



*21 Days to Inner Clarity and Strength*

**CALM MIND CLEAR FOCUS**

*Find peace. Gain focus. Reclaim your power. A 21-day guide to calming your mind, clearing your vision, and rediscovering balance in a world that never stops moving.*

*A Book by Maria Vale*



دار فضاء المعرفة للإسراء الإلكترونية  
 SARAH ABRAHIM SALDUM

*21 Days to Inner Clarity*

*and Strength*



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MARAH IBRAHIM SALOUM

عنوان الكتاب: **Calm mind clear focus**

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مديرة الررار: **أستاذة / مرج إبراهيم سلوم**

حقوق النشر محفوظة للكاتب ودار النشر الإلكتروني، ولا  
يجوز إعاوة النشر أو التوزيع دون إذن مسبق.

**DAY 21**

**A BOOK BY MARIA VALE**

**CALM MIND**

**, CLEAR FOCUS FOCUS 21**

**DAYS TO**

**INNER CLARITY AND**

**STRENGTH.**

## **Day 1 Begin Within**

**This is where your journey begins  
not**

**somewhere far, but deep within  
yourself.**

**Take a moment to breathe, to  
listen, and**

**to be. Calm isn't about stopping  
your**

**thoughts; it's about watching them**

**without fear.**

**When you choose peace, the world  
outside slowly follows.**

**Be gentle with your mind today it's  
learning how to rest.**

## **Day 2 — The Art of Stillness**

**> The world moves fast — always rushing, always loud.**

**But peace is born in the moments when**

**you choose to slow down.**

**Stillness is not emptiness.**

**It's a quiet strength — a calm space**

**where your soul can breathe.**

**Sit with your thoughts today.**

**Don't fight them, just listen.**

**In silence, you'll find answers  
words  
could never give.**

**"In stillness, the heart finally  
speaks.**

**Day 3 — Breathe and Let Go**

**Sometimes, we hold on too  
tightly —**

**to pain, to memories, to things  
we cannot  
change.**

**But peace begins the moment  
you decide  
to release.**

**Take a deep breath.**

**Let it remind you that you are  
not your  
past,  
not your worries,  
not your mistakes.**

**You are a new breath, a new  
chance, a  
new beginning.**

**Exhale the weight, inhale the  
calm.**

**“Letting go doesn’t mean  
losing — it  
means choosing peace over  
pain.”**

**Day 4 - Own Your Energy**

**Your peace is sacred —  
protect it like something holy.**

**Not everyone deserves access to  
your  
light.**

**Some people take without giving,  
speak without listening,  
enter without meaning to stay.**

**Today, stand firm in your energy.  
Say "no" when your heart says  
"enough."**

**Say "yes" only to what helps you  
grow.**

**Remember, your energy creates  
your  
reality.**

**Guard it with quiet strength**

**and let it shine only where it's  
valued.**

**"You don't owe your light to  
those who  
dim it."**

**Day 5 - Become Your Calm**

**The storm will never ask for your  
permission to arrive.**

**But peace — peace waits for your  
invitation.**

**You don't have to silence the  
noise;  
just rise above it.**

**Breathe slowly.**

**Let the world rush without you.**

**You are not missing out —  
you are tuning in.**

**The quiet within you is stronger  
than any chaos around you.**

**“Breathe deeper — you are not  
behind,  
you are becoming.”**

**Day 6 - The Power of Still  
Moments**

**Not every silence is empty.**

**Some silences are full —  
of answers, healing, and  
strength.**

**Today, pause before you react.  
Notice the space between your  
thoughts,  
the breath before you speak,  
the calm before you move.  
That's where your power hides**

**—  
in the quiet, patient moments  
where your soul softly reminds  
you:  
You already know what to do.**

**“In stillness, we find the strength to move wisely.”**

**Day 7 - Release the Need for Control**

**You don't have to hold everything together.**

**The world won't fall apart if you let go a little.**

**Sometimes peace means trusting the flow —**

**allowing life to unfold without forcing every detail.**

**Today, soften your grip.**

**Let things be what they are.**

**Let people choose their own paths.**

**Control is heavy, but faith is light.**

**Choose the light.**

**Let it carry you where you are meant to**

**be.**

**Day 8 - Heal in Your Own Time**

**Healing is not a race.**

**It's not about how fast you move forward.**

**Day 9 - Choose Light Over Fear**  
**Fear will always whisper —**  
**but you decide whether to listen.**  
**It tells you you're not ready,**  
**not enough, not strong.**  
**Yet beneath every fear,**  
**there's a truth waiting to be**  
**seen.**  
**Today, choose light.**  
**Let courage be louder than**  
**doubt.**  
**Even the smallest step forward**

