



30 Days *of* CALM

Card Deck

Presented By
GreatLivingToday.com

How to use this deck

There are thirty cards and no particular order to them, so shuffle the deck and pull one each morning, or fan them out and take whichever one you land on.

Each card gives you something to think about or one small thing to do. The small thing is deliberately small. None of them take more than five minutes, and none of them require anything you do not already have.

Read the day's card in the morning if you can, because the question tends to sit with you better when it has the day ahead of it. If mornings are not realistic right now, read it whenever you sit down. There is no wrong time.

You do not have to write anything down. Some people keep a notebook alongside the deck and some people just read the card and carry it around. Both work.

If you miss a day, skip it rather than doubling up. This deck is not one more thing to catch up on, and a day you skipped is not a day you failed.

Keep the deck somewhere you will actually see it. On the kitchen counter, next to the coffee, on your nightstand. A deck in a drawer is a deck nobody uses.



Home printing

1. Choose Your Paper

For best results, print on cardstock for a sturdy, professional feel.
Recommended weight: 80–110 lb (216–300 gsm).

2. Set Your Printer

- Paper size: 8.5" x 11"
- Scaling: Select Actual Size or 100% (this keeps the cards the correct size)
- Print quality: Choose High or Best for crisp text and rich colors

3. Printing Double-Sided Cards (Optional)

If your cards are double-sided:

- Enable double-sided printing or manual duplex
- Select flip on the long edge
- If your printer doesn't support duplex printing, print one side first, then reload the paper to print the reverse side.

4. Do a Test Print

Before printing the full deck, print one test page to check alignment, color, and sizing. This saves ink and sanity.

5. Cut the Cards

Use a paper cutter for clean, straight edges. Scissors work too, just follow the trim guides carefully.





What do I want
to remember
about this
December?



What did I carry
from *last*
December that I
can put down?



Look at *one tradition* I
keep out of obligation,
and decide whether it
stays or goes.



What is the
smallest thing
that made today
easier?



*Who am
I doing
this for?*



What can be
good enough
this year instead
of perfect?



Spend *five minutes* of quiet time, and notice what came up in it.



What is one thing I *noticed today* that I would normally have walked past?



Who is a *person* I want to actually talk to, not just see?



What is my body telling me right now?



One thing I am *grateful* for that costs nothing.



When was the last time I *laughed*, and what caused it?



What am I *trying to prove*, and to whom?



What is one thing I can *cancel* with no consequence?



What am I comparing, and what is the *comparison* costing me?



What is the *permission* I need to give myself today?



What would I tell a friend who was this tired?



What is one thing I *will not do* today?



What is actually
urgent, and what
only feels urgent?



What am I *proud*
of getting through
this month?



Name something I
want to *say out loud* to
someone before the
year ends.



*What will I do
the moment
things feel like
too much?*



What is the version
of this season I *want
to remember*, not
the one I planned?



Name one thing I
am *leaving behind*
in this year.



*What calm
actually looked
like for me, in my
own words.*



What do I want to keep
from yesterday, and
what can I *set down*?



Block *two hours* on
your calendar for
nothing in particular.



What am I
not carrying
into January?



Who made this
month easier, and
have I told them?



Do one small
thing tonight that
makes tomorrow
morning easier.







