

Well - we really are all in this together folks. Even though we are separate we are all in the same boat. Let's face it...Whether you are in a formal Quarantine or you are being a responsible "social distancer" this can be a bit rough for some people. I have heard from many that they feel like their anxiety has risen and they are having trouble managing some of the escalating feelings coming from all the craziness happening around us.

So I decided to create and offer a small token of peace to everyone. Journaling is one of the BEST ways to quiet your mind and calm those anxious thoughts. The simple act of getting them out on paper helps to transfer them into a concrete form and allows you to release them.

I introduce you to...

Quarantine Quiet

A simple journal to keep us sane

I initially wrote this for tween and teen girls but really it is meant for everyone so please feel free to print and use this. I this 14 days of mantra journal pages. Take 30 minutes out of your day for your own self care!

The best way to use this is to just free write your thoughts with each prompt.

Use the back of each page as your art journal...

(draw whatever comes to mind - make a mandala, throw colors on the page, doodle..just make art!_

At the end, use the mantra by setting a time, sitting still and repeating the phrase for 1 minute to yourself.

Grab it now and take a few moments of peace for yourself-

it is available for free at my website:

www.MarigoldGirls.com

Quarantine Quiet

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Date _____

_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *Love surrounds me*

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Date _____
_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I can create anything*

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Date _____
_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am my own superhero*

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Date _____
_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am in charge of how I feel*

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Date _____
_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I never give up*

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Date _____

_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am perfect the way I am*

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Date _____
_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *Mistakes are my lessons not failures*

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_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am true to myself*

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_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am resilient*

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Date _____

_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am a creative spirit*

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Date _____

_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am flexible*

Quarantine Quiet

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Date _____
_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I don't sweat the small stuff*

Quarantine Quiet

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Date _____

_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *Tomorrow is a chance to start new*

Quarantine Quiet

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Date _____

_____ # of Days in Quarantine

Today I _____

Today I feel _____

Today I wish I was able to _____

One thing I am truly grateful for today is _____

Tomorrow my goal is _____

Random Thoughts today _____

My mantra for tonight is: *I am peace*