

# JULY

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

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

