# THE PRINT VAULT
# SAMPLER

Taste all five packs before you buy them.

**$7**

## 60+ REAL PAGES - 12 FROM EACH PACK

Golden Years Activity Book - Large print puzzles & trivia for seniors (full pack: 222 pages)

Ready Home 90 - The printable family preparedness planner (full pack: 131 pages)

Wedding Day Planner Vault - The complete printable wedding planner (full pack: 181 pages)

Heroes of Faith Kids Pack - 12 Bible hero stories & activities for kids (full pack: 151 pages)

Calm Mind Workbook Pack - Sleep & stress workbooks with trackers (full pack: 201 pages)

**Full packs $17 each - all five plus every bonus pack: $37 as The Print Vault bundle**

MARCUS VALE

# THE PRINT VAULT

## Inside This Sampler

This sampler holds 12 real pages from each of our five printable packs - the actual pages from the actual books, in the order you will meet them. No teasers, no mock-ups: print these pages and use them today.

### Part 1 - Golden Years Activity Book — 12 pages

Word searches, large-print mazes, 1950s-1970s trivia, Memory Lane pages, Finish the Saying and word scrambles — every puzzle with a full solution.

### Part 2 - Ready Home 90 — 12 pages

Thirteen weekly action checklists with matching shopping lists: water, food, medicine, documents, escape routes and budget — one calm week at a time.

### Part 3 - Wedding Day Planner Vault — 12 pages

A checklist for every month of the countdown, a worksheet for every budget line, and room for every guest, vendor, song and speech.

### Part 4 - Heroes of Faith Kids Pack — 12 pages

Twelve Bible heroes, each with a story retold for kids, a word search, a bold-line coloring page, discussion questions and a virtue copywork page.

### Part 5 - Calm Mind Workbook Pack — 12 pages

Plain-language sleep-hygiene reading, a 30-day sleep diary, breathing pages, thought records, and habit and mood trackers. Educational worksheets — print, fill in, reflect.

Every page is US Letter (8.5 x 11 in) and print-ready - just like the full packs.

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THE PRINT VAULT

PART 1 OF 5

# Golden Years Activity Book

Large print puzzles & trivia for seniors

**12 sample pages from the full 222-page pack ($17 on its own)**

WORD SEARCH

# Word Search #10: Baseball Season

Find all 8 words in the grid. Words can run in any direction.

| E | S | R | E | H | C | A | E | L | B | Q | K | A |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | U | X | I | P | T | O | E | M | D | G | Z | I |
| O | O | L | J | S | P | G | I | Q | L | J | G | B |
| F | A | Z | T | N | A | N | N | E | P | O | L | P |
| R | A | H | O | M | E | R | U | N | G | J | H | J |
| I | D | S | A | K | H | R | Z | F | F | V | S | C |
| O | U | D | T | S | H | O | R | T | S | T | O | P |
| E | G | G | I | B | U | I | D | X | X | O | T | A |
| S | O | R | X | F | A | J | M | E | P | P | N | W |
| L | U | B | X | M | E | L | E | R | I | P | M | U |
| Z | T | X | F | M | V | J | L | K | T | M | G | A |
| X | O | C | R | U | K | R | A | P | L | L | A | B |
| W | T | S | C | I | T | K | H | R | U | X | Q | G |

- HOMERUN
- SHORTSTOP
- BALLPARK
- FASTBALL
- UMPIRE
- DUGOUT
- PENNANT
- BLEACHERS

WORD SEARCH

# Word Search #20: Birds of the Backyard

Find all 8 words in the grid. Words can run in any direction.

| D | J | U | L | R | L | D | J | W | C | D | V | U |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | L | J | G | N | R | A | L | T | P | B | H | V |
| A | H | E | L | X | D | D | J | D | P | B | M | H |
| R | U | D | L | H | L | Q | T | I | L | Z | U | G |
| D | M | X | B | H | O | M | V | U | G | G | T | P |
| I | M | W | O | O | D | P | E | C | K | E | R | B |
| N | I | B | O | R | X | J | J | M | S | N | K | I |
| A | N | R | C | R | A | T | Z | N | Y | F | I | R |
| L | G | Q | K | Y | C | J | E | W | B | X | R | D |
| J | B | H | Q | P | C | R | E | D | E | E | F | B |
| B | I | W | O | R | R | A | P | S | W | Y | C | A |
| V | R | L | G | N | J | O | U | Y | L | V | I | T |
| E | D | M | R | B | L | D | Y | S | S | M | N | H |

