

Find The BEAT & BREATHE

COMMIT TO MENTAL HEALTH

31 DAYS OF ALIGNMENT.
A WEEKLY CALENDER TO HELP YOU COMMIT TO YOU.

WELCOME TO YOUR NEXT *31 Days of Alignment.* ✨

THIS IS WHERE YOU COMMIT TO YOU, ON
PURPOSE, EVERY SINGLE DAY.

NOT IN A LOUD WAY. NOT IN A RUSHED WAY.

BUT IN SMALL, INTENTIONAL MOMENTS THAT
BUILD SOMETHING BIGGER OVER TIME.

EACH PAGE IS AN OPPORTUNITY. TO REFLECT.
TO RELEASE. TO RESET. TO REALIGN.

YOU DON'T NEED TO HAVE IT ALL FIGURED OUT.

YOU JUST NEED TO START.

-YOU GOT THIS.

GROUND & ARRIVE

Week 1



5/1

TAKE 10 SLOW, INTENTIONAL BREATHS. INHALE FOR 4, HOLD FOR 2, EXHALE FOR 6. LET YOUR SHOULDERS DROP WITH EVERY EXHALE. (3-5 MINS)

5/2

STEP OUTSIDE AND BE PRESENT. NOTICE THE TEMPERATURE, SOUNDS, AND SMELLS AROUND YOU. NO PHONE, JUST YOU AND THE MOMENT. (5 MINS)

5/3

TEXT OR VOICE NOTE SOMEONE YOU APPRECIATE AND TELL THEM WHY. BE SPECIFIC. (3-5 MINS)

5/4

WRITE DOWN 5 THINGS YOU'RE GRATEFUL FOR—AND WHY EACH ONE MATTERS TO YOU. (5-7 MINS)

5/5

DO A GENTLE FULL-BODY STRETCH. MOVE SLOW, BREATHE THROUGH IT, AND NOTICE WHERE YOUR BODY NEEDS ATTENTION. (5-10 MINS)

5/6

DRINK A GLASS OF WATER SLOWLY AND MINDFULLY. BETWEEN SIPS, PAUSE AND TAKE A BREATH. (2-3 MINS)

5/7

PLAY A SONG THAT MATCHES YOUR MOOD (OR THE MOOD YOU WANT). SIT WITH IT OR MOVE WITH IT—FULLY PRESENT. (4-6 MINS)

SELF-LOVE & AWARENESS

Week 2



5/8

LOOK IN THE MIRROR AND SAY 3 KIND THINGS ABOUT YOURSELF—
OUT LOUD. SIT WITH HOW IT FEELS. (3-5 MINS)

5/9

SIT IN SILENCE AND FOCUS ON YOUR BREATH. WHEN YOUR MIND
WANDERS, GENTLY BRING IT BACK. (5 MINS)

5/10

DECLUTTER ONE SMALL AREA (BAG, CAR, DRAWER). LET IT BE A
RESET FOR YOUR SPACE AND MIND. (5-10 MINS)

5/11

TAKE A MINDFUL WALK. NOTICE 5 THINGS YOU SEE, 4 THINGS YOU
HEAR, 3 THINGS YOU FEEL. (5-7 MINS)

5/12

WRITE DOWN 3 THINGS YOU'RE PROUD OF—FROM TODAY OR YOUR
PAST. LET YOURSELF FEEL THAT PRIDE. (4-6 MINS)

5/13

DO A BODY SCAN. START AT YOUR HEAD AND MOVE DOWN,
RELEASING TENSION AS YOU GO. (5-8 MINS)

5/14

MAKE EYE CONTACT, SMILE, OR GIVE A GENUINE COMPLIMENT TO
SOMEONE. NOTICE THE ENERGY SHIFT. (2-3 MINS)

RELEASE & RESET

Week 3



5/15

JOURNAL FREELY—NO OVERTHINKING. LET WHATEVER'S ON YOUR MIND FLOW OUT ONTO THE PAGE. (5-10 MINS)

