

J U N E

“Our journey is about being more deeply involved in life and yet less attached to it.” — Tamara Levitt

1. Reflect: What does it mean to thrive vs survive?
2. Consider any “armor” you wear and how it protects and/or limits you. Where can you soften?
3. Try a meditation in the "[Relationship with Self](#)" series.
4. Put a hand over your heart. Say "I am" as you inhale and "home" as you exhale.
5. Set a timer for 5 minutes and journal with the prompt: "I feel most alive when..."
6. Be vulnerable with someone you trust.
7. Schedule at least 15 minutes of enjoyment into your day.
8. Name 10 things you're grateful for and why.
9. When you eat, contemplate the many factors and people that made it possible for the food to be on your plate.
10. Complete [Calm's daily reflection](#) to learn about yourself.
11. Say yes to a healthy challenge or experience.
12. Embrace any fulfillment you're experiencing.
13. Notice how your mind pulls you into exploring thoughts. Bring it back to the now.
14. Which parts of yourself are you afraid to express? Meet them with kindness.
15. Play a song that feels like an expression of your current state.
16. Practice patience and allow things to unfold naturally.
17. Use your exhale to release any self-judgment or criticism.
18. What gift are you being offered today? Take a moment to savor it.
19. Reflect on the things you love about your life.
20. Listen to the [Daily Jay](#) and bring any learnings into your day.
21. What are you excited about in your life right now? Share with a friend.
22. Practice loving-kindness: May I be happy. May I be well. May I be at peace.
23. Give yourself the advice you need to hear. You've got your own back!
24. Play or create something just for the joy of it.
25. Give yourself a hug!
26. Quality sleep is key for a thriving life. Try one of [Calm's sleep meditations](#) tonight.
27. Ride the waves of change rather than resisting uncertainty. You can weather the storm.
28. Notice where you compare yourself to others. Embrace your uniqueness.
29. Try the "[Saying Yes to Life](#)" meditation. What will you say “yes” to today?
30. How did you thrive this month? What lessons will you take with you?