- CARDINAL
- ROBIN
- BLUEJAY
- SPARROW
- HUMMINGBIRD
- WOODPECKER
- FEEDER
- BIRDBATH

WORD SEARCH

# Word Search #39: The Rose Garden

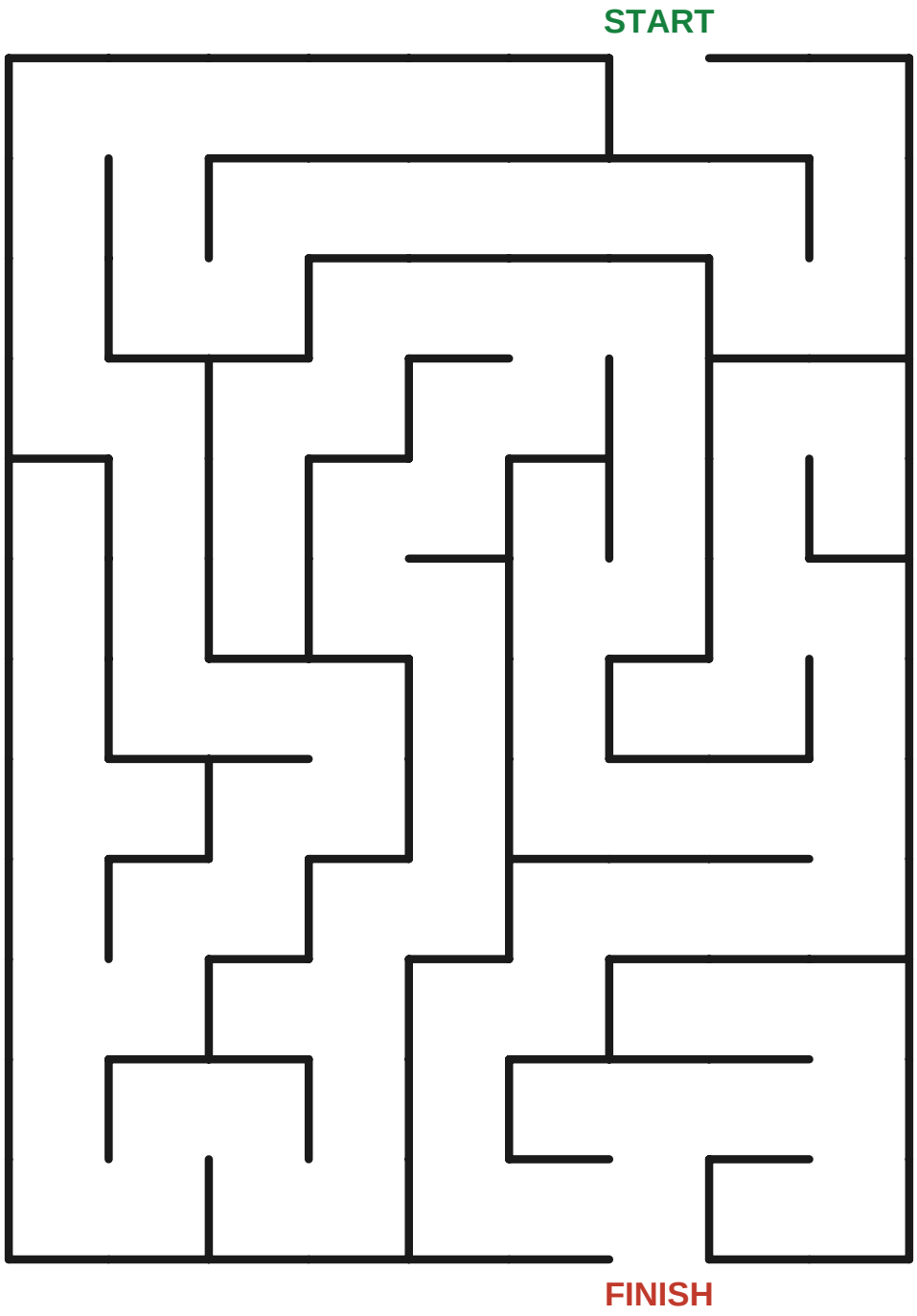
Find all 8 words in the grid. Words can run in any direction.

| R | L | I | E | T | T | B | W | M | O | O | L | B |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | Q | U | O | S | X | M | E | V | Y | Z | X | E |
| O | P | X | G | Z | I | Q | A | E | Y | R | G | P |
| F | E | R | D | N | C | L | C | S | S | C | D | E |
| N | U | N | U | I | I | O | L | W | X | N | J | R |
| B | V | L | R | N | R | T | Z | E | R | B | G | E |
| O | L | E | Q | G | E | M | T | Z | R | L | Z | N |
| X | O | P | Q | L | B | R | B | O | S | T | F | N |
| K | F | X | N | K | M | R | S | H | P | X | A | I |
| R | O | Y | R | Z | I | B | W | O | F | B | O | A |
| V | N | Y | O | D | L | K | C | Q | B | P | N | L |
| S | Q | Q | H | L | C | I | Q | C | L | A | P | N |
| O | B | O | T | Y | H | R | O | G | N | W | I | A |

- CLIMBER
- PRUNERS
- TRELLIS
- BLOOM
- THORN
- POTTING
- PERENNIAL
- BEES

# Maze #19

Find your way from START to FINISH.



# Trivia — Page 8

**36.** In the 1950s, what did '45s' refer to in a record collection?

**37.** Which company introduced the first transistor radio in 1954?

**38.** Who wrote 'Old Yeller', the 1956 novel about a boy and his dog?

**39.** In 1955, which civil rights figure refused to give up her bus seat in Montgomery?

**40.** What was the top speed craze for teenagers with hot rods called?

# Trivia — Page 18

**86.** Which 1975 film made everyone afraid to go back in the water?

**87.** In 1976, the US celebrated its 200th birthday. What is that celebration called?

**88.** Which rock band sang 'Hotel California' in 1977?

**89.** In 1977, which film began with 'A long time ago in a galaxy far, far away'?

**90.** What 1978 musical film starred John Travolta and Olivia Newton-John?

# Memory Lane #3

Write about your first job. What did you do, and what did you spend your first paycheck on?

# Memory Lane #23

Write about a piece of advice from your father or another elder that you still follow.

# Finish the Saying — Page 3

Complete each well-known saying. Answers are in the Answer Key.

