

S M T W T F S

June

“Life is a dance. Mindfulness is witnessing that dance.”

- Amit Ray

01

Prioritize getting outside today.

02

Take 10 minutes to do nothing today.

03

Set an alarm to stretch a few times today.

04

Notice what emotions are present today.

05

Loosen up with the Daily Move.

06

10-min free write: let your mind flow!

07

Try doing one thing at a time today.

08

Focus on flowing with the day.

09

Take one thing off your to do list today.

10

Stay connected to your body today.

11

Practice a kind attitude today.

12

Go to bed 30 minutes earlier tonight.

13

Follow your curiosity today.

14

Do something that feels good to your body.

15

Focus on accepting where you are today.

16

Practice mindful eye contact.

17

Offer a mindful hug today.

18

Prioritize joy today.

19

Build heat with rigorous movement!

20

Notice and adjust your posture.

21

Give yourself a quick massage.

22

Be authentic with your responses.

23

Gaze at the clouds today.

24

Sit in stillness without a device.

25

Repeat: “I am safe, loved and present.”

26

Wake up mindfully today.

27

Use your imagination today.

28

Express gratitude to yourself.

29

Try Calm’s Commuting meditation.

30

Spend time in nature.

Calm