The Calm & Clarity Toolkit

14 Days of Me: A Guided Journal for Calm and Clarity

DR ADETUTU KUNUJI
MBChB, MRCPsych
Medical Director, Mente Calma

About the Calm & Clarity Toolkit

Why I created this

As a psychiatrist, mother, and woman who's navigated the waves of life, I know what it feels like to be mentally cluttered while trying to give your all. The Calm & Clarity Toolkit was born from that space: a thoughtfully designed resource for women who need to reset, reclaim their minds, and find peace again.

What's inside

- 14 days of mindful, easy-to-follow journaling prompts
- A 7-day gratitude tracker to help rewire your brain for joy
- A calm, nurturing layout that feels like a soft exhale
- Practical exercises to reduce overwhelm and restore clarity.

Who it's for

Women. Mothers. Overthinkers. Givers. Professionals with tired hearts. Women navigating burnout, transition, or simply trying to feel like themselves again.

If you've been craving a pause that feels purposeful, this is for you.

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Hello and Welcome!

Welcome to your personal space for reflection, healing, and inner peace. For the next 14 days, take just a few moments each day to check in with yourself. No pressure; just presence. You deserve that much.

Each page is designed to be a gentle landing space each day, whether printed or opened virtually.

Consider pairing this with soft music, a cup of tea, or a quiet pause before the world needs you again.

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"Inner peace begins the moment you choose not to allow another person or event to control your emotions." - Anonymous

How to Use This Toolkit

Take 5 minutes each day for some quiet time with this journal. Print it or use it digitally; perfection isn't needed, just your presence. Whether it's with a cup of tea, headphones to block out the noise, or a baby on your hip, simply showing up is enough to find your inner calm.

DAY 1
The Calm & Clarity Toolkit

Day 1:
Today, I am grateful for...



Life can feel like a lot sometimes, but there's always something to be thankful for. A roof. Laughter. Even just surviving another traffic jam.

Today, let's pause and find that small blessing.

DAY 2
The Calm & Clarity Toolkit

Day 2:
One thing I want to let go of today is...



You've been holding so much — responsibilities, worries, old hurts.

Let's release just one thing today. You don't have to carry everything.

DAY 3
The Calm & Clarity Toolkit

Day 3:
A small win I had recently was...



Not every victory is loud. Maybe you got out of bed early, drank more water, or simply didn't shout when you wanted to.
Count it.
Celebrate it.

AFFIRMATIONS FOR CALM & CLARITY

"I MEET MYSELF WITH KINDNESS, EVEN ON HARD DAYS."

Thank you!

Thank You for Taking This First Step💚
Loved the 3-day journey?
The full Calm & Clarity Toolkit gives you even more:
✨ 14 guided journaling days
💬 Uplifting affirmations
📝 A bonus 7-day gratitude tracker & reflection pages
Upgrade your calm, get the full version now.

Dr. Adetutu Kunuji Medical Director, Mente Calma



Do You Need More Help?

Send an email to info@mentecalma.co.uk

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." — Oprah Winfrey

www.mentecalma.co.uk | +234 703 139 9397
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