

INTENTIONS

*A guidebook and journal
full of inspiration to spark growth,
one intention at a time*

Calm



WHAT COULD YOU USE MORE OF?



Compassion? Courage? Creativity? We created Calm Cards and this journal to help intentionally cultivate the qualities that support us in showing up for ourselves and others, in ways that feel nourishing and meaningful.

Sometimes, all we need is a word as a touchstone. "Rest" or "Stillness" can be their own meditations. And other times, it can be helpful to have very practical inspiration to bring those intentions into our mindfulness practices. So each intention page (inspired by the Calm Cards), offers a series of ideas. You can choose the one you find most compelling or experiment with all of them.

And to connect even more deeply with each intention, there is a writing prompt for you to journal through, if you wish.



A PLACE TO BEGIN...



We encourage you to engage with the Calm Intentions Journal in whatever way feels best.

There are no rules. You don't have to go in order. You don't have to complete every page. And you don't have to use it strictly as a journal.

Here are a few ways that we love to use the pages

- Pick a page in the morning to set an intention for the day
- Pick a page on a Sunday to set an intention for the week
- Pick a page on the first day of the month to set an intention for the month
- Pick a page when you're feeling stuck, to see what happens when you infuse more of that quality into your day
- Pick a page when you're struggling with another person to explore what qualities might bring more ease into your relationship
- Pick a page and use its word in your meditation practice
- Pick a page to use with a partner or group – like a book club, but an *intention* club; connect daily or weekly or monthly and share your experiences





Balance is the correct weighting of one thing against others – like the amount of time we work against the amount of time we play and rest. It's also the ability to keep steady. If you've ever watched a child learn to ride a bike, you've witnessed a masterclass in balance.

INSPIRATION FOR NURTURING BALANCE



- Know what your priorities are. Writing down your top three each morning can be a helpful practice.
- Listen to the 11-minute Busyness session in the Calm Breaking Habits Series.
- Schedule activities that nourish your well-being so your calendar always has intentional space for you, and everything that matters.
- Give yourself permission to change your mind or cancel plans.
- Go to bed early sometimes. To ease you into sleep, listen to Exploring Easter Island, The Jungles of Madagascar, The Myth of Atlantis, or Wild Ponies of Chincoteague ...
- Take care of your body, however that looks for you.

& SELF-REFLECTION &

What is something I would like to let go of to invite more balance into my life?



clarity

Clarity means clearness. To bring clarity is to make something coherent, intelligible, transparent. Imagine water that can be seen through, the riverbed bottom visible because the sediment has settled.

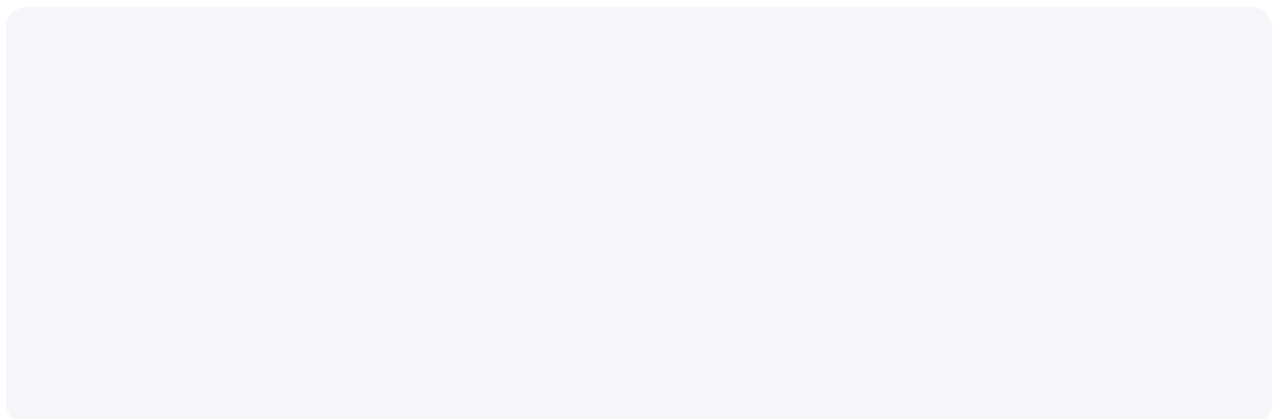
INSPIRATION FOR DEEPENING YOUR SENSE OF CLARITY



- When uncertain about a decision, bear witness, and wait for insight to arise.
- Practice daily free-writing in a journal and notice any themes or messages that come up over time.
- Meditate regularly to rest and clear your mind. The *Deep Concentration* guided meditation series in the Calm app may inspire.
- Spend time in nature.



SELF-REFLECTION

What feels foggy in my life?



“

“Mindfulness creates a wise attention, a space of clarity that emerges when we quiet the mind. It makes us more receptive to the whispers of our innate intuitive wisdom.” — *Tara Bennett-Goleman*





Community is a group of people having something in common or living in the same place. Community is also a feeling, a feeling of connection and of kinship. Community is knowing we're never alone. Community is a sense of belonging.

INSPIRATION FOR NURTURING COMMUNITY



- Join a community organization like a language club or volunteer group in your neighborhood and spend time in real life with people who share your interests.
- Once a month or once a year, whatever suits you—host a gathering like a potluck brunch or soup-making party. Or if you're a quiet type, make it a silent reading or meditation get-together..
- Organize a community drive. Maybe a local shelter needs hygiene products or diapers or children's books. Reach out to the people in your neighborhood or office to collect what's needed and make a group project of it.
- Learn the names of the people who run the small businesses where you live. It feels so good to greet your grocer by name, and to be greeted by yours.
- Instead of asking Google, ask a neighbor for advice about your home.
- Explore the *Calm Relationship with Others* meditation series.
- Coordinate a clothing or toy or plant or cookie swap.

