



2020

Daily Calm Calendar



“Silence is not an absence
but a presence.”

Anne D. LeClaire

JANUARY

01 Write down your intention(s) for 2020. Do one thing to get started today.

02 Give yourself at least 15 minutes of intentional screen-free time.

03 Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

04 Close your eyes and breathe deeply for one minute.

05 Try a loving kindness meditation today.

06 Reflect on how your intentions are going so far. Are there any tweaks you need to make to set yourself up for success?

07 Find a quote or an affirmation to inspire and support you today.

08 Try a walking meditation.

09 Try the Emergency Calm. You may not need it today, but now you'll know it's there for you the next time your mind is spinning.

10 While making your bed, practice mindfulness by being completely engaged in the activity.

11 Text a friend who may need some love today.

12 Go for a long walk with a loved one.

13 Try a Sleep Story tonight.

14 Kick off the week with mindful movement — Calm Body, stretching, yoga, or anything!

15 Play the Daily Calm at work to share with your coworkers - maybe it'll become a new office tradition!

16 Mid-month check-in! How are you doing with your intentions? If they are going well, celebrate. If not, meet yourself with compassion and ask yourself what support you might need.

17 Light a candle, play some soothing nature sounds and enjoy a bath. Soak up the nourishment of self-care.

18 Eat your breakfast mindfully.

19 Explore ways to enjoy the weather today, no matter the forecast.

20 Cuddle up with a good book and a cozy blanket.

21 Do one small thing to make your workspace more calming. Try incorporating essential oils, a plant or a simple cup of hot tea.

22 Remember a high, a low, and something that made you laugh from your year so far.

23 When you take your shower, spend a few minutes just feeling the sensation of the water on your skin.

24 Try a Body Scan.

25 When you drink your coffee or tea, put away your phone and drink in silence. Be mindful of the taste, temperature and enjoy your morning.

26 Get creative — color, write, craft, draw or paint.

27 Get outside.

28 Notice where you hold tension. Bring your awareness there at breakfast, lunch, and dinner and invite it to soften.

29 Set the Mindfulness bells in 10-minute intervals for an hour. Each time you hear the bell, close your eyes, take a deep breath and grow a little taller.

30 Set a timer for 5 minutes and write as a way of checking in with yourself.

31 You did it! A month of mindfulness! Take a moment to note what lessons you'd like to carry with you.

“If your compassion does not include yourself it is incomplete.”

Jack Kornfield

FEBRUARY

01 Write down 3 things you're grateful for.

02 Compliment someone today.

03 Buy yourself flowers.

04 Detox from your devices today. Go offline for at least half of the day.

05 Start planning a meaningful Valentine's Day hangout with a friend or your sweetie.

06 Listen to the Self-Compassion meditation in the Relationship to Self Series.

07 Try to be aware of your internal dialogue. See if you can notice when you're kind (or unkind) to yourself throughout the day.

08 When you look in the mirror today, find something you love about yourself and say it out loud. Take a selfie!

09 Take yourself out on a date! A walk on the beach, a trip to a coffee shop - anything that makes you smile!

10 Reflect and journal about what nourishes you.

11 Set aside 5 minutes to lay down, close your eyes and listen to your favorite song.

12 Make your own loving kindness meditation by filling in the blanks.
May I be _____.
May you be _____.
May all beings be _____.

13 When you eat your food today, connect to where it came from.

14 Write yourself a Valentine.

15 Listen to one of the meditations in the Relationship to Others Series.

16 When you notice yourself being judgemental toward yourself or others, practice compassion.

17 Perform a random act of kindness.

18 Do one thing that cultivates a friendship with your body.

19 Try the Deep Sleep Release before bed.

20 Do the Breathe Bubble and imagine that you're inhaling compassion for yourself and exhaling harsh judgment.

21 Make your lunch with extra care.

22 Challenge a negative thought pattern. Stand up to it like you were standing up to a bully.

23 Mindfully clean a room in your home.

24 Choose a self-care practice (a long bath or a warm cup of tea) that nourishes you and give that to yourself today.

25 Text a friend and let them know why you love them.

26 Take an afternoon nap with our nap story.

27 Do at least 10 minutes of mindful movement.

28 Reflect on how you want to nurture your relationship to self.

29 Give yourself a hand or a foot massage.

“A good laugh and a long sleep are the two best cures for anything.”

