

# Try Something New

# March

- |  |  |  |   |   |  |
|--|--|--|---|---|--|
| <b>01</b> Do one thing to bring your day into a better balance. If you're not sure where to start, try balancing your inhale with your exhale. | <b>02</b> Try going with the flow today.   | <b>03</b> Connect with a new environment by playing a Soundscape from the app. Notice how it makes you feel. | <b>04</b> Try going with the flow today.  | <b>05</b> Try something in the Calm app that you've never tried before.                         | <b>06</b> Try being mindful in a situation where you've never practiced mindfulness before.  |
| <b>07</b> Say yes to a new experience or positive challenge. Reflect on the possibilities it could invite into your life.                      | <b>08</b> Give your body some love. Try a Daily Move session or a mindful walk.  | <b>09</b> Try being mindful in a situation where you've never practiced mindfulness before.                  | <b>10</b> Add a new habit to your bedtime routine — meditate, listen to music, stretch, or try a Sleep Story.                           | <b>11</b> Try a meditation or a Sleep Story that you've never done before.                      | <b>12</b> Empathy is being with someone's pain, even feeling it with them, without trying to make it better. Offer empathy to someone today. |
| <b>14</b> Breathe. Rest easy knowing you did your best today.  | <b>15</b> Instead of trying to force things you can't change, focus on what you can shift and influence.                         | <b>16</b> Try a meditation from the Confidence series.   | <b>17</b> Try a new recipe tonight. Cook mindfully.   | <b>18</b> Give yourself permission to start anew. Listen to the Forgiveness of Self meditation. | <b>20</b> Think of someone who challenges you, and if possible, try to hold them with care and compassion in your heart.                     |
| <b>21</b> Try a meditation from the Emotions Series today.   | <b>22</b> Connect with your inner artist. Dance, write, draw, paint. Whatever it is, allow yourself to create unselfconsciously. | <b>23</b> Where in your life do you need to practice acceptance? Try letting things be today.                | <b>24</b> Try a Breathing Exercise. Imagine you're inhaling compassion for yourself and exhaling harsh judgment.                        | <b>25</b> Remember feelings aren't facts. Give yourself time and space to process today.        | <b>27</b> Explore the details of a familiar space to see it anew. Share what you noticed with the hashtag #DailyCalm                         |
| <b>28</b> Go to bed early, just because.   | <b>29</b> Regularly check-in with your body and see where you're holding tension. Try softening your muscles.                    | <b>30</b> Try something in the Calm app that you still haven't tried yet.                                    | <b>31</b> Try to be aware of your internal dialogue. See if you can notice when you're kind (or unkind) to yourself throughout the day. |   |  |