SELF-REFLECTION

Who are my communities? What is mine to offer? What do I receive from my communities?



Compassion

Compassion is the capacity to respond to difficulty (our own or others') with kindness, empathy, and understanding. It arises from accepting our humanity and acknowledging that we are forever in a process of growing and learning.

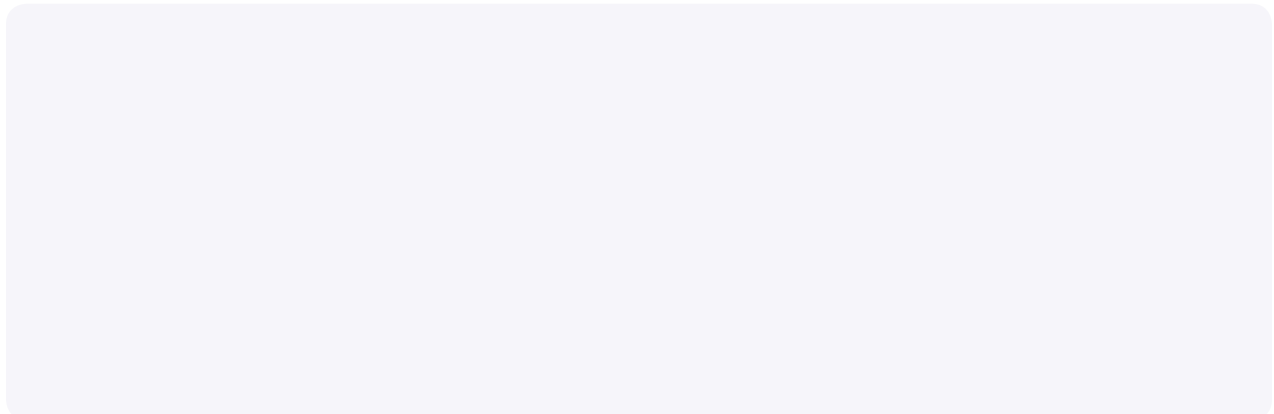
INSPIRATION FOR DEEPENING YOUR COMPASSION PRACTICE



- Notice when you're judging yourself or another, and, instead, consider the complex conditions and circumstances that contributed to this moment.
- Place your hands over your heart and offer yourself gentleness.
- Notice when you want to critique or punish yourself or another; instead, explore what kind of support is needed.
- Notice when you're avoiding, ignoring, or denying pain; instead, offer tenderness.
- Notice when you're demanding or expecting perfection; instead, accept things as they are in this moment.

SELF-REFLECTION

What area in my life needs my compassion?





CONNECTION



Connection is being in relationship with something or someone, in the sense of feeling linked or joined.

When we're with other people, connection is an experience of togetherness. And when we're on our own, it arises as self-understanding.

INSPIRATION FOR DEEPENING CONNECTION



- Make eye-contact.
- Smile at a stranger.
- Plan time together in real life.
- Where you know it's welcome, be physically affectionate. Touch a shoulder. Reach for a hand.
- Make time for solitude and self-connection.

SELF-REFLECTION

Who are the people who are most important to me?

“

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

— Brené Brown





Courage is open-hearted bravery. It is when we feel frightened but still act in a way that aligns with our personal truth. It requires that we tap into our inner strength and our vulnerability.

INSPIRATION FOR PRACTICING COURAGE



- Check with your body often, and tune your ability to distinguish excitement in the unknown from true danger warnings.
- Make a plan to try a thing that scares you a little.
- Make a plan to try a thing that scares you a lot.
- Practice being vulnerable with someone you trust.
- Reach out for support with something that evokes feelings of vulnerability.
- Volunteer to help someone else with something they find frightening.

SELF-REFLECTION

Where in my life am I already being brave?

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Creativity is using our imaginations to make entirely new things – like art, recipes, different routes to work ... It is seeing connections, being open to inspiration, and innovating in ways big and small.

INSPIRATION FOR NURTURING CREATIVITY



- Keep toys in your workspace.
- Put yourself in unusual-for-you environments. If you've never been, go to the opera, a basketball game, a restaurant with unfamiliar cuisine ... and create new neural pathways.
- Give yourself the mental space for new ideas to arise. The mostly silent Calm Light meditations are designed for this.
- Doodle! Free-drawing gives the focus circuits of the brain a rest while still keeping the brain "online," increasing creativity.
- Use the Calm Non-Judgment guided meditation to quiet any creativity-quashing inner critic.
- Give yourself deadlines. This focuses the mind to find immediate inspiration.
- Follow artists and creative people on Instagram and fill your feed with visuals that spark your imagination.

SELF-REFLECTION

Who are the people who are most important to me?



Equanimity

Equanimity is a state of mental calmness. We experience equanimity when we feel even or composed, especially under trying circumstances. Equanimity teaches us to be with whatever shows up. It helps us notice what shuts us down, pushes us away, or tears us wide open. It encourages us to step equally into the clear and the muddy waters, that we stay present with each moment, just as it is.



INSPIRATION FOR EXPERIENCING EQUANIMITY MORE OFTEN



- Repeat a mantra, or string of words that helps keep you present.
- Focus on your breath. (The *Breathe Bubble* can help.)
- Notice when you are feeling hostility, pause, and see if there's an opportunity to respond with compassion.
- Practice being present with each moment, just as it is.
- Ask yourself, "How important is it?"
- Notice how you're holding your jaw. Can you soften it?
- Notice where in your life you're holding too tightly to something or feeling a lot of aversion. Is it possible to meet these things with great openness?

SELF-REFLECTION

When is my sense of equanimity most easily shaken? What do I need to feel more centered?





We have focus when we are able to concentrate and pay particular, intentional attention to something. Where we put our focus can change everything.

