

# Calm Cup © ~ Helping You Stay Calm, Connect and Collaborate.

**My Cup Of Calm On (Date).....**

Today I was shown by Maria how to have a drink mindfully for just a moment to help me stay calm...

- 5 things I can see about me or within/around my cup
- 4 things I can touch about me or within/around my cup
- 3 things I can hear around me
- 2 things I can taste as I drink
- And 1 thing I can smell as I drink

*Or change the order to whichever sense I choose*

**My ONE work problem I want to solve is:**



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**Before I came along I felt**



**Afterwards I felt**



**My Take Away Action Cuppa to solve my problem today is:**

**I learned this today that I never knew before:**

**Not to mention I met these wonderful people...**

**Today I am thankful for...**

**My victory and goal achieved today is...**

**Within the next week I will do this...**

*Enjoy a mindful moment and cup of calm daily  
And...*

*Any other doodling or comments...*

For more ways to stay calm, to help you go from stressed to being your best. And to gain a calm body and clear mind for free and further information go to: [www.yourowntruenature.com](http://www.yourowntruenature.com).

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