

# J U N E

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

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

