

“Rest and be kind. You don't have to prove anything.”

Jack Kerouac

August

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|--|--|---|--|---|--|--|
| 01
Do nothing for five minutes. Find a sweet spot, open your senses, and absorb your surroundings. | | | | | | |
| 02
Make a plan to do something enjoyable this month so you have something to look forward to. | 03
Meditate lying down today. | 04
Take your time today. Slow down and savor even the smallest moments of ease and contentment. | 05
Drift off tonight with a Sleep Story you've never listened to before. | 06
Write down 5-10 things that soothe you. Keep the list close by so you can refer back to it when you feel stressed. | 07
Do something playful today that your younger self would have loved! | 08
Take a digital detox. Steer clear of screens as much as possible. |
| 09
Try letting go of how you think life should be, and open to how it is in this moment. | 10
Schedule in some time for self-care today. | 11
"The world changes when we change our perspective." Try looking at a challenge through a different lens. | 12
Less is often more. How will you practice simplicity today? What can you do less of? | 13
Go for a walk in nature. Leave your phone at home so you can soak up the small details around you. | 14
Treat yourself to an afternoon nap. | 15
Listen to the "Relaxed Open-Hearted Presence" meditation. Notice how you feel before and after. |
| 16
For every message you receive, pause, and take a deep breath before responding. | 17
Play music that you love today — when you wake, as you walk, or while you're eating a meal. | 18
Give up being right for the day and notice what arises. | 19
Say yes to a new experience or positive challenge. Reflect on the possibilities it could invite into your life. | 20
Practice compassion with every person you cross paths with today. | 21
Schedule at least 15 minutes of relaxation into your day. | 22
Savor your food today. Check out Calm's Mindful Eating Series for a guided practice. |
| 23
Pause during a busy part of your day and name ten things you're grateful for. | 24
Allow the sounds around you to pull you into the present. Notice how they make you feel. | 25
Move your body mindfully. Stretch, dance, swim—whatever feels nourishing. | 26
Tune into Calm's Discovery Happiness Masterclass and try out some of the simple daily habits. | 27
Ask yourself: "What do I want to do more of today?" | 28
Practice patience and allow things to unfold in their own time. | 29
"Lengthen your exhales. It soothes your nervous system and can make you feel more relaxed. |
| 30
Spend time looking up at the sky and notice how it makes you feel. | 31
Carve out a few moments to acknowledge the gifts in your life. Journal about it or share with a friend. | | | | | |