

# OCTOBER

*“Step back. Allow things to unfold. There's a beauty to be found in letting things be.”  
— Tamara Levitt*

<b>1</b> Reflect on your relationship with surrender, and what it means to you.	<b>2</b> Practice releasing resistance: Whatever comes up today, let it come.	<b>3</b> Place a hand on your belly and breathe for one minute. Take time to be with your body.	<b>4</b> Listen to the <a href="#">“Surrender” Daily Calm</a> .	<b>5</b> Practice saying nice(r) things to yourself.	<b>6</b> Take a break and go for a walk today. Even if it's just around the block.	<b>7</b> When a difficult emotion arises, care for it as you would a good friend.
<b>8</b> Let go of something you cannot control today. Notice how it feels.	<b>9</b> Focus on one thing at a time instead of multi-tasking.	<b>10</b> Reach out and make plans with someone that means a lot to you.	<b>11</b> Put on a <a href="#">Calm playlist</a> and do nothing but listen for 5 minutes.	<b>12</b> Rather than judging yourself or others, offer compassion.	<b>13</b> Do a chore you normally dislike with extra love and attention.	<b>14</b> Name three things you've gained from growing older.
<b>15</b> Write down all of your 'shoulds'. Let go of one of them today.	<b>16</b> Try out the <a href="#">“What is Acceptance” Daily Trip</a> today.	<b>17</b> Give yourself space to grieve any losses you've experienced.	<b>18</b> Anchor into your body, and the present moment, with the <a href="#">Daily Move</a> .	<b>19</b> Ask yourself, “What can I do less of today?”	<b>20</b> Reflect on the ways that you've grown through heartache or adversity.	<b>21</b> What do you need to hear today? Repeat it to yourself three times.
<b>22</b> Drift off peacefully with the <a href="#">“Letting Go into Sleep”</a> meditation tonight.	<b>23</b> Write a list of all the things you want to let go of. Rip up the paper afterwards.	<b>24</b> Share your struggles with a trusted friend.	<b>25</b> Forgive yourself for a mistake you made. It's what you do next that matters.	<b>26</b> Be good to yourself today. Set aside some time to do something nourishing.	<b>27</b> Try something in the <a href="#">Calm app</a> that you haven't tried yet.	<b>28</b> Let go of the need to be validated by others and practice accepting yourself.
<b>29</b> Do something different today. Notice what this brings up for you.	<b>30</b> Try looking at a challenge with a different perspective.	<b>31</b> Where do you need to surrender in your life? Make a commitment to letting go.				

