

AUGUST

“There are lots of ways to grow and learn. We don’t always have to go big to get big results. Sometimes, all we need is a little space to play.”
— Jay Shetty

<p>1</p> <p>Make a list of your favorite ways to play.</p>	<p>2</p> <p>Schedule time for fun this month. Make it non-negotiable!</p>	<p>3</p> <p>Observe your thoughts as if they were bubbles. Watch them pop!</p>	<p>4</p> <p>Try the “Creative Play” Daily Calm today.</p>	<p>5</p> <p>Tune into the sounds around you. How do they make you feel?</p>	<p>6</p> <p>Meditate in a new location today.</p>	<p>7</p> <p>Journal for 5 mins. Start with the prompt: “The most fun I’ve had recently was...”</p>
<p>8</p> <p>Bake your favorite (childhood) recipe.</p>	<p>9</p> <p>Go for a walk without your phone so you can soak up the small details.</p>	<p>10</p> <p>Put on a Calm playlist while you cook, clean or get ready today.</p>	<p>11</p> <p>Ask yourself: How can I take myself less seriously today?</p>	<p>12</p> <p>Dance or sing along to your favorite song regardless of what it looks/sounds like.</p>	<p>13</p> <p>Practice compassion with every person you cross paths with today.</p>	<p>14</p> <p>Light up your imagination with a Sleep Story tonight.</p>
<p>15</p> <p>Enjoy a few moments of daylight today. Feel the light against your skin.</p>	<p>16</p> <p>Squeeze a few minutes of fun into your lunch break.</p>	<p>17</p> <p>When you think of something stressful, make a silly noise and notice if anything shifts.</p>	<p>18</p> <p>Enjoy the smell of something you love.</p>	<p>19</p> <p>Check out the “Be Playful” Daily Jay.</p>	<p>20</p> <p>Explore somewhere you’ve never been.</p>	<p>21</p> <p>Celebrate every step you take today (literally or figuratively).</p>
<p>22</p> <p>Free-write for 3 minutes. Keep writing, even if you don’t know what to say.</p>	<p>23</p> <p>Do something playful today that your younger self would have loved!</p>	<p>24</p> <p>Try the “Open Ended Meditation” today and let yourself explore.</p>	<p>25</p> <p>Treat yourself to an afternoon nap.</p>	<p>26</p> <p>Try the Daily Move and bring some feel-good movement into your day.</p>	<p>27</p> <p>Take 5 minutes to daydream.</p>	<p>28</p> <p>Play music that you love and let your mind be fully absorbed.</p>
<p>29</p> <p>Give up being right for the day and notice what arises.</p>	<p>30</p> <p>Write down 3 things you’re grateful for.</p>	<p>31</p> <p>Where in your life could you benefit from an attitude of playfulness? Write it down.</p>				