INSPIRATION TO DEEPEN YOUR FOCUS



- Do one thing at a time.
- Play music designed to support the brain in focusing. Check out the focus tracks in the Music section of the Calm app.
- Before beginning a new task, rest the brain with a short meditation.
- Turn off distractions, like social media notifications or the phone's ringer.
- Take regular breaks to stretch.
- Read longer articles ... slowly. (Or listen to podcasts or audiobooks at regular speed.)
- Set a timer and commit to focusing on a particular task during that time. Start small and work your way up to longer periods of time (but not more than 90 minutes without taking a break to rest the mind).

SELF-REFLECTION

What is asking for more of my focus right now?

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Forgiveness is releasing ourselves from the hope that things could have been different. Forgiveness opens the possibility of being at peace, unlocking us from pain or bitterness. Forgiveness does not require that we continue harmful relationships; rather, it allows us to completely untether from the person who hurt us, when that is the most compassionate and self-protective action.

INSPIRATION FOR PRACTICING FORGIVENESS



- Find comfort in remembering that everyone is doing their best, including you.
- Give yourself the space and support you need to feel your pain.
- Acknowledge your feelings, especially the ones you may not be proud of. Write them in a journal or speak them to a trusted loved one, counselor, or therapist. Allow them to be present, without judgment.
- Give yourself permission to end relationships that are harmful to you.
- Practice loving-kindness meditation.

SELF-REFLECTION

What am I not forgiving myself for? What do I need to let that go?



Gratitude is the sweet feeling of thankfulness that comes with our appreciation of an experience or a person or thing. It can arise spontaneously in the moment, but is also a feeling that can be cultivated.

INSPIRATION FOR DEEPENING YOUR GRATITUDE



- Keep a gratitude journal to track the things that make you feel grateful each day.
- Write a note of thanks to someone you appreciate.
- Listen to the *7 Days of Gratitude* meditation series in the Calm app.
- Place your hands gently on your temples and feel your pulse. Notice your aliveness.
- Listen to the Calm Masterclass, *Gratitude*, by Tamara Levitt in the Calm app.

SELF-REFLECTION

What is asking for more of my focus right now?

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“Gratitude unlocks the fullness of life. It turns what we have into enough.”

— Melody Beattie



HONESTY



Honesty is telling the truth and conducting oneself with integrity. When we're honest with ourselves and others, we experience alignment in what we say and what we do and what we believe, and that is a beautiful way to live.

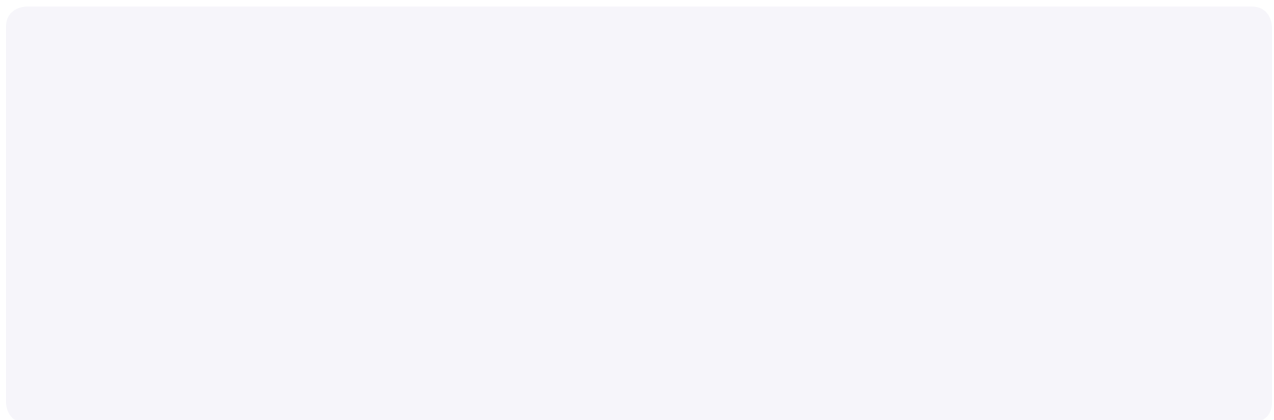
INSPIRATION FOR PRACTICING HONESTY



- When someone asks you to do something you don't want to do and you feel yourself about to say 'yes' anyway, pause. Notice the sensations in your body. And if you're able, say 'no' instead. If you feel you must say 'yes', the pause first will allow you to do so intentionally.
- Listen to the Worry session in the Calm Breaking Habits Series. Often, we avoid truth because we are nervous it won't be welcome. Easing our worries can help.
- Catch yourself in white lies and say something true.
- To better know your own truth, spend time alone with your thoughts each day. Thirty minutes of solitude is an excellent daily practice but even just three minutes can be beneficial for developing strong self-awareness. Listen to the Calm Light meditations if you'd like gentle guidance.

SELF-REFLECTION

Where in my life do I notice myself not being honest (with myself or others)?





Inspiration is the enthusiasm aroused when we are intellectually or emotionally stimulated to do something, most often a creative act. Inspiration is what gives us sudden, new ideas. And it makes us feel connected to something beyond ourselves.

WAYS OF NURTURING YOUR OPENNESS TO INSPIRATION



- Have a stretch of quiet time each day
- Create new neural pathways in the brain by doing the same things differently. Take a new route to work. Try a new cuisine.
- Give yourself permission to make something really badly.
- Read books on topics you know nothing about.
- Daydream.
- Listen to Elizabeth Gilbert's Calm Masterclass called Creative Living Beyond Fear.

❖ SELF-REFLECTION ❖

What environments do I find most inspiring? How can I spend more time there?

“

“Do whatever brings you to life, then. Follow your own fascinations, obsessions, and compulsions. Trust them. Create whatever causes a revolution in your heart.” — Melody Beattie

INTEGRITY

Integrity means being honest and acting in alignment with our personal principles and values. It is a quality of wholeness, of being undivided. That means that there is congruence between what we mean and what we say, and between what we believe and what we do.