**is a victory over the darkness  
within.**

**You are braver than you  
remember.**

**“Let your light speak louder  
than your  
fears.”**

**Day 10 - Let Go to Grow**

**Holding on to what's gone  
only keeps your hands too full  
to receive what's coming.**

**Letting go isn't weakness —  
it's wisdom.**

**It's knowing that peace  
sometimes  
means  
walking away from what no  
longer fits  
your soul.  
Today, release the weight.  
Allow space for new  
beginnings to  
breathe.  
Growth starts the moment  
you stop resisting change.  
"When you let go, life finally  
has room  
to bloom.**

## **Day 11 - Protect Your Peace**

**Not everyone deserves a seat at your table.**

**Some only come to taste your energy,**

**not to honor your presence.**

**Peace is a boundary, not a gift.**

**It's the choice to walk away from chaos**

**even when your heart wants to stay.**

**Today, protect your calm.**

**Listen less to noise,**

**and more to what feels right inside you.**

**Let peace be your filter —**

**only what aligns may pass  
through.**

**“Protecting your peace is the  
loudest  
form of self-love.”**

**Day 12 - Trust the Process**

**You may not see the whole path  
yet,  
but every step is taking you  
somewhere  
sacred.**

**The waiting, the confusion, the  
slow  
unfolding —  
they are not delays;**

**they are shaping you quietly for  
what's  
next.**

**Today, stop rushing the becoming.  
Trust that timing is part of the  
magic.**

**What's meant for you will always  
find**

**you,  
even if it takes a little longer.**

**Breathe. You are not lost —  
you are simply in the middle of your  
becoming.**

**"The universe moves slowly, but  
never wrongly.**

**Day 13 - Speak Gently to Yourself**  
**The words you whisper to yourself**  
**build the world you live in.**  
**Be careful what you repeat inside**  
**your**  
**mind —**  
**it becomes your truth.**  
**Today, choose kindness over**  
**criticism.**  
**Replace “I can’t” with “I’m**  
**learning.”**  
**Replace “I failed” with “I tried.**

**Your growth deserves gentleness,  
not pressure.**

**Talk to yourself the way you  
would**

**to someone you deeply love —  
because that someone is you.**

**“Speak softly — your soul is  
always  
listening.”**

**Day 14 - You Are Not What  
Happened  
to You**

**Your past is a chapter  
not your entire story.**

**The pain, the losses, the broken  
moments**

—

**they shaped you,  
but they do not define you.**

**Today, choose to see yourself  
beyond the  
scars.**

**You are not the wound;  
you are the healing that followed.**

**Forgive what hurt you,  
bless what taught you**

**and step forward lighter than  
before.**

**You are allowed to begin again  
as many times as it takes.**

**"Your past explains you, but it  
doesn't  
define you."**

**Day 15 - Be Proud of Your  
Progress**

**You may not be where you want  
to be  
yet,  
but look how far you've come.**

**There were days you almost  
gave up  
and still, you chose to rise.  
Growth isn't always loud or  
visible.  
Sometimes it's simply waking  
up,  
breathing through the  
heaviness,  
and choosing peace again.  
Today, celebrate the small  
victories.  
They are the steps that built  
your  
strength.  
You are becoming someone  
you once prayed to be.**

**"Progress is progress, no matter how quiet it looks."**

**Day 16 - Choose What Feeds Your Soul**

**Not everything that shines is meant for you.**

**Some things only distract you from your peace.**

**Today, pause and ask yourself:**

**Does this bring me closer to myself or further away?**

**Protect your time like it's  
sacred.**

**Protect your heart like it's  
rare.**

**Feed your soul with what  
brings quiet**

**joy:**

**music that heals, people who  
listen,**

**moments that feel like  
sunlight.**

**Peace is built from what you  
allow in**

**"You glow differently when  
you feed your soul right.**

## **Day 17 - Let Yourself Feel**

**You don't have to be strong  
all the time.**

**You don't have to hide your  
tears**

**to prove your power.**

**Feel everything —  
the ache, the joy, the fear,  
the love.**

**Each emotion has something  
to teach  
you.**

**Today, stop numbing what  
hurts.**

**Let it move through you,  
not live inside you.**

**Healing begins when you allow yourself to simply be human — soft, raw, and real.**

**“Feel it fully — that’s how you finally free it.”**

**Day 18 - Rest Is Not Laziness You don’t have to earn your rest. You don’t have to prove your worth by burning yourself out. Rest is not the opposite of success — it’s part of it. Today, give yourself permission to pause. To slow down**