13. Don't put all your eggs _____

14. A friend in need _____

15. Haste makes _____

16. Look before _____

17. The apple doesn't fall far _____

18. Time flies _____

# Finish the Saying — Page 12

Complete each well-known saying. Answers are in the Answer Key.

67. There's no time like _____

68. Two wrongs don't make _____

69. Variety is the spice _____

70. What goes around _____

71. You reap what _____

72. A bird in the hand is worth _____

# Word Scrambles — Page 7

Unscramble the letters to make an everyday word. Answers are in the Answer Key.

**37. IRRVE**

Hint: Flowing water

**38. EIDBGR**

Hint: It crosses the river

**39. ATTNOIS**

Hint: Where the train stops

**40. YEOUJNR**

Hint: A long trip

**41. AIDHLYO**

Hint: A day off to celebrate

**42. IBTHYRDA**

Hint: Your special day each year

# Word Scrambles — Page 9

Unscramble the letters to make an everyday word. Answers are in the Answer Key.

**49. AONLSFLW**

Hint: Winter weather

**50. OSMBSLO**

Hint: A flower on a tree

**51. PPKNUIM**

Hint: A big autumn squash

**52. CPOORNP**

Hint: A movie snack

**53. EAALSBBL**

Hint: America's pastime

**54. AFBLOOTL**

Hint: Played on a gridiron

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THE PRINT VAULT

PART 2 OF 5

# Ready Home 90

The printable family preparedness planner

**12 sample pages from the full 131-page pack ($17 on its own)**

# Week 1 Shopping and Notes

Foundations First - buy once, store well, log it

| Item | Bought? (tick) | Cost / notes |
|---|---|---|
| **Notebook or binder for printed pages** | | |
| **Pens and a thick marker** | | |
| **Clear document sleeves (pack)** | | |
| **Labels or masking tape** | | |
| **Flashlight, one per floor** | | |
| **Phone charger cable, spare** | | |
| **Small cash envelope** | | |
| **Storage tub or sturdy box** | | |
| | | |
| | | |

**WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:**

# Week 4 Shopping and Notes

Food Week 2 - Protein and the Freezer - buy once, store well, log it

| Item | Bought? (tick) | Cost / notes |
|---|---|---|
| **Canned tuna or salmon** | | |
| **Canned chicken** | | |
| **Canned beans x4** | | |
| **Peanut or nut butter** | | |
| **Dried lentils** | | |
| **Freezer bags / labels** | | |
| **Marker for freezer dates** | | |
| **Can opener (manual, spare)** | | |
| | | |
| | | |

**WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:**

# Week 10 Shopping and Notes

Your Local Risks - Seasonal Ready - buy once, store well, log it

| Item | Bought? (tick) | Cost / notes |
|---|---|---|
| **Sandbags or flood barriers (if at risk)** | | |
| **Window coverings / tape (storm areas)** | | |
| **Pipe insulation (cold areas)** | | |
| **Sun / heat supplies (hot areas)** | | |
| **Snow shovel and grit (cold areas)** | | |
| **Drain clearing tools** | | |
| **Spare phone battery pack** | | |
| **Printed local shelter list** | | |
| | | |
| | | |

**WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:**

# Freezer Inventory - Overflow

Pencil page - update it every time something moves

Chest freezer or second unit. Keep this list on the lid or door.

| Item | Qty | Date frozen | Use by | Drawer |
|---|---|---|---|---|
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Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

# Meal Ideas From Stores

Meals you can make from stored food alone - tested by your own kitchen

| Meal | Main stored items used | Needs power / fuel? |
|---|---|---|
| **Rice and bean bowls** | Rice, tinned beans, spices | |
| **Pasta and tomato sauce** | Pasta, tinned tomatoes, herbs | |
| **Tuna and sweetcorn wraps** | Tuna, sweetcorn, wraps | |
| **Oat breakfast pots** | Oats, dried fruit, powdered milk | |
| **Lentil soup** | Red lentils, stock cubes, potato flakes | |
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# Medication Tracker - Person 2

One line per medicine - review with your pharmacist yearly

| Medicine and dose | When taken | Prescribed by | Runs out |
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# Older Adults and Mobility Plan

Daily help, mobility and the checks that keep people safe

- [ ] List daily help needed: meals, medicines, washing, dressing, moving.
- [ ] Record mobility aids and where spares and batteries are kept.
- [ ] Write the names of carers, district nurses and regular visitors.
- [ ] Agree a daily check-in time and who makes the call.
- [ ] Note how this person evacuates: who helps, which route, which vehicle.
- [ ] Keep one bag ready with clothes, medicines list and care notes.
- [ ] If they live alone, agree a neighbour buddy who holds a spare key.
- [ ] Record hearing, vision and communication needs in large clear writing.

# Out-of-Area Contact and Call Script

One calm message, passed along one reliable chain

Your out-of-area contact is the person relatives call to check on you - far enough away to be unaffected, close enough to care. Write their details at the top of the Family Contacts page, then keep the script below by the phone.

**THE SCRIPT - read it as written, then fill the blanks:**

"Hello, this is [name] from [address]. We are safe / we need help with [one clear need]. We are now at [location]. Our next check-in will be at [time]. Please pass this to [names]."