MARCH

Irish Proverb

01

Go for a short walk before bed and look up at the sky.

02

Do something that will make your sleeping space feel more relaxing.

03

Do one thing that will help you feel more organized for the week ahead.

04

Notice how you spend your time before bed. How do you set yourself up for a good night's rest (or not)?

05

Set a bedtime for tonight and stick to it.

06

Dim the lights and light some candles a couple of hours before bed.

07

Did you know that being dehydrated can disrupt your sleep? Stay hydrated during the day & notice how it affects your sleep.

08

Reach out to someone who inspires you and tell them why.

09

Get outside today and move your body.

10

The senses are the entry point to the present moment. Delight your senses with lovely smells, sounds, sights, tastes, and things to touch!

11

Trying the Evening Wind Down in the Calm Body Selection. We designed it for you to do in bed!

12

Notice how the foods that you eat affect your energy levels.

13

Turn down screen brightness on your phone (or computer) at night.

14

Keep a notepad or journal by your bed so you can empty your thoughts onto paper and leave them for tomorrow.

15

Meditate on the coziness of your bed & blankets before going to sleep.

16

Unwind from your day with a progressive muscle relaxation body scan, Deep Sleep Relax.

17

When you get into bed, visualize yourself somewhere calm and relaxing.

18

Cuddle up with a book instead of the TV before bed.

19

At bedtime, lie on your back, place your hands on your belly, and pay attention to the rise and fall of every inhale and exhale.

20

Spray some Sleep Mist or lavender on your pillow before bed.

21

Find a poem that you love and read it.

22

Skip your afternoon caffeine (this means chocolate too) — don't worry, it'll still be there in the morning :)

23

Make relaxing plans with a good friend.

24

Do something playful today that nourishes you!

25

Try a meditation or a Sleep Story that you've never done before.

26

Detox from technology at least an hour before bed.

27

Go for a 15-minute walk in the morning and get some sunshine.

28

Go to bed with one of our Sleep Music Tracks.

29

Unwind from your day with the Sigur Ros Sound Bath Experience.

30

Go for a photo walk. Discover the beauty in your neighborhood.

31

Based on all you've learned this month, design a relaxing bedtime ritual just for you.

“The day you stop racing, is the day you win the race.”

Bob Marley

APRIL

				01 Look for the humor in a frustrating situation or connect with someone who makes you laugh. Notice how laughter impacts your mood.	02 Take 3 short mindful stretch breaks throughout the day.	03 Listen more than you talk today.	04 Notice what you do when you're waiting.
05 Eat your breakfast mindfully.	06 Do something to invite more calm into your life today.	07 Plan the week ahead to prioritize your self-care. Schedule in walks, meditation, baths, and more...	08 Make somebody's day better.	09 Explore where you are today. Get curious and look for the beauty.	10 Give yourself extra time and take the "scenic route". Soak up the feeling of moving slower and adding a little wonder to your day.	11 Plan out your day and schedule in some breaks.	
12 Massage your face and notice where you hold tension. It's amazing how much stress we can hold — often without awareness — in the muscles around our face.	13 Check in with your energy levels and plan your day in a way that honors how you're feeling.	14 Reflect on what you learned about yourself lately.	15 Take a day off from social media.	16 Be aware of your posture. You don't have to change it, but you may want to ;)	17 Wash the dishes mindfully.	18 Whenever you're outside, look up. Notice how it makes you feel.	
19 Pay attention to your feet today. They are your connection to the earth and they support you most of the day.	20 Set a timer for 30 minutes and focus completely on a chosen task.	21 Invite a friend, family member or neighbor to meditate with you.	22 Connect with Mother Earth today. Go for a walk, sit by a tree or do your meditation outside.	23 Write a list of 5 things that you're grateful for in your life.	24 Play your favorite song and take a dance break.	25 Give yourself some praise. Write down or say out loud 5 things you admire about yourself. Really soak in what that feels like.	
26 Eat your lunch with another person. Notice how it feels to take a break and connect with someone.	27 Start a Calm Masterclass.	28 Make space for something crafty or creative.	29 Add a little fun or whatever's needed to your day.	30 Give your eyes a break every hour. Close your eyes and just breathe for 30 seconds.			

