

“Rest and be kind. You don't have to prove anything.”

Jack Kerouac

August

01 Do nothing for five minutes. Find a sweet spot, open your senses, and absorb your surroundings.

02 Make a plan to do something enjoyable this month so you have something to look forward to.

03 Meditate lying down today.

04 Take your time today. Slow down and savor even the smallest moments of ease and contentment.

05 **Drift off tonight with a Sleep Story you've never listened to before.**

06 Write down 5-10 things that soothe you. Keep the list close by so you can refer back to it when you feel stressed.

07 Do something playful today that your younger self would have loved!

08 Take a digital detox. Steer clear of screens as much as possible.

09 Try letting go of how you think life should be, and open to how it is in this moment.

10 Schedule in some time for self-care today.

11 "The world changes when we change our perspective." Try looking at a challenge through a different lens.

12 Less is often more. How will you practice simplicity today? What can you do less of?

13 Go for a walk in nature. Leave your phone at home so you can soak up the small details around you.

14 Treat yourself to an afternoon nap.

15 **Listen to the "Relaxed Open-Hearted Presence" meditation. Notice how you feel before and after.**

16 For every message you receive, pause, and take a deep breath before responding.

17 Play music that you love today — when you wake, as you walk, or while you're eating a meal.

18 **Give up being right for the day and notice what arises.**

19 Say yes to a new experience or positive challenge. Reflect on the possibilities it could invite into your life.

20 Practice compassion with every person you cross paths with today.

21 Schedule at least 15 minutes of relaxation into your day.

22 Savor your food today. Check out Calm's Mindful Eating Series for a guided practice.

23 **Pause during a busy part of your day and name ten things you're grateful for.**

24 Allow the sounds around you to pull you into the present. Notice how they make you feel.

25 Move your body mindfully. Stretch, dance, swim—whatever feels nourishing.

26 Tune into Calm's Discovery Happiness Masterclass and try out some of the simple daily habits.

27 Ask yourself: "What do I want to do more of today?"

28 **Practice patience and allow things to unfold in their own time.**

29 Lengthen your exhales. It soothes your nervous system and can make you feel more relaxed.

30 Spend time looking up at the sky and notice how it makes you feel.

31 Carve out a few moments to acknowledge the gifts in your life. Journal about it or share with a friend.

