

JULY

*“Meditation is not about feeling a certain way.
It’s about feeling the way you feel.”
— Jeff Warren*

<p>1</p> <p>Reflect: How do you want to feel this month?</p>	<p>2</p> <p>Do nothing for 5 minutes. Let yourself just be.</p>	<p>3</p> <p>Slow down and savor the moment, no matter what you’re doing.</p>	<p>4</p> <p>Play a Calm soundscape while you work. Notice how it makes you feel.</p>	<p>5</p> <p>Make room for your emotions. Allow them to flow, evolve, and dissolve.</p>	<p>6</p> <p>Connect with a loved one. How does it impact your mood?</p>	<p>7</p> <p>Notice where you hold tension. Soften your muscles.</p>
<p>8</p> <p>Notice how different types of thoughts affect your body and energy.</p>	<p>9</p> <p>Fill in the blank: Today I feel _____.</p>	<p>10</p> <p>Soften stress or anxiety with a 2-minute breathing exercise on Calm.</p>	<p>11</p> <p>Get outside and notice how it makes you feel.</p>	<p>12</p> <p>What’s the hardest thing you’ve lived through? Celebrate your resilience.</p>	<p>13</p> <p>When fear or overwhelm arise, practice gratitude and notice what shifts.</p>	<p>14</p> <p>Try a meditation from the “Emotions” series.</p>
<p>15</p> <p>Reflect on your hopes. Embody the feeling of possibility.</p>	<p>16</p> <p>Switch something up in your day. How does it feel?</p>	<p>17</p> <p>Journal for 10 minutes. Write down everything you’re feeling.</p>	<p>18</p> <p>Hold space for your emotions with a “Loving Kindness” meditation.</p>	<p>19</p> <p>Try accepting something you’re struggling with. See what happens.</p>	<p>20</p> <p>Notice how your environment affects your mood.</p>	<p>21</p> <p>Use your breath to calm you during a challenging moment.</p>
<p>22</p> <p>What does your body and mind need today? Prioritize that.</p>	<p>23</p> <p>Make time for silence. Notice what arises.</p>	<p>24</p> <p>Move your body. Do the Daily Move or other mindful movement.</p>	<p>25</p> <p>Acknowledge the steps you’ve taken to heal, transform, and grow.</p>	<p>26</p> <p>Take a technology time-out. Notice what arises in the space.</p>	<p>27</p> <p>Practice responding instead of reacting today.</p>	<p>28</p> <p>Follow your instincts and reflect on what happens.</p>
<p>29</p> <p>Overwhelmed? Try the “Back Into Your Body” meditation.</p>	<p>30</p> <p>Place one hand over your heart, the other on your belly. Breathe deeply for 1 minute.</p>	<p>31</p> <p>Write your most challenging emotion a letter. What do you want it to know?</p>				

