

M A Y

“The treasure we seek is often already inside us. It's simply buried, waiting to be discovered and cultivated.”
— Jay Shetty

<p>1</p> <p>Get curious: What do you want to explore this month?</p>	<p>2</p> <p>Try a Calm breathwork exercise to create space in your mind and body.</p>	<p>3</p> <p>Make a list of places you'd like to explore. Plan time to visit one.</p>	<p>4</p> <p>Tune into your feelings. Is there anything that needs your attention?</p>	<p>5</p> <p>Give yourself time to daydream.</p>	<p>6</p> <p>Practice something new during the Daily Trip.</p>	<p>7</p> <p>Which activities light you up? Add one into your day.</p>
<p>8</p> <p>When a difficult emotion arises, “talk” to it like a friend.</p>	<p>9</p> <p>Take a risk today. Trust that you can handle the outcome.</p>	<p>10</p> <p>Rewrite a story you've been telling yourself that no longer serves you.</p>	<p>11</p> <p>Explore movement. Try the Daily Move, stretch or stroll.</p>	<p>12</p> <p>Say NO to something today. Honor your needs.</p>	<p>13</p> <p>Try a new recipe. Cook mindfully.</p>	<p>14</p> <p>Read something on a topic you're curious about.</p>
<p>15</p> <p>Play something on Calm you haven't tried yet.</p>	<p>16</p> <p>What do you want to say YES to today?</p>	<p>17</p> <p>Do something differently today. Notice what it brings up.</p>	<p>18</p> <p>Try going with the flow today.</p>	<p>19</p> <p>Explore how emotions feel in your body. How are they different/similar?</p>	<p>20</p> <p>Log your mood with Calm's Mood Check-In or note it in a journal.</p>	<p>21</p> <p>Reflect on the past week and repeat an activity that made you feel good.</p>
<p>22</p> <p>Explore which foods nourish you and boost your mood.</p>	<p>23</p> <p>Start one of the 7 Days of meditation series.</p>	<p>24</p> <p>What do you need to hear today? Write down a positive affirmation.</p>	<p>25</p> <p>Reach out to someone you're grateful for and tell them why.</p>	<p>26</p> <p>Practice being kind to yourself, especially when it's hard.</p>	<p>27</p> <p>Recharge your batteries. Take a nap or go to bed early.</p>	<p>28</p> <p>Learn something new about someone. Ask questions and listen deeply.</p>
<p>29</p> <p>Get into nature and let yourself wander without a goal or purpose.</p>	<p>30</p> <p>Explore the world without leaving home with a curated Calm country playlist.</p>	<p>31</p> <p>Reflect on where your explorations took you this month. Where do you still want to go?</p>				