

“A flower does not think of competing with the flower next to it. It just blooms.”

Zen Shin

January

					01 List any habits you want to work on through 2021. Do one thing to get started today.	02 Tell a friend about your goal and how they can support you.
03 Make time to listen to the Calm Masterclass, <i>Breaking Bad Habits</i> . Perhaps on a walk or while you're doing chores.	04 Close your eyes and breathe deeply. Use the exhale to release any negative thoughts that are holding you back.	05 Find a quote or an affirmation to inspire and motivate you today.	06 Reflect on how your intentions are going. Are there any tweaks you can make to set yourself up for success?	07 Make a plan to celebrate a small win today.	08 Try the Daily Trip meditation today.	09 Try the Panic SOS. You may not need it today, but now you'll know it's there for you the next time your mind is spinning.
10 Add a new habit to your bedtime routine — meditate, listen to music, stretch, breathe. Or try a Sleep Story.	11 Check in on a friend and offer them some encouragement.	12 Write a note to self to remind you why you're committed to your new habit. Save it to your phone or stick it on your fridge.	13 Listen to the Spark episode, <i>Making Healthy Habits Stick</i> .	14 Kick off your day with mindful movement — Calm Body, stretching, yoga, or anything!	15 What three things keep you motivated? Make a list.	16 Mid-month check-in! Celebrate what's going well and make adjustments where you need more support or compassion.
17 Believe in your capacity to change. You've got this.	18 Strengthen your mental muscles. Listen to <i>Train Your Mind</i> with LeBron James.	19 Small changes add up to big shifts over time. Can you be more patient with yourself?	20 Try a Soundscape meditation.	20 “Learn to rest, not to quit.” Schedule in some time for relaxation today. Notice how rest re-energizes you.	22 Give yourself permission to start anew. Listen to the <i>Forgiveness of Self</i> meditation.	23 Do a breathing exercise for three minutes.
24 “Don't give up what you want most for what you want now.” What do you value? How do your habits support this?	25 Get an early night tonight and wind down with a Sleep meditation.	26 Reflect on any shifts you've noticed since you started cultivating your healthy habit.	27 Get outside. Even just for 5 minutes.	28 Notice where you hold tension. Before eating a meal, bring your awareness there and invite it to soften.	29 Tune into the Self-Compassion meditation in the Relationship with Self series.	30 Set a timer for 5 minutes and write as a way of checking in with yourself.
31 You did it! A month of healthy habits! Take a moment to note the lessons you'd like to carry with you.						