



from chaos to **CALM**

life coaching
MICHELLE LYNCHARD

*R*ead through and fill out this worksheet. It will guide you through setting an intention and selecting one or more Calm Practices to try. You'll be able to implement quick changes that will leave you feeling better almost instantly.

No individual activity will cure all that ails you, but every tiny tweak is a step in the right direction of choosing a more peaceful *life*.

A SHORT GUIDE FOR BRINGING CALM TO YOUR LIFE, RIGHT NOW

LET'S GET STARTED! YOU CAN GRAB A PEN AND PRINT THIS, OR SIMPLY FILL IN YOUR ANSWERS WITHIN THE DOCUMENT.

ASSESS
YOUR
CURRENT
FEELINGS

IN THE PAST WEEK, I FELT: (CHECK ALL THAT APPLY)

- | | | |
|----------------------------------|--------------------------------------|-----------------------------------|
| <input type="radio"/> ALONE | <input type="radio"/> EXHAUSTED | <input type="radio"/> OVERWHELMED |
| <input type="radio"/> BALANCED | <input type="radio"/> FREE | <input type="radio"/> PEACEFUL |
| <input type="radio"/> CALM | <input type="radio"/> GRATEFUL | <input type="radio"/> PESSIMISTIC |
| <input type="radio"/> CERTAIN | <input type="radio"/> GUILTY | <input type="radio"/> PLAYFUL |
| <input type="radio"/> CRAZY BUSY | <input type="radio"/> JOYFUL | <input type="radio"/> POWERLESS |
| <input type="radio"/> DISTRACTED | <input type="radio"/> OPTIMISTIC | <input type="radio"/> PRESENT |
| <input type="radio"/> ENERGIZED | <input type="radio"/> OUT OF BALANCE | <input type="radio"/> RESENTFUL |

Now that you've checked each box that applies, go back and circle or jot down the feelings you want MORE of in your life.

Finally, draw a line through or make note of the feelings you want LESS of.



JOIN MY PRIVATE FACEBOOK
COMMUNITY

[MICHELLELYNCHARD.COM](https://www.michellelynchard.com)

WORK WITH ME 1 ON 1

ML
life coaching

SET AN INTENTION

NEXT STEP

THE FIRST STEP TO BRINGING MORE OF ANYTHING INTO YOUR LIFE IS TO HAVE AN INTENTION TO DO SO. LOOK BACK AT PART 1, SPECIFICALLY AT THE FEELINGS YOU CIRCLED. CHOOSE THE TOP 3 YOU'D LIKE MORE OF, AND FILL IN THE SENTENCE BELOW.

I INTEND TO BRING MORE _____, _____ & _____ INTO MY LIFE.

Easy enough, right? Copy your intention onto a post-it note and place it somewhere you look often, such as your mirror, car, desk, or refrigerator. When you are making a decision, quickly check to see if it fits into your intention.



For example, let's say your intention is to feel more energized, peaceful, and joyful. You receive an invite to join a bookclub that meets once a month on Monday nights. You know Monday nights are always crazy for your family, and the thought of squeezing in the time to read a book makes you feel stressed. Ask yourself, does saying "YES" to this make my life feel more energized (no, I'm tired just thinking about it), peaceful (no, I'll be away from home all night which will make me feel more stressed), and joyful (no, it would bring me more joy to be home with my family). If the answer is NO, then this doesn't fit with your intention.

Maybe, on the other hand, this invite makes you feel energized because you have been looking for good books to listen to on the way to work and would love to discuss them. Maybe skipping a night of making dinner for the family and eating with friends instead feels like freedom and joy. In that case, the invite for bookclub might fit perfectly into your intention.

CHECKING BACK WITH YOUR INTENTION BEFORE MAKING A DECISION ALLOWS YOU TO TAKE TINY STEPS TOWARD MAKING YOUR INTENTION COME TO *life.*

JOIN MY PRIVATE FACEBOOK COMMUNITY

[MICHELLELYNCHARD.COM](https://michellelynchard.com)

WORK WITH ME 1 ON 1



COMMIT TO CALM PRACTICES

REVIEW

THERE ARE SO MANY SMALL WAYS TO BRING CALM INTO YOUR LIFE. TAKE A LOOK AT MY TOP 8 CALM PRACTICES FROM THE LIST BELOW. SELECT 1 OR 2 THAT APPEAL THE MOST TO YOU TO USE ON THE FOLLOWING PAGE.

