

THE BRIGHT BEAUTIFUL LIFE



A FREE GIFT FOR YOU

The 5-Day Quiet Mind Starter

Five small pages, one a day — a King James verse, a gentle thought, a quiet practice, and a little something to color. A soft place to begin quieting an anxious mind.



Renew your mind on God's Word — one gentle day at a time.

One

DAY ONE · PEACE

“Thou wilt keep him in perfect peace, whose mind is stayed on thee.”

ISAIAH 26:3 · KJV

A mind at peace is not an empty mind — it is a mind that keeps turning back to Him. You do not have to silence every thought today. You only have to lean your thoughts, again and again, on the One who holds you.

TODAY'S GENTLE PRACTICE

Name one worry that is loud today — and hand it to God in a single sentence.

COLOR THIS WHILE YOU BREATHE



May your thoughts be bright and your life beautiful.

Two

DAY TWO · CASTING CARE

“Casting all your care upon him; for he careth for you.”

1 PETER 5:7 · KJV

You were never meant to carry it all. Casting your care is not giving up — it is handing the weight to hands that are strong enough, and kind enough, to hold it for you.

TODAY'S GENTLE PRACTICE

Write the care you are carrying. Then, underneath, write: “He careth for me.”

COLOR THIS WHILE YOU BREATHE



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Three

DAY THREE · A RENEWED MIND

“Be ye transformed by the renewing of your mind.”

ROMANS 12:2 · KJV

The garden of the mind is tended one thought at a time. When an anxious thought comes, you do not have to believe it — you can gently answer it with what is true.

TODAY'S GENTLE PRACTICE

Write one anxious thought. Beside it, write one true thing from God's Word to answer it.

COLOR THIS WHILE YOU BREATHE



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Four

DAY FOUR · THINK ON THESE

“Whatsoever things are lovely ... think on these things.”

PHILIPPIANS 4:8 · KJV

What we look at, we water. When the mind is anxious, it hunts for what is wrong. Today, gently turn it toward what is lovely — and let those things grow.

TODAY'S GENTLE PRACTICE

List three lovely or good things from today, however small.

COLOR THIS WHILE YOU BREATHE



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Five

DAY FIVE · BE STILL

“Be still, and know that I am God.”

PSALM 46:10 · KJV

Stillness is its own kind of prayer. You do not have to fix anything in this moment. You only have to be still — and let it be enough that He is God, and you are held.

TODAY'S GENTLE PRACTICE

Sit still for two quiet minutes. Then write one word for how it felt.

COLOR THIS WHILE YOU BREATHE



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YOU BEGAN



Keep the quiet going

These five days are a small taste. If they helped, the full **Quieting an Anxious Mind** guided journal carries the same gentle rhythm — a King James verse, a soft prompt, and quiet room to write — for many more days.

Find the journals at thebrightbeautiful.com



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and your life beautiful.*

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