# After an Event - Damage and Recovery Log

Photos first, forms second, feelings noted - in that order

| Date | What happened / damage | Photos taken? | Insurer told? |
|---|---|---|---|
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# Vehicle Readiness Log

A ready car is half of every evacuation plan

| Date | Check (fuel / tyres / fluids / lights / kit) | Done? | Notes |
|---|---|---|---|
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# Master Shopping List - Starter

The first full shop if you are starting from an empty cupboard

| Item | Qty | Got it? (tick) |
|---|---|---|
| **Bottled water (3-day supply)** | | |
| **Rice and pasta** | | |
| **Tinned beans and tomatoes** | | |
| **Tinned fish or chicken** | | |
| **Oats and long-life milk** | | |
| **Nut butter** | | |
| **Torches and batteries** | | |
| **First aid basics** | | |
| **Hygiene basics** | | |
| **Manual can opener** | | |

# Notes 4

Spare pages - drills, changes and lessons learned

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PART 3 OF 5

# Wedding Day Planner Vault

The complete printable wedding planner

**12 sample pages from the full 181-page pack ($17 on its own)**

GETTING STARTED

# How to Use This Planner

Fifteen quiet minutes now will save you hours later.

- Start with Your Wedding at a Glance (next page). Every later page refers back to those names, dates and numbers.
- Work the 12-month countdown in order. Each month fits on one page — tick items off as you finish them, and carry anything left over to the next month.
- Keep one budget worksheet per supplier category. Write quotes in pencil, ink them in when booked, and update the Budget Overview after every payment.
- Guest list pages are grouped — family, friends, colleagues, evening guests. Log each reply the day it arrives so final numbers are never a surprise.
- The vendor comparison pages hold three quotes side by side for one category, so the cheapest quote is never confused with the best value.
- Seating charts are drawn for round tables of ten, long banquet tables and a head table. Sketch in pencil; guests do move.
- Stationery tracker and guest book pages are at the back, ready to print extra copies of for the day itself.
- In the final week, hand the day-of section (and the coordinator pack, if you have it) to whoever is running the day — then let go and enjoy it.

**A GENTLE NOTE**

A planner is a servant, not a master. If a page does not fit your wedding — a second ceremony, a tiny guest list, a registry-office day — skip it without guilt. The day is yours.

BUDGET WORKSHEET

# Catering & Bar

Quotes in pencil, bookings in ink. The supplier column keeps every quote attached to a name.

| Item | Supplier | Budgeted $ | Actual $ |
|---|---|---|---|
| Canapes / reception bites | | | |
| Wedding breakfast (per guest) | | | |
| Evening food | | | |
| Welcome drinks | | | |
| Wine with the meal | | | |
| Toast drinks | | | |
| Bar service / staff | | | |
| Soft drinks and water | | | |
| Cake cutting fee | | | |
| Tasting session | | | |
| | | | |

**Category total: Budgeted $ _____ Actual $ _____**

**Deposit paid: $ _____ on _____**

**Balance due: $ _____ by _____**

# Guest List — How These Pages Work

Thirty pages of trackers follow: one system from first draft to final numbers.

- Groups: use the first pages for family, then friends, colleagues and evening-only guests. Every page works the same way, so helpers can update any of them.
- RSVP codes: A = accepted, D = declined, W = waiting. Add the date you chased a reply in the margin.
- Meal column: write the menu choice code from your caterer (for example M = meat, V = vegetarian, VG = vegan, K = kids) plus any allergy in words — caterers plan from this column.
- Table column stays blank until the seating plan firms up (page 96). When it does, copy the table number here so place cards and the table plan agree.
- Address column: postal address for invitations, or email / phone for evening invitations. Keep it current — thank-you cards use the same addresses (page 151).
- Children: mark a star beside any child so highchairs, kids meals and the evening finish time are easy to count.

**A GENTLE NOTE**

Final numbers usually lock 2-4 weeks before the day. The summary page at the end of this section (page 65) turns these pages into the exact figures your venue and caterer need.

# Guest List 16 — Guest List — Extra Pages

One guest (or household) per row. Codes: RSVP A / D / W — meal codes from your caterer.

| # | Guest name | Address / contact | RSVP | Meal | Table |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |

Page totals: Invited _____ Accepted _____ Declined _____ Waiting _____

Meals on this page: Meat _____ Vegetarian _____ Vegan _____

Kids _____ Allergies noted _____

VENDOR COMPARISON

# Compare Three — Venue

Get every quote in writing, like for like, before you compare prices.

| Criteria | Vendor A | Vendor B | Vendor C |
|---|---|---|---|
| Price (total, like for like) | | | |
| What is included | | | |
| What costs extra | | | |
| Availability on our date | | | |
| Deposit & payment terms | | | |
| Cancellation terms | | | |
| Reviews / recommendations | | | |
| Samples / tasting / portfolio | | | |
| Travel & set-up | | | |
| Our rating (1-5) & gut feel | | | |

**Vendor A name & contact:** _____

**Vendor B name & contact:** _____

**Vendor C name & contact:** _____

**Our choice & why:** _____

VENDOR FILE

# Vendor File — Officiant / Registrar

One file per booked supplier. Staple the contract and final quote behind this page.

