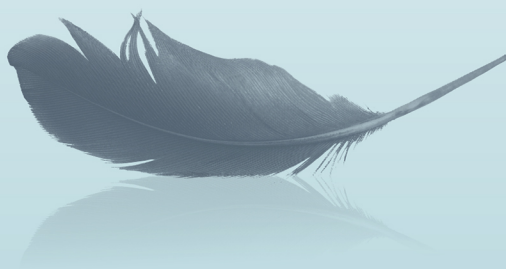


# Let It Settle Journal

GUIDED PROMPTS *and*  
PRACTICES *to* MOVE YOU *from*  
CHAOS *to* CALM



M I C H A E L   G A L Y O N



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***Library of Congress Cataloging-in-Publication Data is Available:***

ISBN 9781394259182 (cloth)

ISBN 9781394259199 (ePub)

ISBN 9781394259205 (ePDF)

Cover Design: Wiley

Cover Image: © nadtytok/iStock/Getty Images

Author Photo: Courtesy of the Author

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# Introduction

In many ways, *Let It Settle* is the book that I needed to read when I was going through difficult times in my life and feeling lost and alone. It's a collection of learnings that came from years of searching in many different directions and a lot of trial and error. My intention in writing the book was not to throw jargon at you to make you believe that the tools presented in the book, such as mindfulness, meditation, and somatic work, were worth trying but rather to give you an opportunity to experience the benefits while reading the book. I included tangible takeaways in each chapter to help you begin to embody the skill and employ it in your life when needed.

This guided journal is an extension of the book; its goal is to help you gain a deeper understanding of the tools presented in the book through practical application and deep reflection. Each entry features a gentle reminder and a key passage from the pages of *Let It Settle*. The journal requires you to look within your life and identify the areas where these tools would best serve you. I encourage you to take your time and include as much detail as possible in each entry. These pages are yours, and the story to tell within these pages is yours.

Some of the journal prompts may resonate more than others, and that's OK. Know that you can always return here as life shifts and you find yourself in need. My hope is that this journal becomes a companion for you this year and a space in which you can find yourself again.

As with all things, go slow, be gentle with yourself, and remember to take a moment to breathe in, breathe out, and let it all settle.

# PART

# I

## Finding Calm



# 1

## Letting It Settle

*Just a gentle reminder . . .*

**G**iven everything that is happening around you, the concept of calm may be lost on you. The thought of stillness may seem foreign, and while you know that something needs to shift, you don't know how to move yourself toward a life of ease.

*Letting It Settle Passage*

Finding a space of calm is more necessary than ever. Between information overload brought on by social media and 24-hour news sources, increased demands for productivity, a breakdown of the boundaries between personal and professional life, and rising levels of stress and anxiety, it's essential to carve out moments of calm to preserve our mental and emotional health.

## Writing Prompts: The Process of Letting It Settle

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The process of letting it settle allows the mind to settle, the body to settle, and the emotions to settle so that you can move clearly through life and begin to see the beauty and safety that exists around you. As you work toward finding ways to let it settle, ask yourself where in your life you're currently feeling unsettled. Once you note the areas that are causing stress and anxiety, you can begin to implement the tools to help you get back to a settled space. Just as I learned from Jack, the preschool student I reference in Chapter 1 of *Let It Settle*, in order for us to settle into the present moment, we need to allow ourselves to draw awareness to those unsettled moments in our lives. Now create that space of presence for yourself and take a few moments to respond to these questions:

**What situation are you currently experiencing that is causing you to feel unsettled?**

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**When you feel unsettled, how does it manifest in your body?**

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**What emotional experiences are present for you in this moment?**

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**Why does it make perfect sense that you'd be feeling the way that you are, given everything going on around you and everything you've been through?**

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## Using Calm Kit Tool #1: 5-4-3-2-1 Calming Technique for Anxiety

The best way to return to a settled space is to reconnect to the present moment. Take a few moments to ground yourself back into the here and now using the 5-4-3-2-1 Calming Technique for Anxiety.

### Five Things You Can See

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Four Things You Can Touch

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Three Things You Can Hear

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Two Things You Can Smell

1. \_\_\_\_\_
2. \_\_\_\_\_



