

# Try Something New

# March

01

Do one thing to bring your day into a better balance. If you're not sure where to start, try balancing your inhale with your exhale.

02

**Try going with the flow today.**

03

Connect with a new environment by playing a Soundscape from the app. Notice how it makes you feel.

04

Try going with the flow today.

05

Try something in the Calm app that you've never tried before.

06

Try being mindful in a situation where you've never practiced mindfulness before.

07

Say yes to a new experience or positive challenge. Reflect on the possibilities it could invite into your life.

08

**Give your body some love. Try a Daily Move session or a mindful walk.**

09

Try being mindful in a situation where you've never practiced mindfulness before.

10

Add a new habit to your bedtime routine — meditate, listen to music, stretch, or try a Sleep Story.

11

**Try a meditation or a Sleep Story that you've never done before.**

12

Empathy is being with someone's pain, even feeling it with them, without trying to make it better. Offer empathy to someone today.

13

Try letting go of how you think life should be, and open to how it is in this moment.

14

Breathe. Rest easy knowing you did your best today.

15

Instead of trying to force things you can't change, focus on what you can shift and influence.

16

Try a meditation from the Confidence series.

17

Try a new recipe tonight. Cook mindfully.

18

Give yourself permission to start anew. Listen to the Forgiveness of Self meditation.

19

Inch outside your comfort zone today. Take a risk and say yes to a healthy challenge or new experience in your life.

20

Think of someone who challenges you, and if possible, try to hold them with care and compassion in your heart.

21

Try a meditation from the Emotions Series today.

22

Connect with your inner artist. Dance, write, draw, paint. Whatever it is, allow yourself to create unselfconsciously.

23

**Where in your life do you need to practice acceptance? Try letting things be today.**

24

Try a Breathing Exercise. Imagine you're inhaling compassion for yourself and exhaling harsh judgment.

25

Remember feelings aren't facts. Give yourself time and space to process today.

26

Try a meditation in the Relationship with Self Series.

27

**Explore the details of a familiar space to see it anew. Share what you noticed with the hashtag #DailyCalm**

28

**Go to bed early just because.**

29

Regularly check-in with your body and see where you're holding tension. Try softening your muscles.

30

Try something in the Calm app that you still haven't tried yet.

31

Try to be aware of your internal dialogue. See if you can notice when you're kind (or unkind) to yourself throughout the day.

