

Tiny Worlds of Calm



Free Mini Affirmation
Coloring & Reflection Journal

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Welcome to Tiny Worlds of Calm

Inside these pages, you'll step into little bottled worlds designed to bring you moments of peace, reflection, and creativity. Each page pairs an affirmation with a journaling prompt and a coloring experience — gentle tools to help you slow down and reconnect with yourself.

How to Use This Journal



Trace the affirmation

Let your hand follow the gentle script. As you write, breathe in the words and let them settle into your mind.



Reflect on the prompt

Use the lined space to write freely. There are no right or wrong answers — just honest reflections from your heart.



Color the bottle

Bring the tiny world to life with your favorite colors. Treat this as your creative pause, a way to soothe your thoughts while adding beauty to the page.

Note



Floral Bottle – Peace Garden

Traceable Affirmation

I hold peace within me.

I hold peace within me.

I hold peace within me.

I hold peace within me.

I hold peace within me.

I hold peace within me.

Reflection Prompt



What does peace look and feel like in my daily life?



How can I water it like a garden so it continues to grow?"

Coloring Page Bottle



Bunny Tea Bottle – Simple Joys

Traceable Affirmation

I enjoy life's simple comforts.

I enjoy life's simple comforts.

I enjoy life's simple comforts.

I enjoy life's simple comforts.

I enjoy life's simple comforts.

I enjoy life's simple comforts.

I enjoy life's simple comforts.

I enjoy life's simple comforts.

Reflection Prompt

What simple comfort brought me joy today?



How can I create more moments like this in my everyday rhythm?"



Coloring Page Bottle



Gratitude Bottle

Fill each space with one small gratitude this week.



"Tiny gratitudes add up to big shifts."

Thank You

Thank you for taking this gentle pause with the Tiny Worlds of Calm Mini Journal.

Each page you traced, reflected on, and colored was a step toward creating your own little sanctuary of peace.

Continue Your Journey

This free mini journal is just the beginning. The full Tiny Worlds of Calm Affirmation Coloring Journal is on its way — with 10 bottled worlds, traceable affirmations, guided reflection prompts, and intricate coloring pages designed to bring peace, joy, and creativity into your daily rhythm.

Stay tuned — your complete journey into calm is coming soon!

