

J U N E

*“Our journey is about being more deeply involved in life and yet less attached to it.”
— Tamara Levitt*

<p>1</p> <p>Reflect: What does it mean to thrive vs survive?</p>	<p>2</p> <p>Consider any “armor” you wear and how it protects and/or limits you. Where can you soften?</p>	<p>3</p> <p>Try a meditation in the “Relationship with Self” series.</p>	<p>4</p> <p>Put a hand over your heart. Say “I am” as you inhale and “home” as you exhale.</p>	<p>5</p> <p>Set a timer for 5 minutes and journal with the prompt: “I feel most alive when...”</p>	<p>6</p> <p>Be vulnerable with someone you trust.</p>	<p>7</p> <p>Schedule at least 15 minutes of enjoyment into your day.</p>
<p>8</p> <p>Name 10 things you’re grateful for and why.</p>	<p>9</p> <p>When you eat, contemplate the many factors and people that made it possible for the food to be on your plate.</p>	<p>10</p> <p>Complete Calm’s daily reflection to learn about yourself.</p>	<p>11</p> <p>Say yes to a healthy challenge or experience.</p>	<p>12</p> <p>Embrace any fulfillment you’re experiencing.</p>	<p>13</p> <p>Notice how your mind pulls you into exploring thoughts. Bring it back to the now.</p>	<p>14</p> <p>Which parts of yourself are you afraid to express? Meet them with kindness.</p>
<p>15</p> <p>Play a song that feels like an expression of your current state.</p>	<p>16</p> <p>Practice patience and allow things to unfold naturally.</p>	<p>17</p> <p>Use your exhale to release any self-judgment or criticism.</p>	<p>18</p> <p>What gift are you being offered today? Take a moment to savor it.</p>	<p>19</p> <p>Reflect on the things you love about your life.</p>	<p>20</p> <p>Listen to the Daily Jay and bring any learnings into your day.</p>	<p>21</p> <p>What are you excited about in your life right now? Share with a friend.</p>
<p>22</p> <p>Practice loving-kindness: May I be happy. May I be well. May I be at peace.</p>	<p>23</p> <p>Give yourself the advice you need to hear. You’ve got your own back!</p>	<p>24</p> <p>Play or create something just for the joy of it.</p>	<p>25</p> <p>Give yourself a hug!</p>	<p>26</p> <p>Quality sleep is key for a thriving life. Try one of Calm’s sleep meditations tonight.</p>	<p>27</p> <p>Ride the waves of change rather than resisting uncertainty. You can weather the storm.</p>	<p>28</p> <p>Notice where you compare yourself to others. Embrace your uniqueness.</p>
<p>29</p> <p>Try the “Saying Yes to Life” meditation. What will you say “yes” to today?</p>	<p>30</p> <p>How did you thrive this month? What lessons will you take with you?</p>					

