

September

CREATE

- 01 What life do you want to create for yourself? Get clear.
- 02 Break down any big tasks into small actions. Take one today.
- 03 Schedule some "me time" in your day. Fill it with something that nourishes you.
- 04 Try the "Create Rest and Relaxation" meditation today.
- 05 Ask yourself: Where and when do I feel most inspired in my life?
- 06 Come home to yourself with 10 deep breaths. Notice how you feel afterwards.
- 07 Today, what if you didn't judge yourself?
- 08 Express yourself through a craft or art project.
- 09 Write a list of the things that matter most to you. Does this align with where you're dedicating your time and energy?
- 10 Do one thing that will help you feel more organized for the week ahead.
- 11 Listen to the "Creative Living Beyond Fear" Masterclass.
- 12 Take one action or step you've been putting off today.
- 13 Wind down properly tonight with a relaxing bedtime routine.
- 14 Choose a self-care practice and make time for it.
- 15 Take something off your to-do list.
- 16 Give yourself space to feel, time to breathe, and become your own source of comfort.
- 17 Do something nourishing for your body today — walk, stretch or try the Daily Move.
- 18 Reflect on what you need from the day rather than what the day needs from you.
- 19 Try approaching your day with wonder, innocence, and curiosity.
- 20 Listen to a session from Lama Rod's "Radical Self-Care" series.
- 21 Create a positive affirmation for yourself. What do you need to hear? Write it down.
- 22 Make time to get outside and be inspired by nature.
- 23 Dedicate time to something you've been neglecting that will support your wellbeing.
- 24 Use one of the Calm Check-Ins to connect with where you are today.
- 25 Prioritize rest. Go to bed early, have a nap, or take regular breaks.
- 26 Do something today that scares you a little (or a lot).
- 27 Regularly check in with yourself and ask: "what do I need right now?"
- 28 Let your needs inform the decisions you make today.
- 29 Open up to a new perspective during the Daily Trip.
- 30 Celebrate all that you created this month, no matter how small.