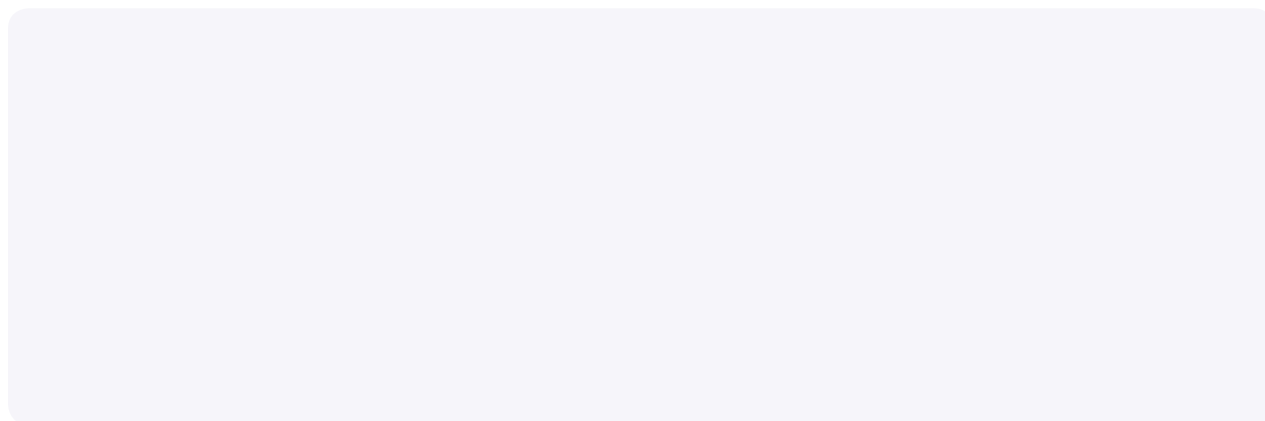
INSPIRATION FOR PRACTICING INTEGRITY



- Say no to things you don't want to do.
- Notice when you are trying to hedge the truth; instead, take a breath and say the thing you really mean.
- Notice where your behavior isn't in alignment with your values.
- Admit mistakes when you make them.
- Keep your word.
- Write a personal mission statement.

SELF-REFLECTION

What are my core values? Which qualities do I hope to be remembered by?



“

“Don't treat people the way you want to be treated, treat people how they want to be treated.” — Kim Katrin Milan



Joy is delight, jubilation. It is a feeling of deep pleasure and great happiness.

INSPIRATION FOR NURTURING JOY



- Make a playlist of happy songs and, if you're able, dance often.
- More often than not, surround yourself with positive people.
- Laugh every day. Watch funny videos online. Share memes that make you smile. Listen to a hilarious audiobook or podcast.
- Meditate. The Calm 7 Days of Happiness meditation series will help make a practice of joy.
- Love your people. Send a love text to someone. Or write and mail a real love letter. Notice how your heart feels.
- As part of your bedtime routine, write down three things that made you feel grateful from your day.

SELF-REFLECTION

What is asking for more of my focus right now?

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*Kindness is being gentle, warm-hearted,
friendly, generous – with others and ourselves.*

INSPIRATION FOR DEEPENING YOUR KINDNESS PRACTICE



- When you make a mistake, practice self-forgiveness.
- Text a friend out of the blue and tell them something you appreciate about them.
- Compliment a stranger.
- Practice loving-kindness meditation for a few minutes each day. (There are a few options in the Calm app.)
- Volunteer with a cause or project close to your heart.
- Tend a plant in your home or garden. Speak kindly to it and see how it responds.

SELF-REFLECTION

What is one small thing I can do today to be more kind to myself?

What is one small thing I can do today to be more kind to someone I find difficult?



Mindfulness is a practice of paying attention to the present moment on purpose, with kindness and curiosity. In being mindful, we cultivate awareness of our thoughts, feelings/emotions, and physical sensations, as well as a state of acceptance and a sense of inner spaciousness.

INSPIRATION FOR DEEPENING YOUR MINDFULNESS



- Tune in to your body and sense any tightness.
- Pay attention to your breath. What do you become aware of?
- Eat a piece of fruit slowly and notice its flavour, its texture, its juices moving over your tongue.
- Practice deep listening the next time you're in conversation with someone.
- Name five things you can see, four things that you can hear, three things that you can touch, two things that you can smell and one thing that you can taste.
- Lift an arm up to the sky and hold it there for 30 seconds. What do you notice?
- Walk and pay attention to the ways in which your feet connect to the ground.
- Try the Body Scan in the Calm app.
- Try the Daily Calm meditation in the Calm app.

SELF-REFLECTION

When do you find yourself "checking out" most? What insight does that offer?



Play is any activity we do purely for fun, without any practical purpose. It's good-for-you goofing off.

INSPIRATION FOR HAVING MORE PLAY IN YOUR LIFE



- Take a day off with nothing planned and see where it leads.
- Read something just for pleasure.
- Make a list of activities that are your idea of play—puzzles, snorkelling, cooking, dancing, reading, skydiving, going to the movies ... —and then put time in your calendar for those things.
- Book a regular date with friends who make you laugh.
- Take a child to the park and play along.
- Do something totally, wildly out of character.

SELF-REFLECTION

When I think about being more playful, what springs to mind?

A large, light purple rectangular box with rounded corners, intended for a person to write their reflection on the prompt above.



pleasure

Pleasure is a feeling of happy satisfaction, of being pleased. When we do things we enjoy, our brains release dopamine, the chemical messenger closely linked to the brain's reward center. We all experience pleasure uniquely because of differences in neurochemistry, biology, and past experiences.

