

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Notice when you are taking something more seriously than you need to. Invite some humor into the situation.	2 Take 3 short mindful stretch breaks.	3 Listen more than you talk today.	4 Notice what you do when you're waiting.	5 Happy International Calm Day. Listen to the Daily Calm today and reflect on how you cultivate calm in your life.	6 Eat your breakfast mindfully.	7 Explore where you are today. Get curious and look for the beauty.
8 Plan the week ahead to prioritize your self-care. Schedule in walks, meditation, baths, and more ...	9 Make somebody's Monday better. Let us know what you did with the hashtag #YearOfCalm	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.	13 Reflect on what you learned about yourself this week. Share your reflections with the hashtag #YearOfCalm	14 Check in with your energy levels and plan your day in a way that honors how you're feeling.
15 Take a day off from social media. Let us know how it goes tomorrow. Was it hard? Easy?	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 Write a list of 5 things that you're grateful for in your life. Share your list with the #YearOfCalm	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 Set a timer for 30 minutes and focus completely on a chosen task.	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 Take a few eye breaks. Close your eyes and just breathe.	28 Make space for something crafty or creative. Share your creation with the community at #YearOfCalm - you may inspire someone!
29 Start a Calm Masterclass. Share an ah-ha moment or a nugget of wisdom with the hashtag #YearOfCalm!	30 Notice what your relationship to Monday is like. Add a little fun or whatever's needed.					

#year of Calm

Share your progress with our global community using the hashtags #YearOfCalm and #CalmCommunity!