**without guilt. To simply exist  
without  
explaining why. Let the world spin  
without you for a while. You've  
carried  
too much, too far. And it's okay to  
lay  
your burdens down.  
Year Remember: the flowers don't  
bloom  
all they rest, too So close your eyes,  
breathe in peace, and let stillness  
remind  
you that even in silence — you are  
growing. "Rest is a rebellion in a  
world  
that worships exhaustion 18 21  
Days to  
Inner Clarity and Strength."  
Page 19 - The Weight of Letting Go**

**Letting go isn't about forgetting —  
it's**

**about freeing your hands to hold  
something new.**

**We cling to people, memories,  
pain,**

**thinking they define us.**

**But you are not what you lost — you  
are**

**what survived after.**

**It hurts to loosen your grip, yes. But  
what if release is the only way to  
fly?**

**Some doors must close for your  
wings to  
open.**

**Letting go is not the end — it's how  
you**

**begin to breathe again.**

**Page 20 - Becoming Your Own  
Peace**

**One day, you'll stop searching for  
peace  
in other people.  
You'll realize it was never hiding in  
their  
words, their presence, or their love —  
it  
was always within you.  
Peace begins the moment you stop  
needing the world to be soft for you to  
rest.  
You learn to be your own calm, your  
own safe place, your own gentle  
silence.  
And that's when freedom finally feels  
like home.  
Be the peace you've been waiting for.**

**Day 21 - Becoming the Calm You've  
walked through fire and silence  
through**

**noise and stillness and now, look at you**

**You've become the calm you were  
searching for You no longer chase  
peace**

**you embody it. It's in the way you  
breathe, the way you speak gently to  
yourself, the way you choose to stay  
when it's easier to run.**

**You've learned that healing isn't about  
forgetting it's about remembering  
without pain Today, don't look back.**

**You are not who you were 21 days ago.  
You no longer chase peace; Day 21 -  
Becoming the Calm through noise and  
stillness — The storm didn't break you  
— You are not becoming the calm.**

**about remembering without pain.  
You've walked through fire and  
silence,  
"Peace is no longer a destination — it's  
who you've You've learned that  
healing  
isn't about forgetting — You are softer,  
wiser, and beautifully aware of your  
own. —  
power The storm didn't break you it  
built you You are not becoming the  
calm  
You are the calm.  
"Peace is no longer a destination — it's  
who you've become.**

## **Page 1 - The Art of Stillness**

**Meditation is not about escaping the  
world — it's about learning to see it  
clearly. Imagine sitting under a tree,  
the**

**wind whispering through the leaves.  
You close your eyes and for the first  
time, you your mind is realize: the world  
isn't noisy You breathe, and the noise —  
begins to fade**

**What remains is you — raw calm, aware  
Peace starts when you stop running from  
silence**

**Page 2 - The Power of Breath Your  
breath is the quiet bridge between your  
body and your soul.**

**When life feels heavy, notice how your  
breathing changes — fast, shallow,  
uncertain. Now, place your hand on your  
chest. Inhale slowly, feel the rise. Exhale,  
and let go of everything you cannot**

**control. You are still here — alive,  
steady, becoming whole again. your  
story. Every calm breath rewrite**

### **Page 3 - The Present Moment**

**The mind loves to wander back to what  
hurt, forward to what might. But peace  
lives only here, in this breath, this  
heartbeat, this single second. Look  
around: the sunlight on the wall, the  
sound of your this instant own  
breathing, the softness of Nothing is  
missing right now You are already  
where life is happening The present  
moment is not small — it's everything  
you've been searching for.**

### **Page 4 - Letting Go**

**Letting go isn't about forgetting it's about releasing the grip that pain has on your heart. Picture holding a handful of sand too tightly; the harder you squeeze, the more slips away So, open your hand.**