**Business name:** _____

**Contact person:** _____

**Phone (day):** _____

**Phone (wedding day):** _____

**Email:** _____

**Address / base:** _____

**Arrival & set-up time:** _____

**Finish / collection time:** _____

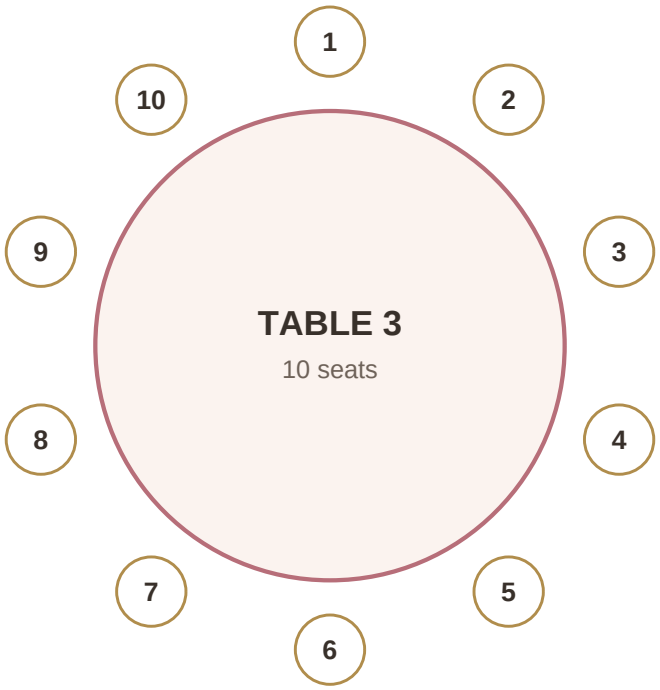
| Money & deadlines | Details |
|---|---|
| Total agreed $ | |
| Deposit paid $ / date | |
| Balance $ / due | |
| Final numbers due | |

## What they provide / agreed details:

## Notes from calls & meetings:

# Round Table 3 — Seats 10

Number the seats clockwise from the seat nearest the head table.




**Seat 1:** _____ **Seat 6:** _____

**Seat 2:** _____ **Seat 7:** _____

**Seat 3:** _____ **Seat 8:** _____

**Seat 4:** _____ **Seat 9:** _____

**Seat 5:** _____ **Seat 10:** _____

# Writing Your Vows — Prompts That Work

Aim for 150-300 spoken words (about 1-2 minutes). Say them aloud once — vows live in the ear, not on the page.

- Open with a true, small moment: how you met, the moment you knew, an ordinary day that shows who you two are.
- Name two or three things you love about them — specific beats grand. 'You make tea when I am sad' outlasts 'you are my everything'.
- Make real promises: a few you can keep daily, plus one joyful or funny promise you mean completely.
- Close by naming the future plainly: growing old, the house, the adventures, the ordinary Tuesdays.
- Avoid: inside jokes nobody else understands, promises you cannot keep, and anything that embarrasses them in front of their grandmother.
- Agree the tone with each other (both heartfelt, both light touches of humour) and swap drafts with one trusted reader each — not with each other.

# Transport & Movements Plan

Who travels, in which car, at what time — there and back.

| Who | From — To | Time | Car / driver |
|---|---|---|---|
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**Return journeys arranged:** _____

**Taxi numbers for guests:** _____

**Parking notes for guests:** _____

# Guest Book — Signatures & Messages 5

Your name, how you know the couple, and a wish, memory or piece of advice.

**Name:** _____ **You know us from:** _____

**Name:** _____ **You know us from:** _____

**Name:** _____ **You know us from:** _____

**Name:** _____ **You know us from:** _____

# Honeymoon Itinerary — Days 5 & 6

Plan loosely: one anchor activity a day, and room to do nothing beautifully.

**Day 5 Date: _____ Staying at: _____**

**Day 6 Date: _____ Staying at: _____**

# Notes — Decisions Log

Date each entry — future you will thank present you.

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PART 4 OF 5

# Heroes of Faith Kids Pack

12 Bible hero stories & activities for kids

**12 sample pages from the full 151-page pack ($17 on its own)**

FOR GROWN-UPS

# How to Use This Pack

- Read one hero a week, or race through — there is no wrong order. Each hero's pages stay together so you can print a single hero at a time.
- The stories are written to be read aloud to ages 6-7 and read independently by most ages 8-10 readers. Every story ends with a memory line told in our own words — say it together, then find it again on the virtue copywork page.
- Word searches use only words from that hero's story. Answers are at the back of the book, one page per hero, in the same order.
- Discussion pages mix talk, draw, and act-it-out prompts. Pick two or three — you do not need to do them all.
- Coloring pages use bold, simple line art drawn for young hands. Print them as often as you like for your own family or class.

# Moses

*The baby in the basket who led a nation*

One ordinary day, Moses saw something extraordinary: a bush that was on fire but did not burn up. As he stepped closer, God called his name and gave him a huge job — go back to Egypt and lead the Israelites out of slavery. Moses felt small and scared. He said he was not a good speaker and begged God to send someone else. God promised to be with him and sent his brother Aaron to help. So Moses returned, stood before mighty Pharaoh, and asked him to let God's people go. Pharaoh refused again and again, and God showed His power in Egypt until at last Pharaoh said yes, and the people hurried out into the night.

