

A P R I L

“Constant growth is not just part of nature, but part of your nature. Even if you can't see it, you're always growing, like a majestic tree reaching toward the sun.”
— Jay Shetty

<p>1</p> <p>Which areas of your life are you hoping to grow?</p>	<p>2</p> <p>Declutter an area of your home today. Make space for the new.</p>	<p>3</p> <p>Take 3 short mindful stretch breaks throughout the day.</p>	<p>4</p> <p>Check out the “Growth-Setting” episode of the Daily Jay.</p>	<p>5</p> <p>Listen more than you talk today.</p>	<p>6</p> <p>Plan a self-care break. Schedule a walk, meditation or quiet moment.</p>	<p>7</p> <p>Move slower. Soak up the feeling of taking your time.</p>
<p>8</p> <p>Try something from the “Personal Growth” collection on Calm.</p>	<p>9</p> <p>Play your favorite song.</p>	<p>10</p> <p>Reflect on what you’ve learned about yourself lately.</p>	<p>11</p> <p>Make a list of actions that may help your growth. Try one.</p>	<p>12</p> <p>Take a day off from social media.</p>	<p>13</p> <p>Explore where you are today. Get curious and look for the beauty.</p>	<p>14</p> <p>Be aware of your posture. Make any changes that feel good to you.</p>
<p>15</p> <p>Write down 5 things you respect about yourself.</p>	<p>16</p> <p>Consider what gets in the way of your growth, and how you can persevere.</p>	<p>17</p> <p>Use the Daily Calm reflection to connect with yourself.</p>	<p>18</p> <p>Check-in with your energy levels and adjust your day accordingly.</p>	<p>19</p> <p>Celebrate your resilience. You’re still here despite it all.</p>	<p>20</p> <p>Add a little fun to your day.</p>	<p>21</p> <p>Try something outside your comfort zone.</p>
<p>22</p> <p>Write a letter to your younger self listing all the ways you’ve grown.</p>	<p>23</p> <p>Rest is an important part of the growth process. Wind down well tonight.</p>	<p>24</p> <p>Get outside and pay attention to nature’s growth process.</p>	<p>25</p> <p>Reach out and support a loved one today.</p>	<p>26</p> <p>What’s a goal or dream you’ve been holding back on? Take a step towards it.</p>	<p>27</p> <p>Set a timer for 30 minutes and focus on a chosen task.</p>	<p>28</p> <p>Play a Calm playlist and express yourself creatively.</p>
<p>29</p> <p>Notice what you do when you’re waiting.</p>	<p>30</p> <p>Celebrate the big and small ways you’ve grown this month.</p>					