“When you say ‘yes’ to others, make sure you are not saying ‘no’ to yourself.”

MAY

Paolo Coelho

03 Use the breath as a tool to create space in your mind and body, especially when you find yourself in a stressful situation.

04 Each time you notice that you are distracted, name the distraction and return to the breath.

05 Today cultivate self-compassion by letting go of perfectionism. Use the affirmation: I am enough.

06 Practice labeling your experience. ex. If you notice a sound, silently say to yourself ‘hearing’ without thinking more about the sound.

07 Everything changes. This is both beautiful and tragic. Set aside some time to celebrate the gifts and grieve the losses.

01 Write down all of your shoulds on a piece of paper. Practice letting go of one of your shoulds and explore softening your expectations.

02 Write a short thank you letter to a teacher that made an impact on you. If possible, send it to them.

08 Step back and observe your thoughts as a witness. Recognize patterns and challenge your thoughts by asking, is this true?

09 When a difficult emotion arises, take a moment to talk to them as if they were a good friend.

10 Step a tiny bit out of your comfort zone today.

11 **Make space in your day for some YOU time.**

12 Ask yourself, “What can I do less of today?”

13 Rewrite a story that you’ve been telling about yourself that is no longer serving you.

14 Be kind to someone that you find challenging in your life.

15 **Name three things that you have gained from growing older. Take time to celebrate.**

16 Take at least a one-minute break each hour to explore movement in your body. Stretch and work with your breath to release tension.

17 **Try going with the flow today.**

18 Meditate twice today.

19 Do a chore you normally dislike doing with extra love and attention.

20 Say NO to something today. Do it as a way to honor your needs & create healthy boundaries. Resist the need to justify, explain or defend.

21 Reach out to someone in your life that you are grateful for and tell them why.

22 Try a new recipe tonight. Cook mindfully.

23 **Mindfully organize a cupboard or a drawer.**

24 Try something in the Calm app that you haven’t tried yet.

25 Say NO to something today. Do it as a way of honoring your needs and creating healthy boundaries. Resist the need to justify, explain or defend.

26 **What do you want to say YES to today?**

27 Create a positive affirmation for yourself. What do you need to hear today? Repeat it to yourself and write it down in a place that you’ll see it often.

28 Perform a simple act of dignity – acknowledge someone else’s suffering with compassion and presence. Connect with their humanity.

29 **Do something different today. Notice what this brings up for you.**

30 Just for today, do NOT do that thing that you’ve been meaning not to do. Notice what comes up for you.

31 Reflect on the past month and repeat an activity that made you feel good.

“What a lovely surprise to finally discover how unlonely being alone can be.”

JUNE

Ellen Burstyn

01

Be aware of the armor you wear. Consider how it protects you & how it holds you back. Explore softening the armor you no longer need.

02

Journal about a transformation you have made in your life.

03

Examine how your life philosophies connect with your state of happiness. Notice if you're deferring your happiness to some future date.

04

What anchors you during stormy times. Take a moment to connect to that anchor and ground yourself.

05

Pause during a busy part of your day and name 10 things that you are grateful for in your life.