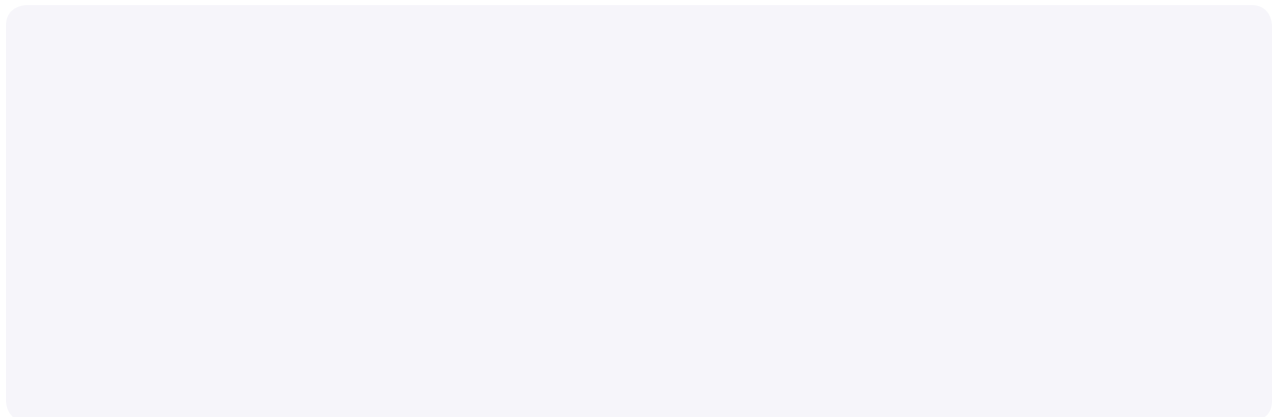
INSPIRATION FOR EXPERIENCING MORE PLEASURE



- Watch a funny movie.
- Do something novel. Take a language class or go sky-diving or explore a neighborhood you don't know. New experiences release dopamine.
- Sleep naked. Feel the sensations of soft sheets against your skin.
- Snuggle with a pet or a person and give yourself and your snuggle-partner a little feel-good oxytocin surge.
- Have sex, alone or otherwise. Orgasm boosts endorphin levels in the body and flushes cortisol, promoting deep relaxation and pleasure.
- Create a regular gratitude practice and give focus to all the good (*The Calm 7 Days of Gratitude* meditation series is brilliant for getting started.)

SELF-REFLECTION

What are five things that bring me pleasure? How can I have more of them, more often?





In terms of mindfulness, presence is the state of fully being somewhere. When we are present, we are connected to all that is, in that moment. We notice all the sensations that make up our experience. When we are present with another person, we help them feel seen and heard.

INSPIRATION FOR PRACTICING PRESENCE



- Single-task.
- Scan your body and notice all the sensations. The Body Scan meditation in the Calm app can guide you.
- For at least five minutes every day, do nothing.
- In conversation, listen without preparing a response.
- Declutter your space.
- Schedule tech-free periods in your day. (If this is difficult, you're not alone. You might find Calm's *Masterclass for Social Media and Screen Addiction* a support.)

SELF-REFLECTION

What am I avoiding?

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Reflection, in scientific terms, is the backscattering of sound or light, without absorbing it. It's mirroring. And it can happen metaphorically when we see ourselves in others –in their strengths and challenges. Reflection is also what we do when we turn our own sights inward in contemplation.

INSPIRATION FOR DEEPER REFLECTION



- As part of a morning practice, use the Daily Calm session each day as a journal prompt and, after listening, reflect in writing on what the message means to you.
- Create intentional space for deeper thought. Use your lunch hour once a week or once a month to be by yourself, without errands to run or other distractions ☐ and just be with your thoughts.
- Ask yourself Why? more often. "Why am I doing this?" "Why is this happening?" "Why do I wear these clothes?" "Why do I hold this belief?" "Why am I here?"
- Build your concentration to train your mind to stay with deeper thought. Start with the two-minute *Deep Concentration* meditation in the Calm app.
- At the end of each month, look back on the month and celebrate the highs, honor the lows, and note the learnings that you'd like to carry forward.

SELF-REFLECTION

Who do I spend most time with? How am I like them?



Relaxation is a state of calmness. It is being free of worry in the mind, and free of tension in the body. It is having a sense of openness to one's outside environment and an ease within oneself.

When we are feeling stressed, relaxation is the space we give ourselves to let go of that which is gripping us, opening us up to more spaciousness in our body, mind and heart.

INSPIRATION FOR MORE RELAXATION



- Listen to music or sounds you find soothing. (The Calm app has heavy rain, a campfire, a purring cat, and more.)
- Whenever you remember, deepen and slow your breathing. Focus on your exhales as a way of letting go.
- Drink a warm, non-caffeinated beverage. Even just a glass of warm water can calm the body.
- In conversation, listen without preparing a response.
- Practice gentle, mindful movement. (If you're able to move while seated, the Calm Body Afternoon Reset can help clear your mind and ease body tension.)
- Schedule time in-between activities to have more spaciousness in your day and to give your nervous system an opportunity to settle.

SELF-REFLECTION

What area of my life is asking for more rest?



Resilience

Resilience is our capacity to bounce back, to recover quickly when things have been difficult. Being resilient also means having qualities of adaptability and strength and endurance.

