



A BASKETFUL OF LOVE

THEME 19

DESK TO DE-STRESS

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 19: Desk to De-Stress

This workbook helps you intentionally design a calming, supportive desk environment. Whether for yourself or someone else, Desk to De-Stress focuses on easing tension, improving focus, and bringing moments of calm into the workday.

Use these pages to create a gift or workspace that supports balance and peace.

SETTING YOUR INTENTION



What areas of stress are you hoping to ease?

How do you want this desk space to feel during a busy day?

My intention for this desk refresh is:

YOUR BASKET VISION



What feeling should this desk setup encourage?
(Check or circle any that apply)

- ☐ Calm
- ☐ Focus
- ☐ Clarity
- ☐ Grounding
- ☐ Comfort
- ☐ Motivation
- ☐ Peace
- ☐ Organization

Other: _____

Describe the atmosphere you want this desk to support:

GIFT ITEMS BRAINSTORM



What items help reduce stress or improve focus at a desk?

Think about: sensory elements, functional tools,
small comforts, visual calm

List your ideas below:



Choose a calming desk style:

- ☐ **Soft Neutrals**
(cream, taupe, warm gray)
- ☐ **Earthy & Grounded**
(wood tones, sage, sand)
- ☐ **Clean & Minimal**
(white, light wood, subtle accents)

My chosen palette or style:



MESSAGE / AFFIRMATION CREATOR



Write 2–3 calming affirmations or focus prompts to keep nearby:

1.

2.

3.

*Optional:
Rewrite one into a short phrase
for a desk card or tag.*

PERSONAL REFLECTION



What causes the most desk-related stress for you?

What small changes can support calm throughout the day?

GRATITUDE MOMENT



Write three things that help you feel grounded during work or daily tasks:

1.

2.

3.



Your Desk to De-Stress Takeaway Message:

What does a stress-reduced workspace mean to you?

Date Completed: