

30 days of tranquility

1
Sit for
five minutes

2
Do six sun
salutations

3
Write a
love letter

4
Apologize

5
Tell the truth

6
Consume a
green drink

7
Go meat-free

8
Walk for
20 minutes

9
Do legs
up the wall

10
Give \$10 to
charity

11
Pen two
journal pages

12
Review your
Year's Dreams

13
Clear clutter

14
Go on an
Artist Date

15
Collage two
Daybook pages

16
Treat yourself
to tea

17
Read for
20 minutes

18
Buy yourself
flowers

19
Dance to a
favorite tune

20
Express
gratitude

21
Eat only
unprocessed
foods

22
Soak in a
bubble bath

23
Sip a
favorite drink

24
Get out
in nature

25
Forgo
complaining

26
Take a
digital day off

27
Snap photos
from your day

28
Make a
favorite meal

29
Hug

30
Be fully
present