

M A Y

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

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