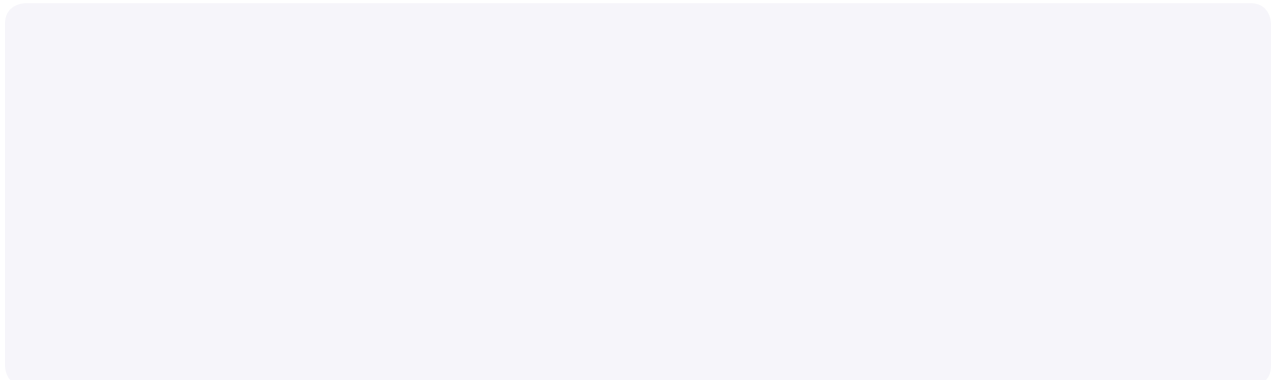
INSPIRATION FOR NURTURING RESILIENCE



- Embrace challenges as opportunities for growth. When you're facing adversity, practice asking yourself, "What can I learn here?" or "How can I bring meaning to this situation?"
- Build a support network of friends, family and healthcare practitioners to reach out to when needed. We're not meant to deal with life's challenges alone.
- Practice accepting life's impermanence. Ask yourself, "How can I roll with life's changes?"
- Get curious about uncomfortable emotions like disappointment and embarrassment as they arise. Our ability to sit with discomfort builds resilience. Try a meditation in the Calm Emotions Series that resonates with you.
- Take good care of your physical body. Drink enough water. Eat foods that make you feel good. Get quality sleep. Install a habit-tracking app to help you make your desired self-care second-nature.
- Rather than blaming yourself for what's happening in your life, meet yourself with empathy and compassion.

SELF-REFLECTION

What part of me is tender and in need of my attention?





To rest is to pause, to relax, to recharge. Rest is necessary for our bodies and minds to recover from daily mental and physical activity and stress; to reduce cortisol and adrenaline levels, improving overall well-being; and to be more productive and happy when we return from rest.

INSPIRATION FOR MORE REST



- Drink a soothing tea like chamomile, rose, or lemon balm while counting clouds.
- Schedule in an afternoon nap. There is an entire section of guided audio sessions dedicated to napping in the Calm Sleep Stories tab.
- Spend time in nature at least once a week. When you're outdoors, notice all the different shades of green or all the different birdsongs. Be present to the slower pace of falling snow, pooling puddles, a caterpillar making its way.
- Take 20 deep breaths with the relaxing Calm Breathe Bubble.
- Take Dr. Alex Pang's Calm Masterclass called The Power of Rest.

SELF-REFLECTION

What is one way I could add five minutes of rest to this day?



Simplicity embraces being plain, clear, easy to understand. Living simply is about enjoying what's uniquely essential to you and letting go of what you don't need.

INSPIRATION FOR PRACTICING SIMPLICITY



- Choose one meaningful surface area in your home – your desk or kitchen table or bathroom counter – and keep it clear.
- Have an “out” box or drawer where you place things that are ready to be given away. When it’s full, share with friends or thrift shops.
- Single-task. Do just one thing at a time and notice how it feels.
- Lighten your digital intake by “unfollowing” people and businesses on social media that are no longer relevant, active, or nourishing to you.
- Experiment with working with only one tab open at a time.
- Schedule space around every item in your calendar.
- Practice mindful walking. There are guided meditations in the Calm app for walking mindfully – from 5 minutes to 30..

SELF-REFLECTION

What area of my life is asking for more simplicity?

stillness

Stillness is available to all of us at any time, with practice. It is a state of being still, of being quiet, calm, inactive, relaxed. It is the absence of disturbance that brings inner peace and tranquility, whatever is happening on the outside.

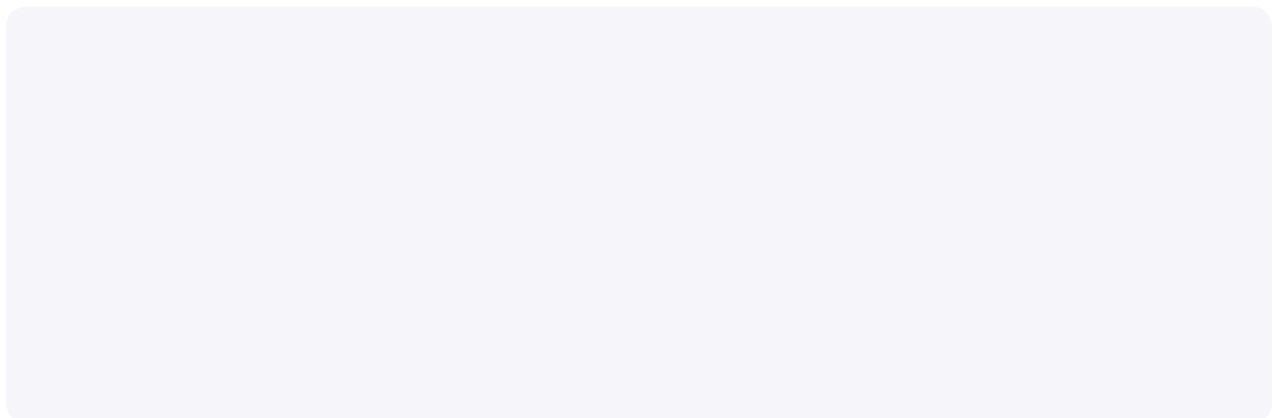
INSPIRATION FOR PRACTICING STILLNESS



- Repeat a calming phrase. "I am calm" or "I am still" or "I am here now."
- Listen with soft attention to relaxing music or sounds. (The Calm app includes Nature Melodies that combine instrumentation with soothing songs of nature—birdsong, ocean waves, evening crickets, falling water.
- As often as you remember, pause, and notice your breathing for a few minutes. Don't force or control the rhythm, just give attention to your in breath and out breath.
- Create an intentional space in your home where you practice quiet. It might be as simple as a pillow on the floor or a scarf you put over your shoulders.
- Enjoy the *Returning to Now* guided meditations in the Calm app.
- Set a timer for two, five or ten minutes and practice being still with your body. Notice what comes up for you.

