

MARCH

*“Be loving and gentle with yourself, and you will be able to hold your own heart.”
— Tamara Levitt*

<p>1</p> <p>Make a list of things that nourish you. Reflect on how to weave these into your day(s).</p>	<p>2</p> <p>Give yourself 15 minutes of intentional screen-free time.</p>	<p>3</p> <p>Try a "Loving Kindness" meditation today.</p>	<p>4</p> <p>Take one thing off your to-do list and replace it with something restful.</p>	<p>5</p> <p>Make a plan to celebrate a small win today.</p>	<p>6</p> <p>Find a quote or affirmation to support you today.</p>	<p>7</p> <p>Add a new habit to your bedtime routine.</p>
<p>8</p> <p>Go for a walk in nature.</p>	<p>9</p> <p>Mindfully enjoy a nourishing meal today.</p>	<p>10</p> <p>Do one small thing to make your workspace more calming. Try incorporating essential oils, a plant or a simple cup of hot tea.</p>	<p>11</p> <p>Let the sounds of nature and peaceful piano nourish you through your day with the "Piano Nature Melodies" playlist.</p>	<p>12</p> <p>Give your eyes a break every hour. Close your eyes and just breathe for 30 seconds.</p>	<p>13</p> <p>Write down three reasons why you're proud of yourself.</p>	<p>14</p> <p>Lean into self-care today. Take a bath, meditate, or have a nap.</p>
<p>15</p> <p>Tune into the "Self-Compassion" meditation in the Relationship with Self series.</p>	<p>16</p> <p>Review your list of nourishing acts. Try another one today!</p>	<p>17</p> <p>Cuddle up with a good book and a cozy blanket.</p>	<p>18</p> <p>Kick off your day with mindful movement — Daily Move, stretching, yoga.</p>	<p>19</p> <p>Craft a loving kindness phrase. May I be _____. May I be _____. May I be _____.</p>	<p>20</p> <p>Get an early night and wind down with the "Nighttime Gratitude" sleep meditation.</p>	<p>21</p> <p>Close your eyes and breathe deeply for one minute.</p>
<p>22</p> <p>Do an activity that's just for fun.</p>	<p>23</p> <p>Check in on a friend and offer them some encouragement.</p>	<p>24</p> <p>Do one thing that will help you feel more organized for the week ahead.</p>	<p>25</p> <p>Play a Calm playlist or soundscape while you work today.</p>	<p>26</p> <p>Reflect on what you've learned about yourself lately.</p>	<p>27</p> <p>What's the kindest thing you can do for yourself today? Do it.</p>	<p>28</p> <p>Notice where you hold tension. Bring your awareness there and invite a softening.</p>
<p>29</p> <p>Free-write whatever's on your mind for 3 minutes.</p>	<p>30</p> <p>Tune into your body with a body scan meditation.</p>	<p>31</p> <p>Reflect on how you nourished yourself this month. What will you take into next month?</p>				

