

The Calm Steward's Reflection Printable

A companion to your breathwork practice

BREATH LOG

Check the routine(s) you practiced today and note how you felt.

4-7-8 Breathing
Evening anchor

Box Breathing
Midday reset

Belly Breathing
Morning grounding

Resonant Breathing
Focus builder

Gratitude Breath
Quick & transforming

Time of practice: _____

Duration: _____


GRATITUDE PROMPT

"What is one small thing—in your body, your home, your day—that you can honor with a slower breath right now?"

My answer:

CENTERING PHRASE FOR THIS WEEK

A scripture, quote, or intention to carry with you:



TODAY'S REFLECTION NOTES

What did you notice? What shifted? Any thoughts to carry forward:
