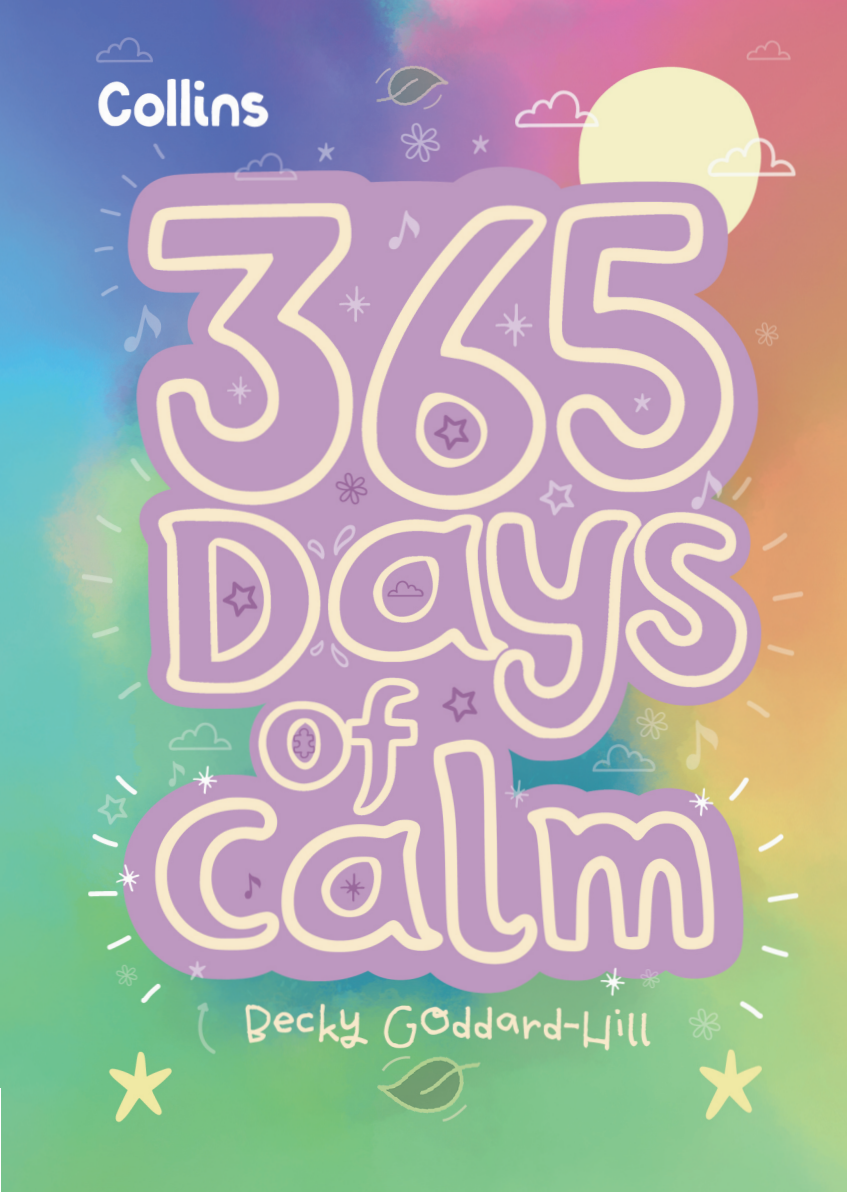
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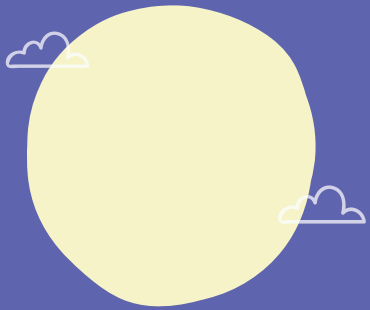
365 Days of Calm
Becky Goddard-Hill



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

Collins



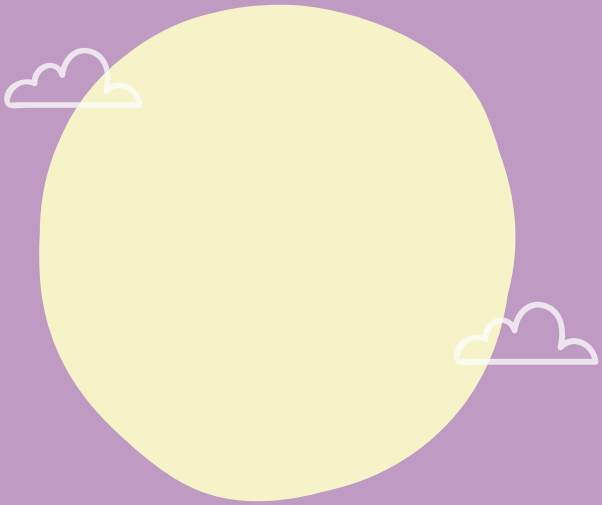
Becky Goddard-Hill


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?



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.