- 1. FUN FIX:** *In the next 24 hours, put something on your calendar that is just for you, because you will enjoy it. It can be 10 minutes or an entire day. [If you haven't done something for yourself in so long that you forget what you even enjoy, here are some suggestions](#)**
- 2. INSTANT GRATITUDE:** *Think of 3 things you are grateful for. They can be tiny (my salad had goat cheese on it, my favorite) or not (I have clean running water to drink). Take a full minute to breathe in all 3, and really appreciate them. You can use this during a stressful situation, when you first wake up, or when you are going to sleep at night.*
- 3. POSITIVE VIBES:** *Feed your brain some positive thoughts. [Look at these inspiring quotes](#)*. Save your favorite and make it your phone wallpaper so you see it every time you grab your phone.*
- 4. TO DO OVERHAUL:** *Shrink your to do list. Cross some of it off entirely. Ask for help. Pay for help. [Here are the instructions](#)* [for bettering your to do list](#), today.*
- 5. DAY STARTER:** *Start your day off right. What is "right" for you? I suspect it's not picking up your phone the moment you wake up to check a news site to see the depressing state of the world. Start the day off by journaling about what you are grateful for. Listen to an inspiring podcast. Sing along to your favorite playlist. Get some exercise. Pick one of these and try it first thing tomorrow!*
- 6. QUIET THE BRAIN:** *Spend 5 minutes letting your brain slow down. You can do this via meditation, prayer, mindful breathing, or even a quiet walk in nature. Two quick and free ways to get started are to [download the Breethe app](#)* and try one of their many 5 minute meditations, or [try square breathing](#)* for a minute. Choose what feels best for your brain to calm down.*
- 7. SET INTENTIONS:** *Setting an intention is like drawing a map for yourself to follow. If you did section 2, you've already done this. Boom! A free box to check. Nice work.*
- 8. GOOD DEED:** *Do something simple for someone else. Send a thank you text and tell someone how you appreciate them. Give a sincere compliment to someone in the grocery store line.*

JOIN MY PRIVATE FACEBOOK
COMMUNITY

MICHELLELYNCHARD.COM

WORK WITH ME 1 ON 1



I WILL....

MY PLAN

SELECT 1 OR 2 THAT APPEAL TO YOU, AND FILL IN THE BLANKS BELOW TO COMMIT YOURSELF TO TRYING THE PRACTICES.

FOR EXAMPLE:

I WILL meditate STARTING Friday. I WILL SPEND 5 MINUTES/DAY ON THIS, AND I WILL TRY IT FOR 7 DAYS. BEFORE I START I NEED TO download the breathe app, pick the time of day to do it, and put it on my calendar.

YOUR TURN:

I WILL _____ STARTING _____. I WILL SPEND _____ MINUTES/DAY ON THIS, AND I WILL TRY IT FOR _____ DAYS. BEFORE I START I NEED TO _____.

I WILL _____ STARTING _____. I WILL SPEND _____ MINUTES/DAY ON THIS, AND I WILL TRY IT FOR _____ DAYS. BEFORE I START I NEED TO _____.

NOW THAT YOU'VE GOT YOUR PLAN, MAKE IT OFFICIAL BY COMMITTING TO YOURSELF.

I _____ PROMISE TO FULFILL THIS COMMITMENT TO MYSELF AND IF I MISS A DAY OR STUMBLE IN THE PROCESS, I WILL NOT FEEL GUILTY BUT INSTEAD TRY AGAIN WHEN I AM READY.

(YOUR SIGNATURE HERE)

*There are links throughout this document to additional resources. If you happen to be reading a printed copy, you can go to tinyurl.com/calmlinks for a complete list of links listed in this document.

JOIN MY PRIVATE FACEBOOK
COMMUNITY
[MICHELLELYNCHARD.COM](https://michellelynchard.com)
WORK WITH ME 1 ON 1

ML
life coaching



You did it! You assessed how chaotic your life is, created an intention for how you want your life to feel, and committed to making small changes. Great job taking care of you!

XOXO, Michelle