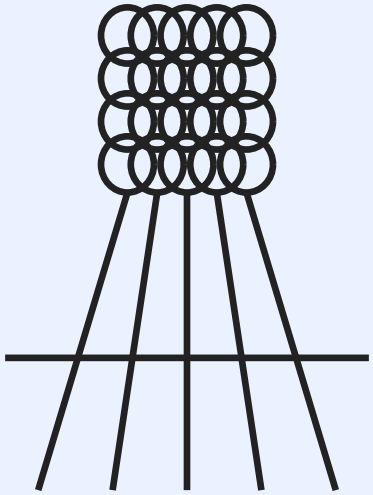
**REMEMBER:**

When I am scared, God is with me and helps me be brave. (told in our own words)

# RUTH

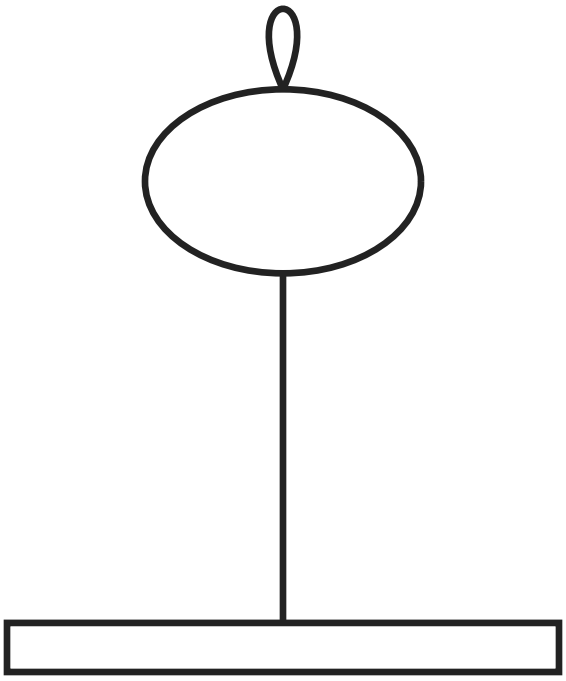
The friend who stayed

**Virtue: Loyalty**



SAMUEL — COLORING PAGE

# Color: Samuel



Samuel — The boy who learned to listen. Color it your way!

ESTHER — THE STORY, PART 2

# Esther

*The queen who spoke up*

Mordecai sent Esther a desperate message: you must go to the king and beg for your people's lives. But there was a problem — nobody could walk in to the king without being invited, not even the queen. Breaking that rule could mean death, unless the king held out his golden sceptre. Esther had not been called by the king for a month. She sent back a brave reply: ask all our people to pray and go without food for three days, and I will do the same — then I will go to the king, even though it is against the rule. And she added the most famous words of her story: if I perish, I perish. Esther chose to risk everything for people who could not save themselves.

**REMEMBER:**

God may have placed me right here, right now, to help others. (told in our own words)

# Virtue: Staying Faithful

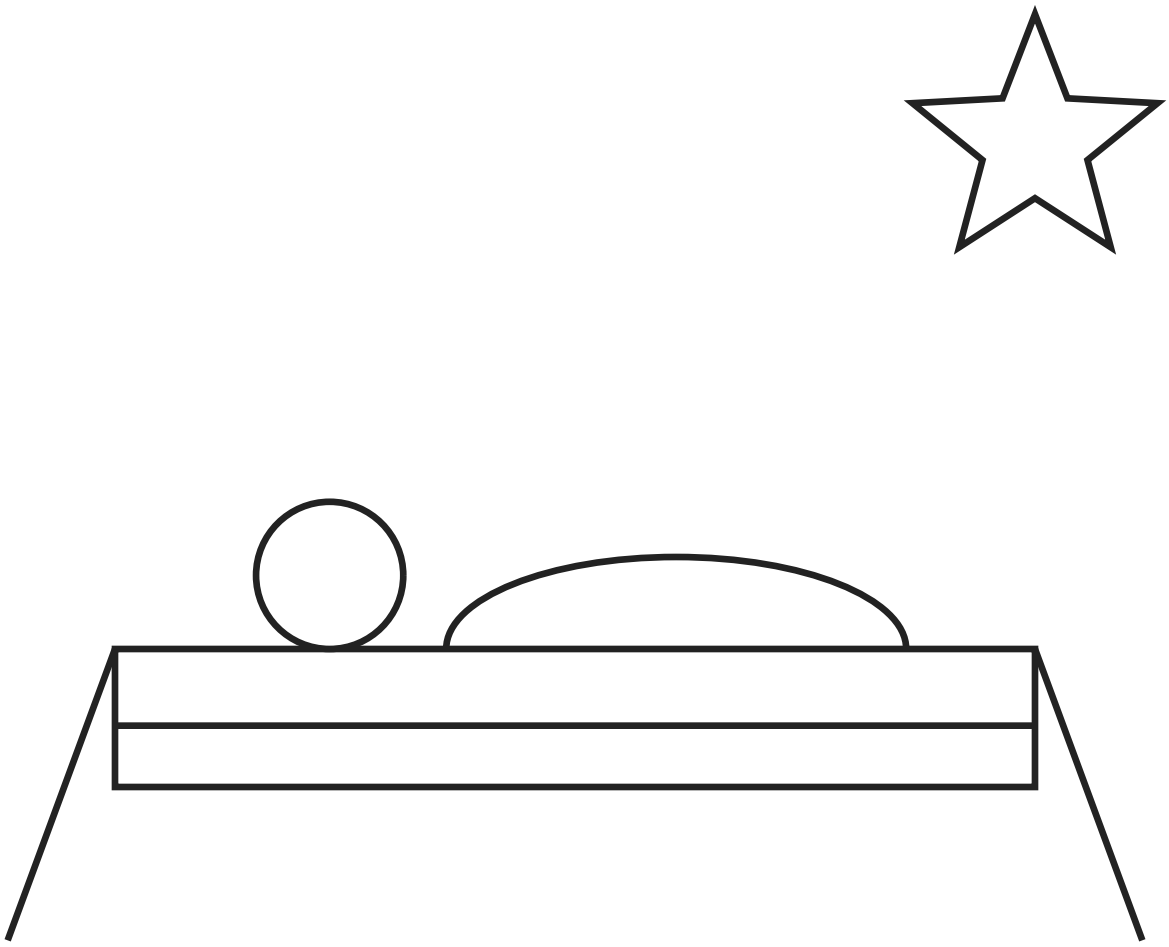
Daniel shows us the virtue of staying faithful. Read the memory line below out loud together, then copy it carefully in your best handwriting on the lines.

