

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

Joan Rivers

June

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| 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). | | | | |