5/16

PLACE YOUR HAND ON YOUR HEART AND TAKE SLOW BREATHS. FEEL YOUR HEARTBEAT AND GROUND YOURSELF. (4-6 MINS)

5/17

REACH OUT TO SOMEONE YOU HAVEN'T TALKED TO IN A WHILE —JUST TO CHECK IN. (3-5 MINS)

5/18

SPEND A FEW MINUTES IN SUNLIGHT OR NEAR A WINDOW. CLOSE YOUR EYES AND BREATHE IT IN. (5 MINS)

5/19

MOVE YOUR BODY—DANCE, SHAKE, STRETCH, OR DO A QUICK WORKOUT. LET IT BE EXPRESSIVE, NOT PERFECT. (5-10 MINS)

5/20

REFLECT ON ONE THING DRAINING YOUR ENERGY. WRITE IT DOWN AND SET A SMALL BOUNDARY AROUND IT. (5-7 MINS)

5/21

ASK YOURSELF: "WHAT DO I NEED MORE OF RIGHT NOW?" SIT WITH IT AND WRITE YOUR ANSWER. (5 MINS)

CONNECT & EXPAND

Week 4



5/22

LISTEN TO CALMING MUSIC WITH YOUR EYES CLOSED. FOCUS ONLY ON THE SOUNDS. (5-7 MINS)

5/23

TRY PACED BREATHING: INHALE FOR 4, EXHALE FOR 6. STAY CONSISTENT AND STEADY. (5 MINS)

5/24

GIVE SOMEONE A THOUGHTFUL COMPLIMENT—SOMETHING DEEPER THAN SURFACE LEVEL. (2-3 MINS)

5/25

WRITE A SHORT NOTE TO YOUR FUTURE SELF—WHAT YOU HOPE, WHAT YOU'RE GROWING THROUGH. (5-8 MINS)

5/26

UNPLUG FROM SCREENS. SIT, BREATHE, OR JUST EXIST WITHOUT STIMULATION. (5-10 MINS)

5/27

SPEND TIME LOOKING AT THE SKY—SUNRISE, SUNSET, OR NIGHT. LET YOUR MIND SLOW DOWN. (5 MINS)

5/28

THINK OF SOMETHING SMALL YOU'VE BEEN HOLDING ONTO. PRACTICE LETTING IT GO—MENTALLY RELEASE IT. (4-6 MINS)

REFLECT & CELEBRATE

Week 5



5/29

LISTEN TO CALMING MUSIC WITH YOUR EYES CLOSED. FOCUS ONLY ON THE SOUNDS. (5-7 MINS)

5/30

TRY PACED BREATHING: INHALE FOR 4, EXHALE FOR 6. STAY CONSISTENT AND STEADY. (5 MINS)

5/31

GIVE SOMEONE A THOUGHTFUL COMPLIMENT—SOMETHING DEEPER THAN SURFACE LEVEL. (2-3 MINS)

31 DAYS OF ALIGNMENT. 31 DAYS OF CHOOSING YOU.

IN A WORLD THAT MOVES FAST AND ASKS FOR SO MUCH, YOU GAVE YOURSELF SOMETHING DIFFERENT. YOU GAVE YOURSELF TIME, AWARENESS, & INTENTION. THESE SMALL DAILY PRACTICES AREN'T JUST MOMENTS... THEY'RE TOOLS. TOOLS THAT HELP CALM THE MIND, REGULATE THE BODY, & CREATE SPACE FOR CLARITY, CONNECTION, & HEALING.

MENTAL HEALTH ISN'T BUILT IN ONE BIG MOMENT, IT'S BUILT RIGHT HERE, IN THE QUIET DECISIONS TO PAUSE, BREATHE, MOVE, & FEEL. AND YOU DID THAT.

LET THIS BE MORE THAN A CHALLENGE. LET IT BE A REMINDER THAT YOU ALWAYS HAVE THE ABILITY TO COME BACK TO YOURSELF. TO RESET. TO REALIGN.

TO COMMIT TO YOU—AGAIN AND AGAIN.

