

SEPTEMBER

*"Do whatever brings you to life."
— Elizabeth Gilbert*

1 What life do you want to create for yourself? Get clear.	2 Break down any big tasks into small actions. Take one today.	3 Schedule some "me time" in your day. Fill it with something that nourishes you.	4 Try the " Create Rest and Relaxation " meditation today.	5 Ask yourself: Where and when do I feel most inspired in my life?	6 Come home to yourself with 10 deep breaths. Notice how you feel afterwards.	7 Today, what if you didn't judge yourself?
8 Express yourself through a craft or art project.	9 Write a list of the things that matter most to you. Does this align with where you're dedicating your time and energy?	10 Do one thing that will help you feel more organized for the week ahead.	11 Listen to the " Creative Living Beyond Fear " Masterclass.	12 Take one action or step you've been putting off today.	13 Wind down properly tonight with a relaxing bedtime routine.	14 Choose a self-care practice and make time for it.
15 Take something off your to-do list.	16 Give yourself space to feel, time to breathe, and become your own source of comfort.	17 Do something nourishing for your body today — walk, stretch or try the Daily Move .	18 Reflect on what you need from the day rather than what the day needs from you.	19 Try approaching your day with wonder, innocence, and curiosity.	20 Listen to a session from Lama Rod's " Radical Self-Care " series.	21 Create a positive affirmation for yourself. What do you need to hear? Write it down.
22 Make time to get outside and be inspired by nature.	23 Dedicate time to something you've been neglecting that will support your wellbeing.	24 Use one of the Calm Check-Ins to connect with where you are today.	25 Prioritize rest. Go to bed early, have a nap, or take regular breaks.	26 Do something today that scares you a little (or a lot).	27 Regularly check in with yourself and ask: "what do I need right now?"	28 Let your needs inform the decisions you make today.
29 Open up to a new perspective during the Daily Trip .	30 Celebrate all that you created this month, no matter how small.					

