

OCTOBER

*“Step back. Allow things to unfold. There's a beauty to be found in letting things be.”
— Tamara Levitt*

1 Reflect on your relationship with surrender, and what it means to you.	2 Practice releasing resistance: Whatever comes up today, let it come.	3 Place a hand on your belly and breathe for one minute. Take time to be with your body.	4 Listen to the “Surrender” Daily Calm .	5 Practice saying nice(r) things to yourself.	6 Take a break and go for a walk today. Even if it's just around the block.	7 When a difficult emotion arises, care for it as you would a good friend.
8 Let go of something you cannot control today. Notice how it feels.	9 Focus on one thing at a time instead of multi-tasking.	10 Reach out and make plans with someone that means a lot to you.	11 Put on a Calm playlist and do nothing but listen for 5 minutes.	12 Rather than judging yourself or others, offer compassion.	13 Do a chore you normally dislike with extra love and attention.	14 Name three things you've gained from growing older.
15 Write down all of your 'shoulds'. Let go of one of them today.	16 Try out the “What is Acceptance” Daily Trip today.	17 Give yourself space to grieve any losses you've experienced.	18 Anchor into your body, and the present moment, with the Daily Move .	19 Ask yourself, "What can I do less of today?"	20 Reflect on the ways that you've grown through heartache or adversity.	21 What do you need to hear today? Repeat it to yourself three times.
22 Drift off peacefully with the “Letting Go into Sleep” meditation tonight.	23 Write a list of all the things you want to let go of. Rip up the paper afterwards.	24 Share your struggles with a trusted friend.	25 Forgive yourself for a mistake you made. It's what you do next that matters.	26 Be good to yourself today. Set aside some time to do something nourishing.	27 Try something in the Calm app that you haven't tried yet.	28 Let go of the need to be validated by others and practice accepting yourself.
29 Do something different today. Notice what this brings up for you.	30 Try looking at a challenge with a different perspective.	31 Where do you need to surrender in your life? Make a commitment to letting go.				

