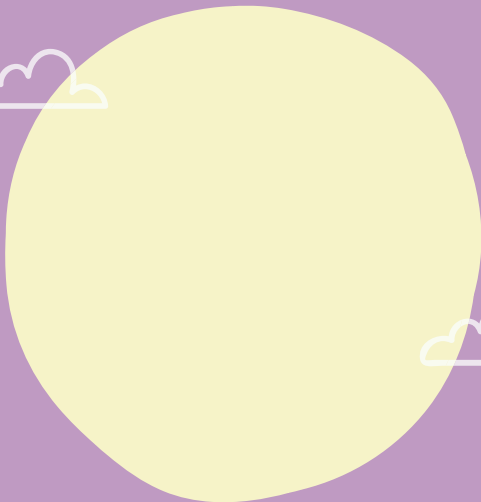
Becky Goddard-Hill

calm



You have the **POWER** to make
your life **CALMER** and to feel
(more **RELAXED**. You can do
this through your **ACTIONS**
and the choices you make, and
by taking care of **YOURSELF**)
and each other.







**Are you ready to feel calmer
every day of the year?**

**Try out the simple activities throughout
your day or the whole week through and
read the inspirational quotes all about
being calm. The affirmations are positive
statements that you might want to
repeat to yourself or say aloud
to strengthen your belief in them.**

**The book is perfect for opening
at the beginning of your day, before
you go to bed or anytime!**

New Beginnings

It's time for a new start and a chance to change things for the better. Have a think about what areas of your life you wish felt calmer. Can you write them down or talk them over with someone and turn them into goals?

1

2

“Every day is a chance
to begin again.”

Catherine Pulsifer



3 I AM
LOOKING
FORWARD TO A
PEACEFUL
YEAR.

4

I can
TURN
MY DREAMS
INTO
GOALS.

5

“Today is
the first day
of the rest
of your
LIFE.”

American proverb

6

“The beginning is
always today.”

Mary Wollstonecraft Shelley



7

“You don’t have to
see the **WHOLE**
STAIRCASE, just
take the first step.”

Martin Luther King Jr.