SELF-REFLECTION

What am I busy with today? Will this matter one year from now? Five years? Fifteen?

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STRENGTH

*Strength is a quality of being able to do things
that are physically, mentally, or emotionally hard.
It's having the energy and presence to meet
a great challenge*

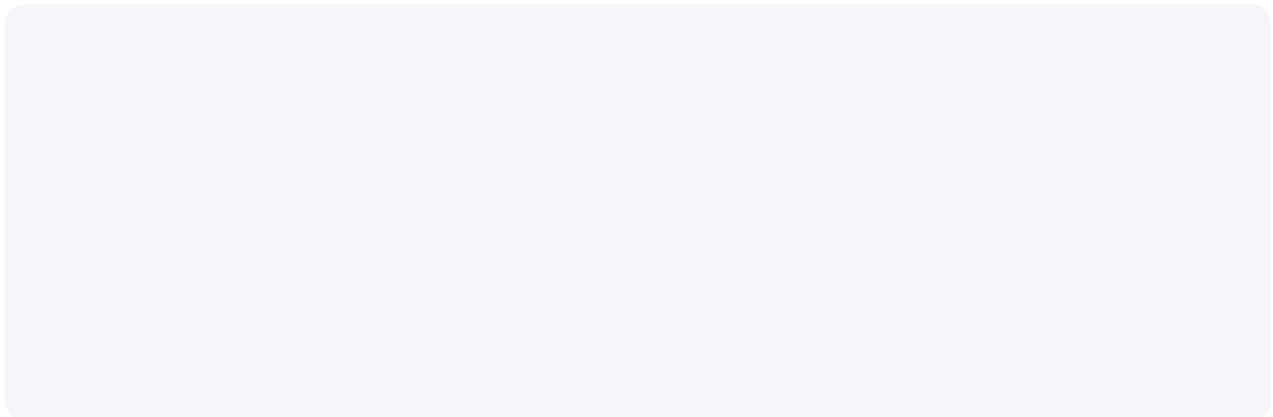
INSPIRATION FOR NURTURING MENTAL-EMOTIONAL STRENGTH



- Exercise your brain by memorizing a poem or quote.
- Follow the Returning to Now guided meditation in the Calm app to train your mind to come back to the present moment, even under stress.
- Write down your worries to clear them from your head.
- Make a list of people who make you feel good to be around, and make dates with them.
- Build physical strength, it will teach you about your mind.
- Keep a written list of your accomplishments, big and small. Add to it and review it monthly to be reminded of the hard things you've done.

SELF-REFLECTION

When do I feel most strong?





TRUST

Trust is believing someone or something is safe and reliable. It is having faith in goodness and one's own strength and resilience because we know that we have everything we need to meet each moment. When we are in circumstances that allow us to trust ourselves and others, we move through the world openhearted and unafraid, supported by healthy boundaries and a grounded sense of confidence.

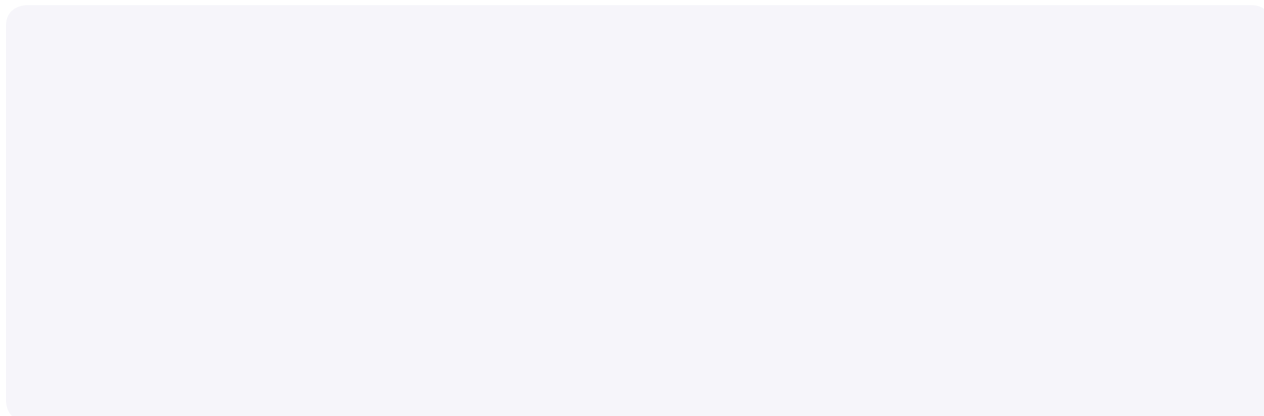
INSPIRATION FOR PRACTICING TRUST



- Keep a written list of the qualities you have cultivated and the tools you've collected over the years. Use this list as a resource when you could use support making decisions, big and small.
- Practice having tough conversations with the people you love.
- Be mindful in your relationships. Notice how often someone contributes to your sense of well-being and how often they detract from it. When seeking empathy, go to the friends who have earned your trust by demonstrating their commitment to your well-being.
- When making a decision, check with your gut. Notice sensations in your body, and begin to track how they communicate. The 3-minute Body Scan in the Calm app can help you tune into physical sensations to deepen your awareness.
- Explore the Calm app's *Relationship With Self* series. The first session is Self-trust.

SELF-REFLECTION

If I fully trusted, what might I dare to do?





Vulnerability is that shaky feeling we have when susceptible to harm. We tend to feel most vulnerable when we are emotionally exposed, physically at risk, or uncertain about a significant personal outcome. And, as Dr. Brené Brown writes vulnerability is also “the birthplace of love, belonging, joy, courage, empathy and creativity.” When we open ourselves to vulnerability, we also open ourselves to these great gifts.

