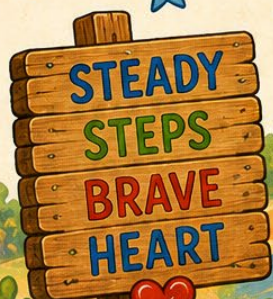


# My Steady Spot Brave Journal



Fun pages to help me  
slow down, breathe,  
and try one small brave step



I CAN

I AM

I WILL

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# My Steady Spot Journal

I can slow down and notice what helps me feel brave.



1. My steady spot is:

-----  
-----  
-----  
-----

Draw or write what you looked at.



2. When I rest my eyes, I notice:

-----  
-----  
-----  
-----



3. When I feel my feet, I notice:

-----  
-----  
-----  
-----



4. One tiny brave step I can try is:

-----  
-----  
-----

My brave words:

I can -----.



# My Steady Spot Calm Plan

When something new feels scary, I can try my Steady Spot:



1. Pick a steady spot

Choose one thing  
that is not moving.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



2. Rest my eyes

Look softly.  
I do not have to  
stare hard.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



3. Feel my feet

Notice where my  
body touches the  
floor.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



4. Breathe slowly

Breathe in: "I'm here."  
Breathe out: "I stop."

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



5. Try one tiny step

One roll. One word.  
One try. One brave  
beginning.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My brave thought:

I do not have to be perfect.  
I can practice one small try.





# My Brave Reflection



After I practice, I can think about how it went.



1. I felt worried when:



.....

.....

.....

.....



2. I used Steady Spot by:



- ☐ looking at .....
- ☐ breathing .....
- ☐ trying .....

3. After my brave try, I felt:



happy



calm



proud



nervous



excited



Circle how you felt.



4. Draw your brave moment:



# My Calm Senses Scan

When my body feels wiggly, I can notice what is around me.



1. 5 things I can see:



-----

-----

-----



2. 4 things I can feel:



-----

-----

-----



3. 3 things I can hear:



-----

-----



4. 2 things I can smell:



-----

-----



5. 1 brave thought:



-----





# My Steady Spot Calm Plan

When something new feels scary,  
I can try my Steady Spot:



## 1. Pick a steady spot

Choose one thing that is not moving.



## 2. Rest my eyes

Look softly. I do not have to stare hard.



## 3. Feel my feet

Notice where my body touches the floor.



## 4. Breathe slowly

Breathe in: "I'm here."  
Breathe out: "I stop."



## 5. Try one tiny step

One roll. One word.  
One try. One brave beginning.



My brave thought:

I do not have to be perfect.

I can practice one small try.



# Practice a Brave Try

Brave can start with one small try.



1. Something new that feels big is:



.....

.....

.....



2. A person who helps me is:



.....

.....

.....



3. A steady spot I can look at is:



.....

.....

.....



4. My slow breath sounds like:



In:

Out:

.....

.....



5. One tiny step I can take is:



.....

.....

.....

Color a brave star each time you practice





# My Brave Reflection



Jaden's roller-skating birthday book  
and the Steady Spot calming tool.

After I practice, I can think about how it went.



1. I felt worried when:

-----

-----

-----



2. I used Steady Spot by:

- ☐ looking at -----
- ☐ breathing -----
- ☐ trying -----

3. After my brave try, I felt:



happy



calm



proud



nervous



excited

Circle how you felt.

4. Draw your brave moment:

-----

-----

-----



One steady spot,  
one brave heart.



My



# Tiny Brave Steps Tracker



Each small try counts.



1. Today I tried:

.....  
.....



2. Before I tried, I felt:

.....  
.....



3. My tiny step was:

.....  
.....



4. Who was with me:

.....  
.....



5. After I tried, I felt:

.....  
.....



6. I want to try again when:

.....  
.....

Color this roller skate  
when I practice



# My Steady Spot Journal

I can slow down and notice what helps me feel brave.



1. My steady spot is:

Draw or write what you looked at.



2. When I rest my eyes, I notice:



3. When I feel my feet, I notice:



4. One tiny brave step I can try is:



My brave words:

I can \_\_\_\_\_



# About the Author

## Zinnia Grace Bloom

Zinnia Grace Bloom is a children's author, educator, and social-emotional learning coach with over twenty years of experience supporting young people in schools and community programs. Her work focuses on helping children build resilience, self-trust, kindness, and confidence.

With a background in counseling, social-emotional learning, and mindfulness, Zinnia brings a heart-centered approach to the stories she writes. Her books are inspired by the everyday courage children show as they face fears, discover their strengths, and learn to believe in themselves.

Through children's literature, Zinnia hopes to create stories that comfort, encourage, and remind young readers that even the quietest acts of bravery can make a difference.



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