

MARCH

“Be loving and gentle with yourself, and you will be able to hold your own heart.” — Tamara Levitt

1. Make a list of things that nourish you. Reflect on how to weave these into your day(s).
2. Give yourself 15 minutes of intentional screen-free time.
3. Try a "[Loving Kindness](#)" meditation today.
4. Take one thing off your to-do list and replace it with something restful.
5. Make a plan to celebrate a small win today.
6. Find a quote or affirmation to support you today.
7. Add a new habit to your bedtime routine.
8. Go for a walk in nature.
9. Mindfully enjoy a nourishing meal today.
10. Do one small thing to make your workspace more calming. Try incorporating essential oils, a plant or a simple cup of hot tea.
11. Let the sounds of nature and peaceful piano nourish you through your day with the "[Piano Nature Melodies](#)" playlist.
12. Give your eyes a break every hour. Close your eyes and just breathe for 30 seconds.
13. Write down three reasons why you're proud of yourself.
14. Lean into self-care today. Take a bath, meditate, or have a nap.
15. Tune into the "[Self-Compassion](#)" meditation in the Relationship with Self series.
16. Review your list of nourishing acts. Try another one today!
17. Cuddle up with a good book and a cozy blanket.
18. Kick off your day with mindful movement — [Daily Move](#), stretching, yoga.
19. Craft a loving kindness phrase. May I be _____. May I be _____. May I be _____.
20. Get an early night and wind down with the "[Nighttime Gratitude](#)" sleep meditation.
21. Close your eyes and breathe deeply for one minute.
22. Do an activity that's just for fun.
23. Check in on a friend and offer them some encouragement.
24. Do one thing that will help you feel more organized for the week ahead.
25. Play a [Calm playlist](#) or soundscape while you work today.
26. Reflect on what you've learned about yourself lately.
27. What's the kindest thing you can do for yourself today? Do it.
28. Notice where you hold tension. Bring your awareness there and invite a softening.
29. Free-write whatever's on your mind for 3 minutes.
30. Tune into your body with a [body scan](#) meditation.
31. Reflect on how you nourished yourself this month. What will you take into next month?

