

“When you say 'yes' to others, make sure you are not saying 'no' to yourself.”

Paolo Coelho

# September

01 Meditate for 5-10 more minutes than usual.

02 Welcome whatever emotions are coming up for you. Notice if they signal any unmet needs.

03 Schedule some "me time" in your day. Fill it with something that nourishes you.

04 **Come home to yourself with 10 deep breaths. Notice whether you feel more centred afterwards.**

05 Do one thing that will help you feel more organized for the week ahead.

06 **When you notice yourself critiquing yourself, pause, take a deep breath and say to yourself, what if I didn't judge myself right now?**

07 Write a list of the things that matter most to you. Does this align with where you're dedicating your time and energy?

08 Choose a self-care practice and make time for it.

09 **Monitor your energy levels and modify your plans accordingly. If you need to rest, rest.**

10 Practice saying 'no' today.

11 Take something off your to-do list.

12 Do something nourishing for your body today — walk, dance, stretch or try a Calm Body session.

13 Where could you benefit from setting boundaries in your life? Take 5 minutes to journal about this.

14 Listen to a session from Lama Rod's Radical Self-Care series.

15 Make an effort to step away from social media today. Instead, focus on something that makes you feel good.

16 Cultivate an awareness of how others impact you.

17 Reflect on what you need from the day rather than what the day needs from you. Prioritize your needs.

18 Let your needs inform the decisions you make today.

19 **Instead of judging yourself or slipping into self-criticism, offer yourself compassion and understanding.**

20 Wind down properly tonight with a relaxing bedtime routine.

21 What do you want to say YES to today?

22 **Reflect on something that you'd like to let go of and use your exhales to support your process.**

23 Listen to the Boundaries meditation from the Relationship with Others series.

24 Create a positive affirmation for yourself. What do you need to hear today? Write it down and keep it close.

25 Dedicate some time to something you've been neglecting that will support your wellbeing.

26 In thought and action, treat yourself like you would a good friend.

27 **Before you say 'yes', stop and ask yourself whether you're saying 'no' to yourself. This is a moment of choice.**

28 Prioritize rest. Go to bed early, have a nap, or take regular breaks.

29 Regularly check in with yourself and ask: "what do I need right now?"

30 Do something to strengthen your boundaries.