06

At lunch contemplate the many factors that made it possible for this food to be on your plate. Who worked to make this lunch possible?

07

When you feel that impulse to blame, ask yourself if you have any responsibility in what's happening.

08

Hold space for someone in your life who's going through a hard time. Let them speak their truth.

09

Move through the ups and downs of your day with positivity, being thankful for what you have, and not dwelling on the negative.

10

Step off the train of addictive thoughts. Remind yourself that just because you have a thought, it doesn't mean you have to follow it.

11

What parts of yourself do you hide from the world? This part of you needs your love, acceptance, and compassion today.

12

Ask questions without expecting an answer but rather to cultivate a sense of curiosity, practice unknowingness, and inspire wonder.

13

Use the exhale as a guide to help you release habits, tendencies, or thoughts that no longer serve you.

14

Do one thing to bring your day into a better balance. If you're not sure where to start, try balancing your inhale with your exhale.

15

With compassion, explore the why behind your actions. Why do you do what you do? Notice if you've never questioned a particular habit.

16

Inch outside your comfort zone today. Take a risk and say yes to a healthy challenge or new experience in your life.

17

Connect with the artist within. Whether through paper maché, break dance, or poetry, allow yourself to create unselfconsciously.

18

Before your dinner offer gratitude for the food in front of you. Check out Calm's Mindful Eating Series to be led through this practice.

19

If your mind was a weather pattern today, what would it be?

20

Pay attention to your breath, noticing the subtle variation and nuance in each moment.

21

Listen to the mind and heart equally when you're making decisions today. Notice when they agree and disagree.

22

Practice patience and allow things to unfold in their own time.

23

Empathy is being with someone's pain, even feeling it with them, without trying to make it better. Offer empathy to someone today.

24

Notice any habitual ways you create unnecessary noise. Make space for more silence and notice what shifts and opens up for you.

25

As you brush your teeth, just brush your teeth. Be present and focus attentively, relish the sensations, sounds, and taste.

26

As you make choices about food, shopping, and transportation, pause and reflect on each individual action.

27

Practice mindful eating. Open your senses, eat slowly, and fully taste each bite.

28

Use the Open-Ended Meditation to play a bell every 30 minutes. Each time you hear the bell invite yourself back to the present moment.

29

Practice loving-kindness toward yourself today. May I be happy. May I be well. May I be safe. May I be at peace.

30

Listen to someone else's perspective today.

“When you don't know what to do, do nothing. Get quiet so you can hear the still, small voice.”

Oprah Winfrey

JULY

01 Explore Calm Music today and find your new favorite track.

02 **Do nothing for 5 minutes. Find a lovely spot and gaze into the distance.**

03 Write down a list of people that you would like to send loving kindness. Text a handful of them your favorite heart emoji.

04 **Cultivate an awareness of how you impact those around you.**

05 When you're walking from place to place, notice your energy and the connection between what's happening in your mind and body.

06 During a challenging moment, close your eyes, take a breath, and find some joy within.

07 **Try a meditation from the Emotions Series today.**

08 Contemplate how your habits reflect the way you want to be treated in life. Are you gentle and loving towards yourself?

09 A journey of a thousand miles begins with a single step. What step will you take today?

10 Are you a striver or a slacker in meditation practice? Practice finding the middle path by adding more softness or resolve.

11 Reflect on how you have bloomed through adversity in your life.

12 Explore the possibility and potential of your awareness. Open up to the world and listen for the quietest sound that you can hear.

13 **What do you need to accept and surrender to in your life? Stop fighting and resisting for the day and see what happens.**

14 Pay attention to your surroundings with a curious mind.

15 Listen to the needs of your mind and body. Recharge through rest and play. Let us know what you get up to with the hashtag #DailyCalm

16 Try Calm's Take:90 meditation to quiet volatile thoughts & emotions within 90 seconds. Remember that you have a tool to use anger arises.

