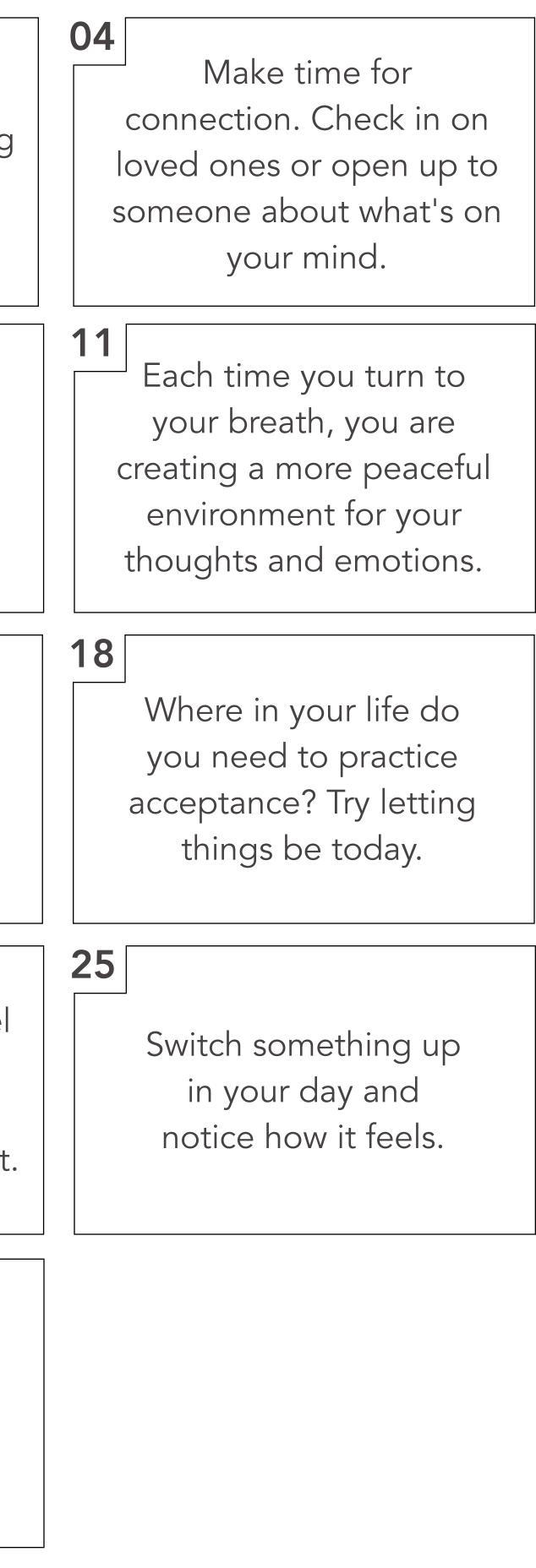
⁶⁶ Life takes courage. Courage to live it. Courage to embrace it.⁹⁹

Chani Nicholas

			01 "A journey of a thousand miles begins with a single step." What step will you take today?	02 Surrender to change as a way to find your flow.	03 Slow down and savor the moment — whether folding a t-shirt, watching the sunset, or sipping tea.
05 Try a meditation from the Confidence series.	06 Journal about what the changes you've experienced in your life have taught you about growth, resilience and grace.	07 During a challenging moment, close your eyes, take a breath, and find the equanimity within.	08 Practice being bold. Say what you mean and mean what you say.	09 What needs tending in your life? Invest 15 minutes of your time and attention to something that you've been neglecting.	10 Take a technology time-out.
12 Pick a session in The Poetry Pharmacy on the app to support your mood.	13 "Obstacles do not block the path, they are the path." What in your life seems like an obstacle but is actually helping you to grow?	14 Make time for silence today. Notice what arises.	15 Regularly check-in with your body and see where you're holding tension. Try softening your muscles.	16 When fear or overwhelm arises, practice gratitude to soothe your mind and shift your perspective.	17 Pay attention to your surroundings with a curious mind.
19 Consider the expectations you set for yourself and offer yourself gentleness and compassion.	20 Connect with a new environment by playing a Soundscape from the app. Notice how it makes you feel.	21 "For now, it's like this." Say this to yourself at least 10 times today.	22 Do something today that scares you a little (or a lot).	23 Soften stress or anxiety by consciously slowing your breath for 2 minutes. Use the Breathe Bubble or try it self-directed.	24 Give yourself space to feel and time to breathe. You can become your own source of soothing comfort.
26 Explore placing a hand on your body (maybe over your belly or heart) in a way that feels calming. Come back to this when you need it.	27 Hope is a form of courage. Reflect on your hopes and let yourself embody the feeling of possibility.	28 Practice responding instead of reacting today.	29 Instead of trying to force things you can't change, focus on what you can shift and influence.	30 Honor the needs of your mind and body today. Prioritize self-care.	31 Make room for your emotions without judgment. Allow them to flow, evolve or dissolve.





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