

Kindfully Calm Toolkit



10 Simple Steps to Improve
Mood, Positivity, & Awareness

[kindfullyyou.com](https://www.kindfullyyou.com)

This toolkit is designed for busy women like you

Life can feel overwhelming.

Maybe you're juggling too much, feeling emotionally exhausted, or stuck in cycles of self-criticism and stress.

If you're someone who often feels stressed, burned out, or overwhelmed by ADHD symptoms...

You might think mindfulness is just another thing to add to your endless to-do list, but it doesn't need to be!

For women who want to feel

- Calmer and less reactive to life's stresses.
- Tools to manage emotions and improve focus.
- More positive, present & connected with themselves. *You don't need to figure it all out—just begin with one kind step..*

1

Morning Joy Reminder

Consider placing a Post-it note or sign somewhere you'll see it first thing in the morning.

You might write something like:
'What will bring me joy today?'
or 'I choose to start with joy.'

When you wake up, take a moment to reflect on something that sparks joy—

a warm hug, shared laughter, or a moment of gratitude—and notice how it feels to let that settle in.



The 'Why' It Helps

*Starting your day with joy can create a “**positive emotional inertia,**” which research shows improves resilience and mood throughout the day (Fredrickson, 2001)*

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The Power of a Smile

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2



Try the simple act of smiling—even if it doesn't come naturally right away.

A smile can gently invite positive emotions. Perhaps try smiling at yourself in the mirror or as you enjoy your morning coffee, and notice how it feels.



The 'Why' It Helps

Research by Kraft & Pressman (2012) shows that smiling, even when forced, can reduce stress and improve emotional recovery. Smiling activates neural pathways that increase feelings of happiness.

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3

Be Kind With Your Inner Voice

Take a moment to pause and check in with yourself. If you notice your inner voice becoming harsh or critical, gently explore what it feels like to shift your tone.

Speak to yourself with the same kindness and compassion you'd show to someone you love—a child or friend,

Consider setting an hourly reminder on your phone with the question: *'How is my self-talk today?'* to offer yourself a kind word or two—just like you would to a friend.



The 'Why' It Helps

Research by Dr. Kristin Neff (2003) shows that self-compassion reduces anxiety and boosts resilience. Broader studies on mindfulness and neuroplasticity suggest that regularly checking your inner voice can help rewire the brain toward kindness.

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Practice an Act of Kindness



Today, I invite you to try one small act of kindness—just for the joy of it.

Perhaps it's holding the door open, offering a kind word to a stranger, or sending a supportive message to a friend.

Kindness can also flow toward yourself—maybe by allowing yourself a moment of rest or treating yourself to something that brings you joy.

The 'Why' It Helps

Studies by Lyubomirsky et al. (2005) demonstrate that performing acts of kindness increases happiness, life satisfaction, and feelings of connection with others. Small acts of kindness release endorphins, improve mood, and even reduce stress.

Gratitude Journal at Bedtime

5

At the end of the day, I encourage you to pause with your journal and reflect: 'What am I grateful for today?'

Gently explore the moments that brought joy or connection—perhaps a smile you shared or a small act of kindness.



The 'Why' It Helps

Gratitude journaling has been shown to improve sleep, increase positive emotions, and reduce depressive symptoms (Emmons & McCullough, 2003).

Set Your Intention

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6



Each morning, I invite you to take a moment to look at your joyful note.

Let it gently inspire you to explore mindfulness and presence throughout your day.

Even how small, simple steps can spark a sense of joy and calm.

The 'Why' It Helps

Setting intentions helps direct your focus and energy, reducing stress and increasing goal achievement (Locke & Latham, 2002).

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Notice Your Breathing

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7

Once today, I encourage you to take a brief moment—just 1-2 minutes—to gently focus on your breath.

Feel the sensation of the air as it enters and leaves your body.

Notice how this small pause invites calm and presence.



The 'Why' It Helps

Mindful breathing activates the parasympathetic nervous system, reducing stress and lowering heart rate and blood pressure (Zautra et al., 2008).

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Be Fully Present in One Activity

8



Today, I encourage you to explore one everyday activity—maybe drinking your coffee, walking, or washing the dishes—and approach it mindfully.

Notice the smells, sounds, and sensations as you go. Take a moment to experience how it feels to fully enjoy the moment—no matter how small.

The 'Why' It Helps

Being fully present increases focus and reduces feelings of overwhelm. A study by Killingsworth & Gilbert (2010) showed that people are happiest when their minds are focused on the present moment.

Celebrate Something About You

9

Today, I invite you to take a moment to pause and say (out loud, if it feels right):

'I'm proud of myself for ____,'
or 'I'm doing my best, and that's enough.'

Gently explore what it feels like to celebrate even the smallest wins.

I am doing
a great job
today



The 'Why' It Helps

Positive affirmations have been shown to improve self-esteem and resilience. According to Creswell et al. (2013), they activate brain regions linked to self-reward and motivation.

