

“I am learning how to stop apologizing for my wild.”

Nikita Gill

Tune

- 01 Be aware of the armor you wear to protect yourself. Explore laying down the armour that you no longer need.
- 02 Your body is your home. Honor it. Put a hand over your heart and silently say "I am" as you inhale and "home" as your exhale.
- 03 Be vulnerable with someone you trust.
- 04 What parts of yourself do you hide from the world? Those parts of you need your love, acceptance, and compassion today.
- 05 Schedule at least 15 minutes of pure enjoyment into your busy day.
- 06 Listen to the mind and heart equally when you're making decisions today. Notice when they agree and disagree.
- 07 Try a meditation in the Relationship with Self Series.
- 08 Ride the waves of change rather than resisting uncertainty. Trust in your ability to weather any storm.
- 09 Which quality about yourself do you wish to strengthen today?
- 10 Set a timer for 5 minutes and journal. Start with the prompt: "When I listen carefully, I hear my heart say..."
- 11 Connect with your inner artist. Dance, write, draw, paint. Whatever it is, allow yourself to create unselfconsciously.
- 12 Use the exhale to help you release any self-judgement or criticism that is holding you back.
- 13 Make a list of your qualities and success, even if you find it difficult.
- 14 Lean into self-trust. Give yourself the advice you need to hear today. You've got your own back!
- 15 Look up at the sky tonight and notice how it feels knowing that everyone's nights are lit by the same moon.
- 16 What gift are you being offered today? Take a moment to savor it.
- 17 "Be yourself. Everyone else is taken." Notice where you compare yourself to others and try to embrace your uniqueness.
- 18 Explore where you put pressure on yourself to be a certain way. How can you meet yourself with more compassion?
- 19 Give yourself a hug!
- 20 Be proud of yourself. What can you celebrate about yourself today?
- 21 Stand for what you believe in. Make a list of your values and reflect on how you uphold them each day.
- 22 Be completely present as you brush your teeth. Relish the sensations, sounds, and taste.
- 23 Explore Calm Music and find a track that feels like an expression of your current state.
- 24 Write a letter to your younger self. Help the little you understand why they should believe in themselves.
- 25 Rather than stressing out about things you can't rush or change, use that time to enjoy your life.
- 26 Finish the sentence: **Something I am learning to love about myself is _____.**
- 27 Complete the Daily Reflection prompt in the app to gain deeper understanding about yourself.
- 28 Practice loving-kindness toward yourself today. May I be happy. May I be well. May I be safe. May I be at peace.
- 29 Be a rainbow in someone else's sky. Help a loved one see themselves through your eyes by explaining how they shine.
- 30 Celebrate every step you take today (literally or figuratively).