**Let what needs to leave, leave.**

**Freedom**

**often feels like emptiness at first — but soon, you'll realize it's just space for When you let go, you make room for something better to stay**

**Page 5 - The Beauty of Slow with it — chasing time, chasing The world rushes,**

**and we rush success, chasing approval.**

**But there's a quiet kind of power in slowing down. Like sipping tea that's finally cooled, or walking without checking your phone. When you move**

**slower, you see When you see more,  
you  
live deeper Slow is not weak — it's the  
rhythm of peace.**

### **Page 6 - Trust the Process**

**Not everything blooms when you want  
it**

**to Some seasons are for planting,  
others**

**for waiting. You can't rush the sunrise  
or**

**force a seed to open — it all happens in  
its own time. Even when you can't see  
it,**

**beneath the surface. Trust that what's  
meant for you is already on its way**

**Patience isn't stillness — it's silent  
faith**

**in what's unfolding**

**Page 7 - The Voice Within There's a  
voice inside you that whispers long  
before you listen. It speaks softly in**

**the moments you doubt, in the pauses between decisions. You've silenced it before, letting fear speak louder. But when you finally trust that quiet voice, life starts to make sense again. Your intuition is not a mystery — it's the echo of your truth. The voice within already knows — you just have to get quiet enough to hear it.**

**Page 8 - The Weight You Carry You carry so much — memories expectations, the versions of yourself that tried and failed Sometimes it's not the world that's heavy, it's the way you hold it Set the bag down for a while. Breathe. You don't have to carry it all to prove you're strong. True strength is knowing when**

**to rest. to breathe. You are allowed to  
put**

**the weight down — even heroes need  
Page 9 - The Mirror of Others**

**People are mirrors — they show you  
what still needs healing. When  
someone**

**triggers you, it's not always about  
them.**

**It's your wound asking for attention,  
your shadow asking to be seen.**

**Instead  
of reacting, observe. The world  
reflects**

**what's unhealed within you. When you**

**understand that, you stop taking  
things**

**personally and start growing What  
bothers you in others is often a  
whisper**

**from your own sou**

## **Page 10 - The Ocean Within**

**Inside you lives an ocean vast, silent,  
endless. Most days, you only see the  
surface: the waves, the storms the  
noise.**

**But if you dare to dive deeper, you'll  
find calm waters untouched by chaos.  
That's where your peace waits — not  
above, but below. You are not the  
waves**