**I will keep praying and doing right, even when it is not easy. (told in our own words)**

**Now say it from memory — no peeking!**

Draw one small picture that will help you remember this virtue:

# Color: Mary



Mary — The young mother of Jesus. Color it your way!

# Abigail

*The wise woman who stopped a fight*

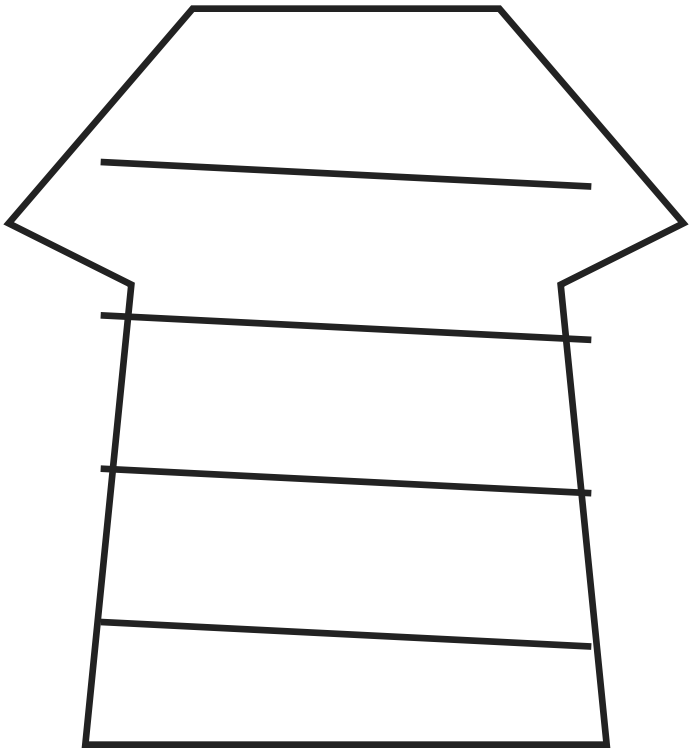
David was furious. He ordered four hundred of his men to strap on their swords and march toward Nabal's house. Disaster was coming fast. But one of Nabal's young servants ran to Abigail and told her everything: her husband's rudeness, and David's army on its way. Abigail did not waste a single minute arguing about whose fault it was. She acted. She loaded donkeys with a feast: two hundred loaves of bread, jars of drink, cooked grain, clusters of raisins, cakes of figs, and dressed sheep. She sent the gifts ahead with her servants and rode out herself to meet David — while carefully not telling her husband, who would only have made things worse.

**REMEMBER:**

Kind, wise words can stop trouble and make peace. (told in our own words)

BONUS COLORING

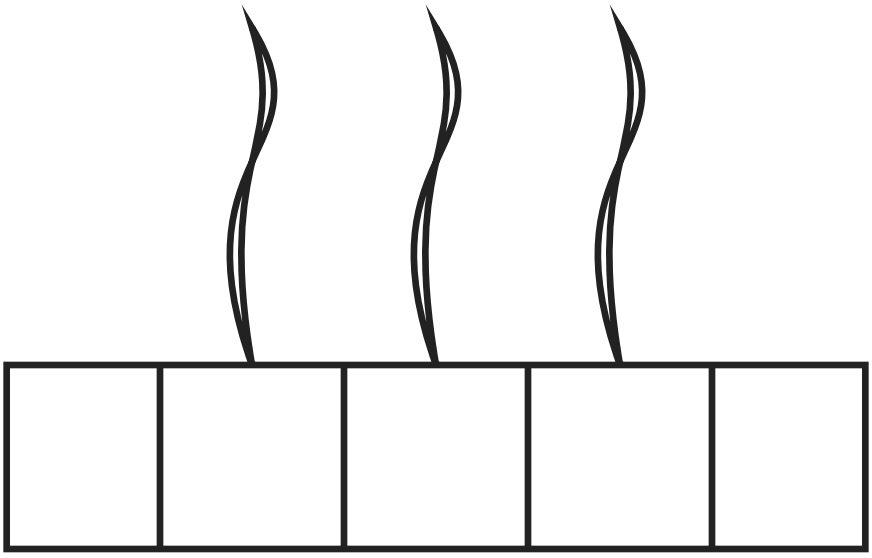
# Bonus Color: Joseph



A second coloring page for Joseph's story.

BONUS COLORING

# Bonus Color: Elijah



A second coloring page for Elijah's story.

HERO REVIEW

# Remember Jonah?

**How long was Jonah inside the great fish?**

- ◯ A. One hour
- ◯ B. Three days and nights
- ◯ C. Forty days

Finish the sentence: The virtue I learned from Jonah is _____, and one way I can show it this week is:

(Answers are upside-... no — ask a grown-up, or check the story pages again!)

