

August

PLAY

01

Make a list of your favorite ways to play.

02

Schedule time for fun this month. Make it non-negotiable!

03

Observe your thoughts as if they were bubbles. Watch them pop!

04

Try the "Creative Play" Daily Calm today.

05

Tune into the sounds around you. How do they make you feel?

06

Meditate in a new location today.

07

Journal for 5 mins. Start with the prompt: The most fun I've had recently was...

08

Bake your favorite (childhood) recipe.

09

Go for a walk without your phone so you can soak up the small details.

10

Put on a Calm Playlist while you cook, clean or get ready today.

11

Ask yourself: how can I take myself less seriously today?

12

Dance or sing along to your favorite song regardless of what it looks/sounds like.

13

Practice compassion with every person you cross paths with today.

14

Light up your imagination with a Sleep Story tonight.

15

Enjoy a few moments of daylight today. Feel the light against your skin.

16

Squeeze a few minutes of fun into your lunch break.

17

When you think of something stressful, make a silly noise and notice if anything shifts.

18

Enjoy the smell of something you love.

19

Check out the "Be Playful" Daily Jay.

20

Explore somewhere you've never been.

21

Celebrate every step you take today (literally or figuratively).

22

Free-write for 3 minutes. Keep writing, even if you don't know what to say.

23

Do something playful today that your younger self would have loved!

24

Try the "Open Ended Meditation" today and let yourself explore.

25

Treat yourself to an afternoon nap.

26

Try the Daily Move and bring some feel-good movement into your day.

27

Take 5 minutes to daydream.

28

Play music that you love and let your mind be fully absorbed.

29

Give up being right for the day and notice what arises.

30

Write down 3 things you're grateful for.

31

Where in your life could you benefit from an attitude of playfulness? Write it down.

Calm