17 Look up at the sky tonight and remember that we are all nourished by the same star and bound by the same gravity. Whoa!

18 Give yourself an award to acknowledge the inner work that you have done to heal, transform, and grow.

19 Go forest bathing or go outside and do the Walking Meditation in the Calm app.

20 Find joy in the process today. Infuse your efforts with courage, grace, and openness.

21 Try being mindful in a situation that you've never practiced mindfulness before.

22 **Take a technology time-out.**

23 Practice responding instead of reacting today.

24 Carve out a few moments to acknowledge the gifts in your life. Share your gratitude with someone in your life.

25 **Follow your instincts today and reflect on what happens.**

26 Explore placing a hand on your body (maybe over your belly or heart) in a way that feels calming. Come back to this when you need it.

27 **Let an animal be your teacher today.**

28 Walk around like you belong and feel like enough for the day (even if you don't quite believe it, yet).

29 Switch something up in your day and notice how it feels.

30 Soften stress or anxiety by consciously slowing your breath for 2 minutes. Use the Breathe Bubble or try it self-directed.

31 Journal for 10 minutes. Don't worry about being good, just write.

“Let them come,
let them be,
let them go.”

AUGUST

Culadasa

01 Allow the sounds around you to pull you into the present. Notice how they make you feel.

02 Be generous with what you have today. Donate money, volunteer your time, or help out a friend.

03 Your body is your home. Take a minute and silently say “I am” with every inhale and “home” with every exhale.

04 Let go of the way that you think life *should* be, and *open* to how it is in this moment.

05 Meditate for 5-10 more minutes than usual.

06 Set a timer for 5 minutes and journal. Start with the prompt: *When I listen carefully, I hear my heart say...*

07 Soften your judgment of others and deepen your connection to the beautifully imperfect people around you.

08 Observe your thoughts as if they were bubbles. Watch them pop!

09 What is your most unhelpful tendency when relating to others? Compassionately explore how to show up differently.

10 For every text that you receive, pause, and take a deep breath before responding.

11 What part of your life needs your mindfulness practice? Write down 3 ways that you can integrate your practice into this part of your life.

12 **Be vulnerable with someone you trust.**

13 Schedule at least 15 minutes of pure enjoyment into your busy day.

14 Ride the waves of change rather than resisting uncertainty.

15 Practice compassion with every person that you cross paths with today.

16 Notice what happens with your breath in a variety of different situations. How does the texture, quality, rhythm, and depth shift?

17 Choose a word that you would like to add (or remove) from your vocabulary, and then be mindful of using (or not using) that word.

18 **Which quality about yourself do you wish to strengthen today?**

19 Less is often more. How will you practice simplicity today?

20 Savor unexpected downtime when you find yourself waiting in a line or for a friend.

21 Journal about how you fuel the fiery feeling of anger when you're upset. What would help you to take a step back from your anger?

22 Stop comparing yourself to others and embrace your uniqueness.

23 Write down 5 things that help you to calm down. Put it somewhere that you'll see it when you need it.

24 Rather than stressing out about things you can't rush or change, use that time to enjoy your life.

25 Pay attention to 3 things in your inner or outer world that you've never paid attention to before.

26 What gift are you being offered today? Take a moment to savor it.

27 Regularly check in with yourself, and ask yourself, Am I awake? Where is my mind right now?

28 Lengthen your inhales and exhales to regulate your stress response and gain a sense of calm.

29 **Celebrate every step you take today (literally or figuratively).**

30 Try a meditation in the Calm app that you've never tried before.

31 Spend time looking up at the sky and notice how it makes you feel.

“Storms make trees take deeper roots.”

Dolly Parton

SEPTEMBER

01 When you need to make a decision, take a break from thinking and sit in meditation to let the answer or arise naturally.

02 Welcome whatever emotions are coming up for you. Let go of resistance and notice what's possible when you accept what arises.