# Second-Chance Stones

Remember David's five smooth stones and Jonah's second chance. Find or draw five stones. On each one, write the name of a hero and one thing they got wrong or found hard — then say how God helped them anyway. Keep the stones where you can see them.

**Our turn — notes and drawings:**

PART 5 OF 5

# Calm Mind Workbook Pack

Sleep & stress workbooks with trackers

**12 sample pages from the full 201-page pack ($17 on its own)**

# Your Bedroom: A Rest Cue

Name: _____ Date: _____



A bedroom that is mostly used for sleep becomes a cue for sleep. Cool, dark and quiet helps most people. Small upgrades count: an eye mask, earplugs, a fan for steady background sound, or clearing the pile of work from the bed.

- Tidy one thing that makes the room feel unfinished or stressful.
- Check light leaks: chargers, standby lights, thin curtains.
- Keep a notepad by the bed for thoughts that pop up at night.
- Leave work and bills outside the bedroom where you can.

## Three small changes I will make to my room

# Sleep Diary — Day 9

Day 9 of 30  Date: _____



## Morning check-in (fill in when you wake up)

| Morning record | Your notes |
|---|---|
| Time I woke up | |
| How I slept (circle): Poor / Fair / Good / Great | |
| Times I woke in the night | |
| How rested I feel (1–10) | |

## Evening check-in (fill in before bed)

| Evening record | Your notes |
|---|---|
| Time I plan to get into bed | |
| Screens off at (time) | |
| Caffeine after midday? Yes / No | |
| Wind-down steps I did tonight | |

## One line about today

# Sleep Diary — Day 27

Day 27 of 30  Date: _____



## Morning check-in (fill in when you wake up)

| Morning record | Your notes |
|---|---|
| Time I woke up | |
| How I slept (circle): Poor / Fair / Good / Great | |
| Times I woke in the night | |
| How rested I feel (1–10) | |

## Evening check-in (fill in before bed)

| Evening record | Your notes |
|---|---|
| Time I plan to get into bed | |
| Screens off at (time) | |
| Caffeine after midday? Yes / No | |
| Wind-down steps I did tonight | |

## One line about today

# Sleep-Efficiency Tracker — Week 4

Name: _____ Date: _____



Sleep efficiency is a simple estimate: time asleep divided by time in bed, times 100. Example: in bed 8 hours (480 minutes), asleep about 7 hours (420 minutes) — 420 ÷ 480 × 100 = 88%. Estimates are fine; use your diary.

| Day | In bed (min) | Asleep (min) | Efficiency % |
|---|---|---|---|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

This tracker is for noticing patterns only. There is no score you must reach.

## What I notice this week

# Stress Less Workbook

Notice it earlier. Shrink it smaller. Recover faster.

- Stress trigger logs
- Weekly stress-scale tracker
- Illustrated breathing pages
- Worry windows & grounding sheets

# Weekly Stress Scale — Week 2

Name: _____ Date: _____



Once a day, mark your overall stress (1 = very calm, 10 = overwhelmed) and note the peak moment. Weekly averages matter more than single days.

| Day | Stress 1–10 | Peak moment | Recovery I used |
|---|---|---|---|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

## What I notice this week

# Thought Record — Sheet 6

Name: _____ Date: _____



Four steps: catch the situation, name the thought and feeling, then write a fairer reframe and re-rate the feeling.

## Situation: what happened, where, who was there

## Thought: the exact words in my head • Feeling & strength (0–10)

## Evidence for and against that thought

## Reframe: a fairer version • Feeling now (0–10)

# Controllables vs Not — Sheet 6

Name: _____ Date: _____



Write the problem once at the top. Then sort its parts honestly. Spend your energy on the first two columns; practise setting the third down.

## The problem, in one line

| Fully mine | Partly mine | Not mine |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

## My next step from the 'fully mine' column

# Mood Tracking, Simply

Name: _____ Date: _____ 

A mood tracker is a weather log for your inner climate: one or two marks a day, plus a word or two about what was happening. After a few weeks you will see links between mood, sleep, people, movement and work that memory alone would miss.

- Rate mood 1–10, morning and evening if you can.
- Add one word: tired, steady, bright, flat, hopeful.
- Do not chase perfect scores; look for patterns.
- Share the tracker with a professional if you ever discuss mood with one.

## What I hope my tracker will show me

# Mood Tracker — Sheet 2

Name: _____ Date: _____



One row per day. Rate mood 1–10, add energy 1–10, and one word or short note about the day.

| Day / date | Mood 1–10 | Energy 1–10 | One word / note |
|---|---|---|---|
| Day 1 | | | |
| Day 2 | | | |
| Day 3 | | | |
| Day 4 | | | |
| Day 5 | | | |
| Day 6 | | | |
| Day 7 | | | |

## What I notice this week

# Evening Review — Sheet 2

Name: _____ Date: _____



Five minutes at the end of the day. Close the day on paper so the mind can close it too.

## Three things that happened today (facts only)

## One thing I handled well

## One thing to park until tomorrow (write it, then leave it)

## Tomorrow's single most important thing

# Plan a Calm Day — Planner 2

Name: _____ Date: _____



Design one day on purpose: protect the anchors first (wake, food, movement, rest), then fit tasks around them — not the other way round.

| Step | My plan |
|---|---|
| Wake time & morning light | |
| Movement (what & when) | |
| Deep-work / main task block | |
| Food & breaks | |
| People & connection | |
| Evening wind-down start | |

## If the day goes sideways, my minimum calm version is

MARCUS VALE

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