

# JUNE 1-7

## WEEKLY CALENDAR

Monday



**That Shiny New Feeling**

Mindfully getting back to the basics



01

Tuesday



**Appreciating Each Life Chapter**

What messages are you sending yourself everyday about aging?



02

Wednesday



**A Moment's Worth 1,000 Words**

Dealing with the pressure for every moment to be photo worthy



03

Thursday



**A Walk In Others' Shoes**

How the imperfect fit can be perfect



04

Friday



**Peace & Quiet**

How does silence help your brain?



05

Saturday



**The Myth Of Multitasking**

Could single-tasking be the answer?



06

Sunday



**Rekindle Your Joy**

Are you feeling too stressed to have any fun?



07