03 Slow down and bring full awareness to the pleasure of whatever you find yourself doing, whether folding a t-shirt or watching a sunset.

04 When you notice yourself critiquing yourself, pause, take a deep breath and say to yourself, what if I didn't judge myself right now?

05 **Instead of trying to force things you can't change, focus on what you can shift and influence.**

06 Let thoughts pass like clouds floating by in the big blue sky. Notice how working with this analogy makes you feel.

07 Instead of seeing a past mistake as a blunder, recognize it as a step along your journey. Let it be a source of wisdom and growth.

08 “When the student is ready, the teacher will appear.” Reflect on an unexpected teacher in your life.

09 What needs tending in your life? Invest 15 minutes of your time and attention to something that you've been neglecting.

10 **Write a list of what's important to you and put it on your fridge. Write from your heart.**

11 Each time you turn to your breath, you are creating a more peaceful environment for your thoughts and emotions.

12 As you move through the world, practice beginners-mind by approaching life with wonder, innocence, and curiosity.

13 Give yourself space to feel, time to breathe, and become your own source of soothing comfort.

14 Make room for your emotions without judgment. Allow them to pass through you, evolve into something else, or just dissolve.

15 Remember that you're not just your mind. Walk through the world connected to your body and heart and honor them in your choices today.

16 **Make time for silence today. Think of it as a gift to your mind.**

17 Do your meditation somewhere out of the ordinary today. Maybe outside or on the bus! Notice how you meet new distractions.

18 Be. Here. Now. Say this to yourself at least 10 times today.

19 “There is no need for a different, better moment.” Meet each moment fully and work with what you have available to you at this time.

20 Your heart is beating. Your body is breathing. You are here. Receive today as a gift.

21 **Look for the humanity within yourself and others. Let there be love.**

22 Reflect on something that you'd like to let go of and use your exhales to support your process.

23 Talk about your shame with someone you trust. Shame can't survive when it is met with empathy and understanding.

24 **Find a quiet place and hang out in the spaces in between your thoughts.**

25 When negativity arises, practice gratitude to shift your perspective.

26 **Surrender to change as a way to find your flow.**

27 When you notice yourself being reactive, impatient, or aggressive, stop and ask yourself how you want to act. This is a moment of choice.

28 Explore the details of a familiar space to see it anew. Share what you noticed with the hashtag #DailyCalm

29 “Obstacles do not block the path, they are the path.” What in your life seems like an obstacle but is actually helping you to grow?

30 **Do something to strengthen your resiliency.**

“There is a crack in everything,
that’s how the light gets in.”

Leonard Cohen

OCTOBER

04 Take a break and go for a walk today. Even if it’s just around the block. Movement affects the way we think and feel.

05 Observe when you have the impulse to reach for your phone and note what emotion is underneath your desire to check it. Ask yourself if there is something else you could do.

06 **Find a way to spend some time outside today. Just 30 minutes in nature can improve your mood and sense of wellbeing.**

07 Visualize or draw your support network of friends, family, and health practitioners. If there are places that need more support, think about how you could bring that support into your life.

01 “Everyone you meet is fighting a battle you know nothing about. Be kind. Always.” Keep this in mind while interacting with others today.

02 Celebrate your seemingly small successes like taking a shower or cleaning the dishes. They are not so small — they require your energy and good health.

03 Place a hand on your belly and breathe for one minute. Taking time to be with the breathing body can help ground anxiety and relieve stress.

08 Pay attention to the food that you eat today and how it impacts the way that you feel. What is something that you want to eat less of and what is something you want to eat more of?

09 Reach out and make plans with someone in your life that means a lot to you. Spending time with people who make you feel good about yourself is good for your health.

10 Write down a list of things that support your mental health. Keep it somewhere to remind you of your unique and evergrowing mental health toolkit!

