

Personal Calm Definition

Redefine what calm feels like in your body, not someone else's.

When this might help:

- Other people's calm doesn't fit and you want your own
- You're resetting expectations after comparing yourself

The practice:

- "Calm used to mean _____."
- "Now, it feels like _____."
- "I feel closest to calm when I _____."

Gentle fallback: One sentence is enough: "Now, calm feels like ____."