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02	03	04	05	06	07
Share one of your intentions with a friend.	Take a small action towards one of your goals today.	Make a list of your top 5 values.	Plan your week ahead.	Reflect on any habits that don't align with your values.	Try a meditation from the 'Breaking Habits' series.
09	10	11	12	13	14
Reflect on any habits that you want to build or improve.	that support you and those	Notice your internal dialogue. How can you speak to yourself with more kindness?	Notice when you're ruminating and take a deep breath.	Make a list of the things that comfort, support and anchor you.	Have a digital declutter. Delete photos, organize files or audit your social media.
16	17	18	19	20	21
Get clear on your dreams. What's the one thing you'd regret not doing?	Have a mini clear out. Throw out, recycle, gift or give things away.	Need an answer? Ask the question then free-write an answer for 2 mins.	Get an early night. Things are often clearer in the morning.	Declutter an area of your home or space today.	Today is a new day. Give yourself permission to start fresh.
23	24	25	26	27	28
your mind dream, imagine,	Small changes add up to big shifts over time. Practice patience.	Schedule in some time for relaxation today. Notice how it re-energizes you.	Shake up your routine! Do something differently today and notice how it feels.	What do you need to hear today? Write to down for yourself.	Get creative — color, write, craft, draw or paint.
30	31				
Feeling stuck? Try the Daily Move to get your body and mind flowing.	Set an intention for the rest of the year.				
	with a friend. O9 Reflect on any habits that you want to build or improve. 16 Get clear on your dreams. What's the one thing you'd regret not doing? 23 Put on a Calm playlist and let your mind dream, imagine, question and wonder. 30 Feeling stuck? Try the Daily Move to get your body and	Share one of your intentions with a friend. Take a small action towards one of your goals today. 10 Get clear on the relationships that support you and those that don't. 16 Get clear on your dreams. What's the one thing you'd regret not doing? Put on a Calm playlist and let your mind dream, imagine, question and wonder. 21 Small changes add up to big shifts over time. Practice patience. 30 Feeling stuck? Try the Daily Move to get your body and Set an intention for the rest of the year.	Share one of your intentions with a friend. Take a small action towards one of your goals today. Make a list of your top 5 values. Make a list of your top 5 values. 10 Get clear on the relationships that support you and those that don't. Set clear on the relationships that support you and those that don't. 11 Notice your internal dialogue. How can you speak to yourself with more kindness? 15 Get clear on your dreams. What's the one thing you'd regret not doing? 17 Have a mini clear out. Throw out, recycle, gift or give things away. 18 Need an answer? Ask the question then free-write an answer for 2 mins. 23 Put on a Calm playlist and let your mind dream, imagine, question and wonder. 24 Small changes add up to big shifts over time. Practice patience. 25 Schedule in some time for relaxation today. Notice how it re-energizes you. 30 Feeling stuck? Try the Daily Move to get your body and	Share one of your intentions with a friend. Take a small action towards one of your goals today. Take a small action towards one of your goals today. Make a list of your top 5 values. Plan your week ahead. Plan your week ahead. 12 Notice your internal dialogue. How can you speak to yourself with more kindness? 16 A Set clear on your dreams. What's the one thing you'd regret not doing? Put on a Calm playlist and let your mind dream, imagine, question and wonder. 28 Small changes add up to big shifts over time. Practice patience. 30 Set elling stuck? Try the Daily Move to get your body and for the rest of the year.	Share one of your intentions with a friend. Take a small action towards one of your goals today. Make a list of your top 5 values. Plan your week ahead. Reflect on any habits that don't align with your values. 12 Notice when you're ruminating and take a deep breath. Set clear on your dreams. What's the one it hings you'd regret not doing? Put on a Calm playlist and let your mind dream, imagine, question and wonder. 23 Put on a Calm playlist and let your mind dream, imagine, question and wonder. 24 Small changes add up to big shifts over time. Practice patience. Set an intention for the rest of the your body and Move to get your body and fire your linearing for the year of the your moder. Make a list of your top 5 values. Plan your week ahead. Reflect on any habits that don't align with your values. 12 Notice when you're ruminating and take a deep breath. Notice when you're ruminating and take a deep breath. Set an early night. Things are often clearer in the morning. Get an early night. Things are often clearer in the morning. Shake up your routine! Do something differently today and notice how it feels.