October

SURRENDER

with surrender, and what it means to you. 02 Place a hand on your belly When a difficult emotion Practice releasing resistance: Take a break and go for a Let go of something you Practice saying nice(r) things and breathe for one minute. Listen to the "Surrender" cannot control today. Notice Whatever comes up today, walk today. Even if it's just arises, care for it as you to yourself. Take time to be with your Daily Calm. would a good friend. around the block. how it feels. let it come. body. 09 15 Put on a Calm playlist and do Write down all of your Reach out and make plans Do a chore you normally Rather than judging yourself Focus on one thing at a time Name three things you've nothing but listen for 5 'shoulds'. Let go of one of with someone that means a dislike with extra love and gained from growing older. instead of multi-tasking. or others, offer compassion. them today. lot to you. minutes. attention. 16 Drift off peacefully with the Anchor into your body, and Reflect on the ways that Give yourself space to grieve What do you need to hear Ask yourself, "What can I do Try out the "What is today? Repeat it to yourself "Letting Go into Sleep" you've grown through the present moment, with any losses you've Acceptance" Daily Trip today. less of today?" heartache or adversity. meditation tonight. the Daily Move. three times. experienced. 23 29 Try something in the Calm Do something different Write a list of all the things Forgive yourself for a Be good to yourself today. Let go of the need to be Share your struggles with a today. Notice what this mistake you made. It's what app that you haven't tried validated by others and you want to let go of. Rip up Set aside some time to do trusted friend. the paper afterwards. something nourishing. practice accepting yourself. brings up for you. you do next that matters. yet. 30

Where do you need to

surrender in your life? Make a commitment to letting go.

Try looking at a challenge with a different perspective.

Reflect on your relationship