

# Calm Practice Inventory

*Redefine calm as an accessible practice, not a performance.*

## When this might help:

- Calm has started to feel like a performance you're failing at
- The start of a day, to lower the bar

## The practice:

- "What does calm feel like for me, today?"
- "What small moment made me feel less braced?"
- "Where can I soften 2%?"

Gentle fallback: "Where can I soften 2%?" is the whole tool.