

S M T W T F S

01

Set a timer for 5 minutes and make a gratitude list.

02

There is no right way to be, feel, or look today.

03

Connect with nature by gazing at the sky.

04

Relive a fond memory. Remember how you felt.

05

Celebrate your dreams that have come true.

06

Interrupt worry with Calm's "Anxiety Release" meditation.

07

Watch out for small moments of happiness today.

08

"Today, I am grateful for the meals that nourish me."

09

Busy mind? Put your worries on the page with journaling.

10

Fill in the blank: One of the biggest gifts in my life is ____.

11

Listen to the Gratitude Masterclass with Tamara Levitt.

12

How have your greatest challenges helped you grow?

13

Perform a random act of kindness today.

14

Send a thank you message to someone in your community.

15

Repeat: I accept all of me. I am at peace.

16

Sense where you feel anxiety in your body.

17

"Today, I am grateful for the place I call home."

18

Say yes or no with clarity and confidence.

19

Listen to a Calm playlist during your morning routine.

20

Tell someone you love why they matter to you.

21

Place your hands on your belly, and take 8 deep breaths.

22

Do something to comfort yourself.

23

Traveling? Try 'Calming Flight Anxiety' or meditate.

24

Need a break? Try a short meditation from our "Quick & Easy" section.

25

May you find moments of ease and rest today.

26

Take a walk and pay attention to each step.

27

It's ok to feel however you feel today. Be kind to yourself.

28

Resurrect a childhood tradition that brought you joy.

29

List all the ways your body takes care of you.

30

"Today, I am grateful for the progress I've made in my life."

November

"In life, one has a choice to take one of two paths: to wait for some special day—or to celebrate each special day."

- *Rasheed Ogunlaru*

Calm