INSPIRATION FOR PRACTICING VULNERABILITY



- Open up about difficult thoughts, feelings, or failures with someone you trust.
- Sign up for an activity that’s outside of your usual comfort zone.
- Practice accepting life’s impermanence. Ask yourself, “How can I roll with life’s changes?”
- Notice when you slip into rehearsing a “worst case scenario” and change the script to imagine the best that could happen.
- Give yourself permission to do something imperfectly.
- Talk about something you feel embarrassed about or ashamed of with someone you trust.

SELF-REFLECTION

What part of me is tender and in need of my attention?



Wisdom is using what we've experienced and what we've learned to make sound decisions. We acquire wisdom with deep noticing and quiet contemplation and, very often, age. Wisdom is a sign of a life mindfully-lived.

INSPIRATION FOR NURTURING WISDOM



- Find a mentor in your profession or spiritual practice or even a hobby you care about, and study with them.
- Take good care of your relationship with yourself. Calm's Relationship with Self series is a collection of guided mindfulness sessions that help nurture self-compassion, self-trust, and an ability to hear one's inner wisdom.
- Practice open-heartedness with a loving-kindness meditation.
- Free-write each morning for 10-15 minutes as a way of becoming better acquainted with your own voice.

SELF-REFLECTION

What do I know a thing or two about?



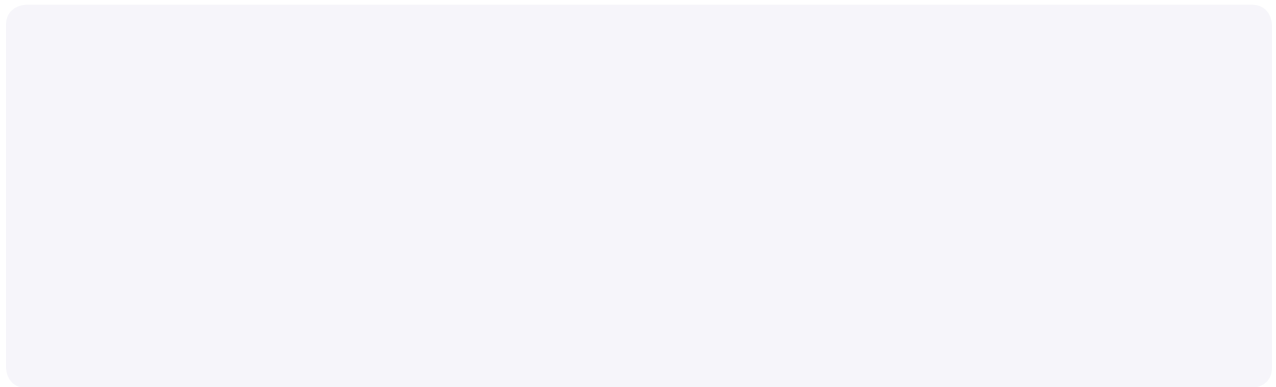
SINCE BEGINNING, WHAT HAVE YOU NOTICED?



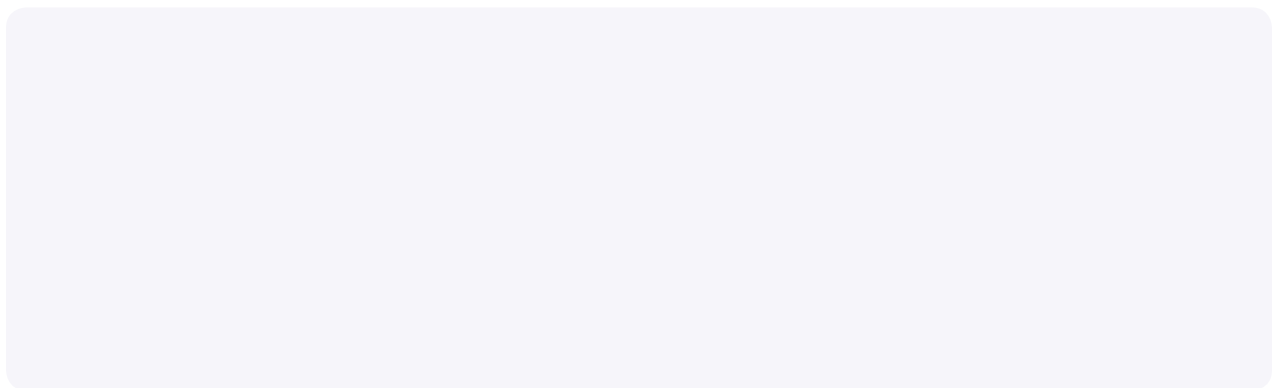
There are so many ideas and possibilities in this journal. When you're ready, start with one, or start with several – there is no wrong way – and notice how it all feels. Does meditating for three minutes at your desk soften your shoulders or would you feel more relaxed by a brisk walk? Does free-writing in the morning energize you, or feel like one more hurried to-do? It's all experimentation in becoming more present, more often.

The most meaningful part of any mindfulness practice isn't the practice but the mindfulness. The noticing. The paying attention. So every time you remember to check in with yourself, to bring awareness to whatever you're doing, the more calm you will experience.

Which words/intentions in this journal are asking for your attention? Which have you felt drawn to?



What practices have you tried that you think you might like to continue?





COULD YOU USE A LITTLE EXTRA SUPPORT?



When exploring a new mindfulness practice or nurturing an existing one, we can often benefit from the support of people we trust. You might invite a friend to be a check-in partner each evening, someone to share with about that day's intention. ("Let's track how we showed up for Compassion today.") Or you might gather a small group. Tap into the strength of community.

If you're looking for mindful online connection, join us in the [Daily Calm Community](#). We'd love to meet you.