**you feel them you are the depth  
beneath**

**Dive inward. The calm you seek is  
already within you**

**Page 11 - The Art of Acceptance  
Acceptance isn't giving up — it's  
stopping the war against what  
already is.**

**When you stop resisting, life begins to**

**flow again Like a river finding its way  
around a rock, not by force, but by  
grace**

**You can't control every current but  
you**

**can learn to move with them.**

**Peace is not in winning every battle —  
it's in realizing there was  
never a fight to begin with.**

**Acceptance turns pain into peace,  
and**

**resistance into wisdom.**

## **Page 12 - The Space Between Thoughts**

**Between every thought, there is a pause**

**— a silent space that often goes unnoticed.**

**That space is where peace lives.**

**It's not the thoughts that exhaust you, it's**

**the way you cling to them.**

**If you listen closely, you'll find stillness**

**hiding between the noise.**

**Meditation is simply learning to rest in**

**that space — the breath between what**

**was and what will be.**

**Silence isn't empty — it's full of answers.**

**Page 13 - The Healing of Time**

**English:**

**Time doesn't erase pain — it teaches you**

**how to hold it differently.**

**At first, the ache feels endless, like a storm that will never pass.**

**But slowly, the clouds part.**

**You begin to breathe again, to smile without guilt, to remember without drowning.**

**Healing isn't forgetting — it's learning to**

**live gently with what once broke you.**

**You are not running out of time — time is running with you, healing you as you go.**

**Page 14 - The Courage to Feel**

**Feeling deeply is not a weakness — it's proof that your heart is still alive.**

**You were never meant to be numb; even pain has its purpose.**

**It cracks you open, makes space for empathy, for love, for light.**

**Don't rush to shut your feelings down.**

**You're not losing connection — you're returning to yourself.**

**Solitude is sacred — it's where you remember who you are.**

**Page 16 - The Light You Carry**

**There's a light inside you that no darkness can touch.**

**Life may dim it, but it never dies.**

**You've walked through nights that tried to break you and still, you glow.**

**Your light isn't loud or desperate; it's steady, ancient, and real.**

**You don't need to chase the sun when you already shine from within.**

**Protect your light — the world needs its warmth.**

**Page 17 - The Art of Starting Over**

**Starting over isn't weakness — it's wisdom.**

**It means you were brave enough to let go**

**of what no longer fit your soul.**

**Sometimes life burns everything down so you can see the truth hiding in the ashes.**

**And when you rise again, you're softer,  
wiser, and infinitely stronger.**

**Every ending you survive becomes the  
soil for your rebirth.**

**Begin again — this time, lighter and  
wilder.**

**Page 18 - Trusting the Unknown**

**You don't have to see the whole path —  
just take the next step.**

**The unknown is not your enemy; it's the  
space where miracles are born**

**When everything feels uncertain,  
remember: life has never failed to keep  
you breathing.**

**There's beauty in not knowing, in  
allowing things to unfold without  
control.**

**The universe always meets the brave  
halfway.**

**Trust the mystery — it knows where  
you  
belong.**

**Page 19 - The Weight of Letting Go**

**Letting go isn't about forgetting — it's  
about freeing your hands to hold  
something new.**

**We cling to people, memories, pain,  
thinking they define us.  
But you are not what you lost — you are**

**what survived after.**

**It hurts to loosen your grip, yes. But  
what if release is the only way to fly?  
Some doors must close for your wings  
to  
open.**

**Letting go is not the end — it's how you  
begin to breathe again.**

**Page 20 - Becoming Your Own Peace**

**One day, you'll stop searching for  
peace in other people.**

**You'll realize it was never hiding in their words, their presence, or their love — it was always within you.**

**Peace begins the moment you stop needing the world to be soft for you to rest.**

**You learn to be your own calm, your own safe place, your own gentle silence.**

**And that's when freedom finally feels like home.**

**Be the peace you've been waiting for.**

**What I've Learned**

**I've learned that silence speaks louder  
than chaos.**

**In a world that glorifies noise, stillness  
became my rebellion.**

**Peace isn't given — it's created, breath  
by breath.**

**The calm you build within will protect  
you from any storm.**

**What I've Learned**

**I've learned that letting go isn't about  
loss — it's about space.**

**When you release what weighs you down, life finally has room to surprise you.**

**You don't lose people or moments — you return to yourself.**

**Freedom starts when your hands are empty but your heart is full.**

**What I've Learned**

**I've learned that strength is not about holding on, but knowing when to release.**

**True power comes in softness — the kind that bends, but never breaks.**

**There is courage in gentleness.  
You are strongest when you choose  
peace over pride.  
What I've Learned -  
I've learned that healing isn't pretty  
—  
it's raw, slow, and real.  
It's not about forgetting what hurt  
you,  
but learning to live gently beside it.  
The scar doesn't mean you're broken  
—  
it means you've begun again.  
Healing is proof that pain can bloom  
into peace.**

**What I've Learned**

**I've learned that solitude isn't  
loneliness  
— it's clarity.**

**When you sit with yourself long  
enough,  
you stop fearing your own thoughts.  
In the quiet, you meet the truest  
version  
of you.**

