

S M T W T F S

01 02 03 04 05

Set a timer for 5 minutes and make a gratitude list. There is no right way to be, feel, or look today. Connect with nature by gazing at the sky. Relive a fond memory. Remember how you felt. Celebrate your dreams that have come true.

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Interrupt worry with Calm's "Anxiety Release" meditation. Watch out for small moments of happiness today. "Today, I am grateful for the meals that nourish me." Busy mind? Put your worries on the page with journaling. Fill in the blank: One of the biggest gifts in my life is _____. Listen to the Gratitude Masterclass with Tamara Levitt. How have your greatest challenges helped you grow?

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Perform a random act of kindness today. Send a thank you message to someone in your community. Repeat: I accept all of me. I am at peace. Sense where you feel anxiety in your body. "Today, I am grateful for the place I call home." Say yes or no with clarity and confidence. Listen to a Calm playlist during your morning routine.

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Tell someone you love why they matter to you. Place your hands on your belly, and take 8 deep breaths. Do something to comfort yourself. Traveling? Try 'Calming Flight Anxiety' or meditate. Need a break? Try a short meditation from our "Quick & Easy" section. May you find moments of ease and rest today. Take a walk and pay attention to each step.

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It's ok to feel however you feel today. Be kind to yourself. Resurrect a childhood tradition that brought you joy. List all the ways your body takes care of you. "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