End the Day with Compassion

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10



Tonight, I invite you to gently place a hand on your heart and take a deep breath.

As you do, softly say to yourself: 'Today was enough.

I am enough.' Allow yourself to explore the ease of letting the day go and welcoming rest with kindness.

May you rest in the truth that who you are is already enough.

The 'Why' It Helps

Practicing self-compassion at the end of the day reduces cortisol (stress hormone) levels and promotes emotional balance (Breines & Chen, 2012).

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Gentle Reminder

Mindfulness isn't about being perfect; it's about showing up for yourself, moment by moment.

Start small, keep it simple, and notice how these tiny practices make a big difference.

Benefits

With consistent practice, these steps can help you:

- Feel calmer and more in control of your emotions.
- Rewire your brain for positivity and resilience.
- Strengthen your relationships with yourself and others.
- Build a happier, more peaceful life—one mindful moment at a time.

You've got this. 

Come back to this toolkit any time you need a gentle reset

And finally...

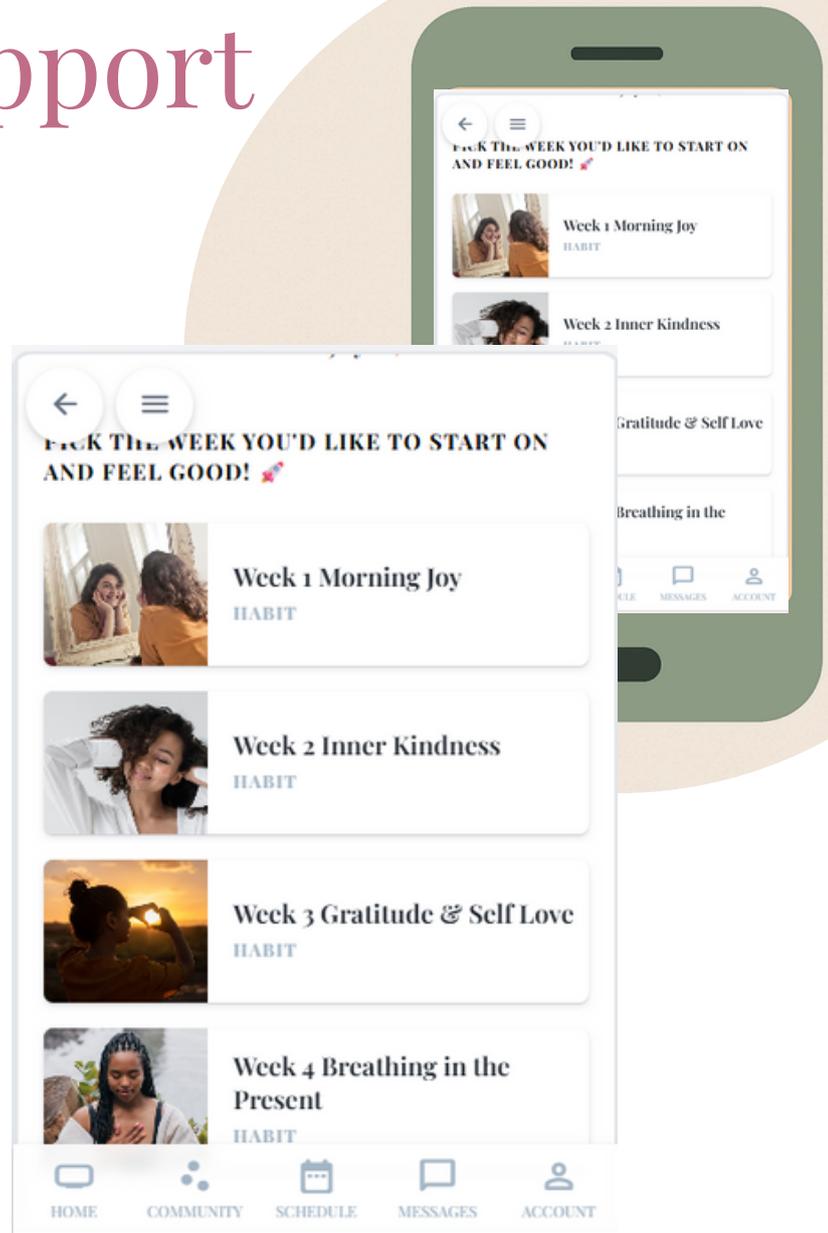


Build your calm with daily support

The Kindfully Calm Toolkit app offers **four mindful pathways** to help you apply these tools, reflect on your experience, and stay on track—one small moment at a time.

“This helps me stay grounded when life feels chaotic.”

“A daily nudge I didn’t know I needed.”



 Kindfully Calm Tool Kit App

Discover Mindfulness & Transform Your Well-Being

Feeling overwhelmed or stressed?

**30 minute sessions
live online**



6 weeks live online Introduction to Mindfulness

- ✓ Practical techniques to find calm
- ✓ For beginners - no experience needed
- ✓ Supportive small-group setting

Sign Up Now - Limited Spaces Available!

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