

FIND YOUR

Calm

DAILY RITUAL CARDS

DAYS 1-5

*A collection of daily affirmations,
crystal pairings, mindful rituals,
and gentle reflection prompts
designed to help you create
more peace each day.*



CALM



BALANCE



CLARITY



PEACE

Small rituals. Big transformation.

CREATED BY
DC SHOP FASHION

START
YOUR JOURNEY
TO GREATER
CALM
TODAY



FIND YOUR CALM

DAY 1
OF 30

DAILY RITUAL CARD



TODAY'S AFFIRMATION

*I welcome peace into my heart
and release what no longer serves me.*



TODAY'S CRYSTAL

Amethyst



TODAY'S RITUAL

Light a candle. Take three deep breaths.
Hold your crystal, and repeat your affirmation
three times with intention.



REFLECTION

*What is one thing you can
let go of today?*



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FIND YOUR CALM

DAY 2
OF 30

DAILY RITUAL CARD



TODAY'S AFFIRMATION

*I choose calm over chaos and
trust myself to handle today with grace.*



TODAY'S CRYSTAL

Blue Lace Agate



TODAY'S RITUAL

Find a quiet space. Place your crystal nearby
and breathe slowly for one minute.

Let your thoughts settle before beginning
your day.

GENTLE REFLECTION

*What helps you feel calm
when life becomes busy?*



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FIND YOUR CALM

DAY 3
OF 30

DAILY RITUAL CARD



TODAY'S AFFIRMATION

*Every deep breath brings me
closer to balance and inner peace.*



TODAY'S CRYSTAL

Clear Quartz



TODAY'S RITUAL

Light your favorite candle and
take five slow breaths.
Imagine each breath filling you
with calm and clarity.

GENTLE REFLECTION

*How can you create one
peaceful moment today?*



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FIND YOUR CALM

DAY 4
OF 30

DAILY RITUAL CARD



TODAY'S AFFIRMATION

I deserve rest, kindness, and moments of stillness every day.



TODAY'S CRYSTAL

Rose Quartz



TODAY'S RITUAL

Place your hand over your heart.
Repeat your affirmation while
focusing on gratitude for yourself
and the present moment.

GENTLE REFLECTION

How can you show yourself compassion today?



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FIND YOUR CALM

DAY 5
OF 30

DAILY RITUAL CARD



TODAY'S AFFIRMATION

*I trust the journey I am on
and welcome each new day with hope.*



TODAY'S CRYSTAL

Green Aventurine



TODAY'S RITUAL

Hold your crystal while setting
one positive intention for the day.
Let that intention guide your choices.

GENTLE REFLECTION

*What are you
looking forward to today?*



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