**Being alone is not empty — it's  
sacred.**

**What I've Learned**

**I've learned that not every battle  
deserves my fire.**

**Peace sometimes means walking  
away**

**without proving your worth.**

**My silence has become my loudest  
answer.**

**You don't have to fight to be seen —  
just  
be.**

**What I've Learned -**

**English:**

**I've learned that love doesn't  
always**

**mean staying.**

**Sometimes it means letting  
someone go**

**with grace, and wishing them peace  
from afar.**

**Real love isn't possession — it's  
freedom  
with care.**

**The purest love is the one that  
doesn't  
need to hold you to keep you.**

**What I've Learned  
I've learned that growth feels like  
loss  
before it feels like peace.**

**You outgrow people, habits,  
versions of  
yourself — and it hurts.**

**But pain is the price of becoming  
who you truly are.**

**You can't bloom without breaking  
open  
first.**

**What I've Learned**

**I've learned that boundaries are not  
walls — they are doors with locks  
only I  
can open.**

**Protecting my peace doesn't make  
me  
cold, it makes me whole.**

**Not everyone deserves access to my  
softness.**

**Guard your energy — it's sacred, not  
shared.**

**What I've Learned**

**I've learned that not everything  
deserves  
an answer.**

**Silence can heal what words only  
complicate.**

**Sometimes peace wins the war that  
pride  
begins.**

**You don't owe everyone a reaction —  
your calm is your power.**

**What I've Learned**

**I've learned that time doesn't heal —  
awareness does.**

**You don't wake up one day "over it";  
you grow through it.**

**Healing is not forgetting — it's understanding why it happened.  
When you face your pain, it loses its power.  
What I've Learned -  
I've learned that peace is a choice, not a moment.  
It's choosing not to react, not to chase,  
not to beg for understanding.  
It's walking away with grace — even when it hurts.  
Peace begins the moment you stop needing to be right.**

**What I've Learned -**

**I've learned that I don't need to have**

**everything figured out to feel at  
peace.**

**Life unfolds in its own rhythm —  
sometimes messy, sometimes  
magical.**

**The beauty is not in control, but in  
surrender.**

**I've stopped trying to chase  
"perfect."**

**Now, I choose "real."**

**Peace isn't a destination — it's how  
you**

**walk the road.**

**Your Reflections**

**You've walked through twenty-one  
days**

**of awareness, peace, and  
rediscovery.**

**Now, pause.**

**What have you learned about  
yourself —**

**the way you think, breathe, or love?**

**Write it down. Don't edit. Don't hold  
back.**

**Let your truth spill freely onto these  
lines.**

**This is your mirror — write what  
your**

**heart whispers.**

**Your Reflections**

**Think of one habit, belief, or fear that  
no  
longer serves you.**

**What would it feel like to finally  
release  
it?**

**Describe the freedom — not with logic,  
but with emotion.**

**Sometimes the act of writing is the  
first  
step toward letting go.**

**Your Reflections**

**Now look forward — who do you want  
to become?**

**Describe the version of you that feels  
peaceful, powerful, and alive.**

**What does she look like? How does she  
move, speak, love?**

**The future begins the moment you  
dare  
to imagine it.**

**Conclusion**

**You've made it here — not by chance,  
but by courage.**

**Each word you read was a mirror, and  
each silence between them was a  
doorway.**

**This book wasn't meant to change  
you. It  
was meant to remind you.**

**Remind you that you were always whole, always capable, always enough.**

**The journey doesn't end here; it simply shifts —**

**from reading these pages to living them.**

**You are your own peace, your own power, your own home**

**From the Author - Final**

**To you — the soul who read, felt, and dared to change...**

**This book is no longer mine. It's yours.**

**Each page you touched has your energy now.**

**If you ever forget who you are, come  
back here —  
not to read, but to remember.  
I didn't write these words to teach  
you  
peace.  
I wrote them because I found it — in  
the  
cracks, in the chaos, in myself.  
And I wanted you to know:  
you can find it too.  
Stay wild, stay soft, stay awake.  
— This is where my silence found its  
voice.**

**I am between the lines — not to be  
seen,  
but to be felt.  
— M. Vale**

**Life moves fast and sometimes, it's  
easy**

**to lose yourself in the noise.**

**This book is a gentle invitation to slow  
down, breathe, and find peace within.**

**Through 21 days of mindful reflection  
and self-awareness, you'll learn how to  
calm your thoughts, clear your vision,  
and strengthen your focus.**

**Each page is a reminder that clarity  
isn't**

**found in the world around you-It begins**

**within.**

**A journey to peace, purpose, and  
power-**

**one mindful day at a time.**

The Journey Begins

**CALM MIND, CLEAR FOCUS**

A 21-day journey to inner peace,  
strength, and clarity

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Written by

Maria vale

(Author & Dreamer)

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Find peace. Gain clarity. Reclaim  
your power

# *21 Days to Inner Clarity and Strength*

*Maria Vale*

> Life moves fast — and sometimes, it's easy to lose yourself in the noise. This book is a gentle invitation to slow down, breathe, and find peace within. Through 21 days of mindful reflection and self-awareness, you'll learn how to calm your thoughts, clear your vision, and strengthen your focus. Each page is a reminder that clarity isn't found in the world around you — it begins within.

A journey to peace, purpose, and power — one mindful day at a time.

— Maria Vale