THRIVE

		01	02	03	04
		Reflect: What does it mean to thrive vs survive?	Consider any "armor" you wear and how it protects and/or limits you. Where can you soften?	Try a meditation in the Relationship with Self Series.	Put a hand over your heart. Say "I am" as you inhale and "home" as you exhale.
06	07	08	09	10	11
Be vulnerable with someone you trust.	Schedule at least 15 minutes of enjoyment into your day.	Name 10 things you're grateful for and why.	When you eat, contemplate the many factors and people that made it possible for the food to be on your plate.	Complete Calm's Daily Reflection to learn about yourself.	Say yes to a healthy challenge or experience.
13	14	15	16	17	18
Notice how your mind pulls you into exploring thoughts. Bring it back to the now.	Which parts of yourself are you afraid to express? Meet them with kindness.	Play a track that feels like an expression of your current state.	Practice patience and allow things to unfold naturally.	Use your exhale to release any self-judgment or criticism.	What gift are you being offered today? Take a moment to savor it.
20	21	22	23	24	25
Listen to the Daily Jay and bring any learnings into your day.	What are you excited about in your life right now? Share with a friend	Practice loving-kindness. May I be happy. May I be well. May I be at peace.	Give yourself the advice you need to hear. You've got your own back!	Play or create something just for the joy of it.	Give yourself a hug!
<u>27</u>	28	29	30		
Ride the waves of change rather than resisting uncertainty. You can weather the storm.	Notice where you compare yourself to others. Embrace your uniqueness.	Try the "Saying Yes to Life" meditation. What will you say "yes" to today?	How did you thrive this month? What lessons will you take with you?		
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