

“Life takes courage. Courage to live it. Courage to embrace it.”

Chani Nicholas

July

- 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.
- 04** Make time for connection. Check in on loved ones or open up to someone about what's on your mind.
- 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.
- 11** Each time you turn to your breath, you are creating a more peaceful environment for your thoughts and emotions.
- 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.
- 18** Where in your life do you need to practice acceptance? Try letting things be today.
- 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.
- 25** Switch something up in your day and notice how it feels.
- 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.