

J U L Y

*“Meditation is not about feeling a certain way.
It’s about feeling the way you feel.” — Jeff Warren*

1. Reflect: How do you want to feel this month?
2. Do nothing for 5 minutes. Let yourself just be.
3. Slow down and savor the moment, no matter what you’re doing.
4. Play a [Calm soundscape](#) while you work. Notice how it makes you feel.
5. Make room for your emotions. Allow them to flow, evolve, and dissolve.
6. Connect with a loved one. How does it impact your mood?
7. Notice where you hold tension. Soften your muscles.
8. Notice how different types of thoughts affect your body and energy.
9. Fill in the blank: Today I feel ____.
10. Soften stress or anxiety with a 2-minute [breathing exercise](#) on Calm.
11. Get outside and notice how it makes you feel.
12. What’s the hardest thing you’ve lived through? Celebrate your resilience.
13. When fear or overwhelm arise, practice gratitude and notice what shifts.
14. Try a meditation from the "[Emotions](#)" series.
15. Reflect on your hopes. Embody the feeling of possibility.
16. Switch something up in your day. How does it feel?
17. Journal for 10 minutes. Write down everything you’re feeling.
18. Hold space for your emotions with a "[Loving Kindness](#)" meditation.
19. Try accepting something you’re struggling with. See what happens.
20. Notice how your environment affects your mood.
21. Use your breath to calm you during a challenging moment.
22. What does your body and mind need today? Prioritize that.
23. Make time for silence. Notice what arises.
24. Move your body. Do the [Daily Move](#) or other mindful movement.
25. Acknowledge the steps you’ve taken to heal, transform, and grow.
26. Take a technology time-out. Notice what arises in the space.
27. Practice responding instead of reacting today.
28. Follow your instincts and reflect on what happens.
29. Overwhelmed? Try the "[Back Into Your Body](#)" meditation.
30. Place one hand over your heart, the other on your belly. Breathe deeply for 1 minute.
31. Write your most challenging emotion a letter. What do you want it to know?

