

April

GROW

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02

Declutter an area of your home today. Make space for the new.

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Take 3 short mindful stretch breaks throughout the day.

04

Check out the "Growth-Setting" episode of the Daily Jay.

05

Listen more than you talk today.

06

Plan a self-care break. Schedule a walk, meditation or quiet moment.

07

Move slower. Soak up the feeling of taking your time.

08

Try something from the Personal Growth collection on Calm.

09

Play your favorite song.

10

Reflect on what you've learned about yourself lately.

11

Make a list of actions that may help your growth. Try one.

12

Take a day off from social media.

13

Explore where you are today. Get curious and look for the beauty.

14

Be aware of your posture. Make any changes that feel good to you.

15

Write down 5 things you respect about yourself.

16

Consider what gets in the way of your growth, and how you can persevere.

17

Use the Daily Calm Reflection to connect with yourself.

18

Check-in with your energy levels and adjust your day accordingly.

19

Celebrate your resilience. You're still here despite it all.

20

Add a little fun to your day.

21

Try something outside your comfort zone.

22

Write a letter to your younger self listing all the ways you've grown.

23

Rest is an important part of the growth process. Wind down well tonight.

24

Get outside and pay attention to nature's growth process.

25

Reach out and support a loved one today.

26

What's a goal or dream you've been holding back on? Take a step towards it.

27

Set a timer for 30 minutes and focus on a chosen task.

28

Play a Calm playlist and express yourself creatively.

29

Notice what you do when you're waiting.

30

Celebrate the big and small ways you've grown this month.

01

Which areas of your life are you hoping to grow?

