

SEPTEMBER

*"Do whatever brings you to life."
— Elizabeth Gilbert*

<p>1</p> <p>What life do you want to create for yourself? Get clear.</p>	<p>2</p> <p>Break down any big tasks into small actions. Take one today.</p>	<p>3</p> <p>Schedule some "me time" in your day. Fill it with something that nourishes you.</p>	<p>4</p> <p>Try the "Create Rest and Relaxation" meditation today.</p>	<p>5</p> <p>Ask yourself: Where and when do I feel most inspired in my life?</p>	<p>6</p> <p>Come home to yourself with 10 deep breaths. Notice how you feel afterwards.</p>	<p>7</p> <p>Today, what if you didn't judge yourself?</p>
<p>8</p> <p>Express yourself through a craft or art project.</p>	<p>9</p> <p>Write a list of the things that matter most to you. Does this align with where you're dedicating your time and energy?</p>	<p>10</p> <p>Do one thing that will help you feel more organized for the week ahead.</p>	<p>11</p> <p>Listen to the "Creative Living Beyond Fear" Masterclass.</p>	<p>12</p> <p>Take one action or step you've been putting off today.</p>	<p>13</p> <p>Wind down properly tonight with a relaxing bedtime routine.</p>	<p>14</p> <p>Choose a self-care practice and make time for it.</p>
<p>15</p> <p>Take something off your to-do list.</p>	<p>16</p> <p>Give yourself space to feel, time to breathe, and become your own source of comfort.</p>	<p>17</p> <p>Do something nourishing for your body today — walk, stretch or try the Daily Move.</p>	<p>18</p> <p>Reflect on what you need from the day rather than what the day needs from you.</p>	<p>19</p> <p>Try approaching your day with wonder, innocence, and curiosity.</p>	<p>20</p> <p>Listen to a session from Lama Rod's "Radical Self-Care" series.</p>	<p>21</p> <p>Create a positive affirmation for yourself. What do you need to hear? Write it down.</p>
<p>22</p> <p>Make time to get outside and be inspired by nature.</p>	<p>23</p> <p>Dedicate time to something you've been neglecting that will support your wellbeing.</p>	<p>24</p> <p>Use one of the Calm Check-Ins to connect with where you are today.</p>	<p>25</p> <p>Prioritize rest. Go to bed early, have a nap, or take regular breaks.</p>	<p>26</p> <p>Do something today that scares you a little (or a lot).</p>	<p>27</p> <p>Regularly check in with yourself and ask: "what do I need right now?"</p>	<p>28</p> <p>Let your needs inform the decisions you make today.</p>
<p>29</p> <p>Open up to a new perspective during the Daily Trip.</p>	<p>30</p> <p>Celebrate all that you created this month, no matter how small.</p>					

