

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