11 Start one of the 7 Days of ... meditation series in the Calm app.

12 **Rather than judging yourself or others, offer compassion.**

13 Make a meal from scratch. The process of cooking is grounding. Choose whole foods over processed foods when possible.

14 Help reduce stigma by learning more about mental health struggles. Many people living with mental illness feel isolated because they are not met with understanding and empathy.

15 Charge your mental and physical batteries by getting enough sleep and going to bed early or on-time tonight.

16 Before looking at social media, decide how long you want to spend online and then set a timer. Stop when the timer goes off. Remember you are in charge of your free time.

17 **Ask someone who loves you to tell you 3 reasons why they love you. Listen and fully receive their love.**

18 **Write down three qualities that you admire about yourself.**

19 Make a movement date with a friend. Go out dancing, for a walk or do a Calm Body session together.

20 **Try something in the Calm app that you haven’t tried yet.**

21 Give yourself time and space to feel and grieve any losses you’ve experienced. Healing is not a linear process.

22 Reflect on the ways that you’ve grown through heartache or adversity. Take a moment to congratulate yourself on the personal work that you’ve done.

23 Notice how electronic notifications make you feel. Turn off notifications on your phone and computer for things that distract you unnecessarily and leave you feeling stressed.

24 Spend as much of your day as you can in the present moment. Notice when you get pulled into the past, future, or stories about yourself and gently invite yourself back to the NOW!

25 Share your struggles with a trusted friend. Bottling up our emotions can lead to feeling isolated and overwhelmed.

26 Forgive yourself for a mistake you made. Remember mistakes are a natural part of life, it’s what we do next that matters most.

27 Reach out to someone who is having a hard time and offer them some support. Or, ask for help if you need it!

28 Be good to yourself today. Set aside some time to do something nourishing. Self-care looks different for all of us.

29 Let go of the need to be validated by others and instead practice validating and accepting yourself.

30 **Explore where you might need some stronger boundaries in your life. Honor your needs.**

31 “The world changes when we change our perspective.” Try looking at a challenge with a different perspective. Wishing you new possibilities.

“As soon as you trust yourself, you will know how to live.”

Johann Wolfgang von Goethe

NOVEMBER

- 01 Think of one thing that you are grateful for right now. Give yourself time to soak in the feeling of gratitude and notice how you experience it in your body.
- 02 Think of the person who makes you laugh the most in your life. Send them a text expressing your gratitude.
- 03 Name a part of your body that you are grateful for and why. Optional: draw a little heart there (a temporary tattoo of sorts).
- 04 **Think of someone who has been kind to you. Take a moment to pause and feel your gratitude for 30 seconds.**
- 05 Mindfully eat your lunch today and practice gratitude for the food you have to eat. Listen to the Gratitude Before Meal session in Calm's Mindful Eating Series.
- 06 What teacher are you thankful for? Tap into gratitude and take a moment to think about what you've learned from them.
- 07 What song makes you happy? Take a couple minutes out of your day to lie down, close your eyes, and listen deeply. Or, dance if that's a more joyful way for you to receive the music ;)
- 08 For every letter of the alphabet, write down something that you are grateful for.
- 09 **Take a photo of something that inspires gratitude in you.**
- 10 Think of a place in the world that you love. Close your eyes and imagine yourself there.
- 11 Practice maintaining eye contact when you say thank you. Do the same when someone thanks you.
- 12 Buy or make a small gift for someone you appreciate.
- 13 Take a gratitude walk. Open your senses and your heart to your surroundings and silently say thank you to everything that you are grateful for.
- 14 **Talk about gratitude at the dinner table tonight.**
- 15 Relate to your hands and feet with gratitude. How do they support you? How do they bring possibility into your life?
- 16 Practice gratitude for the people who have come before you. Think of the people who have helped make this moment possible for you.
- 17 Write a thank you note to yourself for all of the ways that you have loved and taken care of yourself over the years.
- 18 Get crafty & make something to remind you to practice gratitude. Maybe a gratitude jar, a note on your bathroom mirror, or a gratitude chalkboard in the kitchen.
- 19 **Ask 3 different people what they are grateful for and why.**
- 20 Relate to water with gratitude today. Experience the warmth of water while showering or bathing, your ease of access to clean drinking water, or the soothing quality of a pond, lake, river or ocean.
- 21 Thank your body for sleeping last night (even if it wasn't for as long as you wished). In what ways are you grateful for sleep?
- 22 Is there something in your life that you might be taking for granted? Take a moment to reflect on this.
- 23 **Do something you LOVE doing today. Be sure to give yourself time to FEEL the experience.**
- 24 Write a letter to someone who has made a difference in your life. Thank them and tell them why you are grateful.
- 25 Think of a time when you felt seen and heard. Remember what you most appreciated about that moment.
- 26 Listen to the Sleep Story, Gratitude, before bed.
- 27 **Look for the gift in something you find challenging.**
- 28 What color do you love? Keep an eye out for that color in the world today and take a moment to soak it in each time you see it.
- 29 Choose one of your senses (sight, touch, smell, taste or hearing) and move through your day with awareness of and gratitude for that sense.
- 30 Inhale and think of something you're grateful for. Exhale gratitude. Repeat at least 5 times.

