



Simple Principles That
Make My Days Easier

Small Shifts. Less Friction. More Calm.



A calm, positive morning
shapes every interaction
that follows.

“Starting positively
influences others,
and often finds its way
back to you.”



I choose to
look for the
good in people.

“It softens the way
I see the world.”



I politely step away from
conversations that don't
align with me.

“I choose where my
energy goes.”

Everyone deserves
a “please” and a “thank you.”

“Respect starts
in the family.”



A woman with brown hair styled in a bun with red and yellow hair ties is sitting at a wooden table in a cafe. She is wearing a white long-sleeved shirt under a dark blue lace-up top with white polka dots. She has a pearl necklace, a gold watch, and a bracelet. She is looking down at a waiter who is pouring coffee from a white pitcher into a white cup on a saucer. The coffee is splashing onto the saucer. The background is a blurred cafe interior with other people.

Responding without
confrontation
often leads to
unexpected
peace.

“Kindness makes the
moment lighter.”

@theElementofCalm