

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7 Reflect on this past week. What do you want to focus on this coming week? Put it in writing with #YearOfCalm so we can support you!	8 #MotivationMonday! Share your favorite affirmation on Instagram with the hashtag #YearOfCalm	9 Try the Emergency Calm. You may not need it today, but you're more likely to remember it's there for you the next time your mind is spinning.	10 When you make your bed today, practice mindfulness by being completely engaged in the activity.	11 Text a friend who may need some love today.	12 Try a Sleep Story tonight.	13 Try a loving kindness meditation today.	
14 When you sip your coffee or tea, put away your phone and drink in silence. Be mindful of the taste and enjoy your morning.	15 Kick off the week with mindful movement — Stretching, yoga, or anything!	16 Mid-month check-in! How are you doing with your intentions? Let us know with the hashtag #YearOfCalm #CalmCommunity	17 Light a candle, play some soothing nature sounds and enjoy a bath. Soak up the goodness.	18 Eat your breakfast mindfully.	19 Try the 'Five Senses' exercise. 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.	20 Go for a long walk with a loved one.	
21 Find some calm with a good book or a meditation. Give yourself the gift of calm this Sunday.	22 Share a high, a low and something that made you laugh from your year so far with the hashtag #YearOfCalm	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 Do one small thing to make your workspace more calming. Try essential oils, a plant or a cup of tea. Post a pic - you may inspire someone! #YearOfCalm	26 Notice where you hold tension. Bring your awareness there at breakfast, lunch and dinner. Invite it to soften. Let us know if anything shifted. #YearOfCalm	27 Get outside. Take a picture and post with #YearOfCalm	
28 Get creative - color, write, craft, draw or paint. Share what you create with #YearOfCalm	29 Set the Mindfulness bells in 10-min intervals for an hour. Each time you hear the bell, 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! Share your experience with #YearOfCalm - we'd love to hear how you did with this month's challenge!	<h1>#year of Calm</h1>			Share your progress with our global community using the hashtags #YearOfCalm and #CalmCommunity!