“Be the reason someone believes in the goodness of people.”

DECEMBER

Karen Salmansohn

01 Listen to a loving kindness meditation today.

02 Loving kindness begins with ourselves. We fill ourselves up to become a source of generosity and care. Write a list of the ways that you practice this towards yourself.

03 Write a list of your beliefs that tell you it's not okay to be loving with yourself. After writing your list take a moment to compassionately challenge each of these beliefs.

04 **Write a list of the things that make you happy.**

05 Do something that makes you happy today. While doing so take a moment to close your eyes, take a deep breath and say, "may I be happy".

06 **Write a list of the things that make you feel healthy.**

07 Do something positive for your health today. While doing so take a moment to close your eyes, take a deep breath and say, "may I be healthy".

08 **Write a list of the things that make you feel safe.**

09 Do something that contributes to your safety and security today. While doing so take a moment to close your eyes, take a deep breath and say, "may I be safe".

10 Write a list of things that make you feel peaceful.

11 Do something that connects you to that peaceful place within. While doing so take a moment to close your eyes, take a deep breath and say, "may I be at peace".

12 Think of a friend who's been feeling sad lately. Do something for them that might inspire the possibility of joy within.

13 Think of a friend who's sick. Do something for them that might support their health and well-being.

14 Think of a friend who's been feeling unsafe lately. Do something for them that might support their sense of safety.

15 Think of a friend who's been feeling stressed lately. Do something for them that might offer them some ease.

16 Offer kindness to a stranger.

17 Think of someone who challenges you, and if possible, try to hold them with care and compassion in your heart.

18 Think of some people in the world that are suffering that you don't know and do loving kindness meditation in dedication to their wellbeing.

19 Check in with yourself today. What sort of loving kindness do you need from yourself today?

20 **Offer loving kindness to your inner critic.**

21 Make space for quiet and reflection today. Perhaps on a walk, over a cup of tea or while journaling.

22 If it is within your means, give to a cause that is meaningful to you.

23 **Send loving kindness via text or social media today.**

24 Give yourself the gift of healthy and compassionate boundaries today.

25 **Feel the joy of giving today and allow yourself to receive from others fully.**

26 Give yourself the gift of movement today. Go for a hike or do a Calm Body session.

27 Ask a friend to mediate with you today. Do the Daily Calm together or a loving kindness meditation.

28 What gifts has mindfulness brought into your life? Celebrate your growth.

29 Write down a list of gifts that you have received from others that are not objects.

30 Cultivate awareness of the world around you in all directions. Send well wishes to everyone within your awareness (humans and animals)!

31 Reflect on the past year. Express gratitude for gifts this year has brought and honor the losses in your life.