

JULY 1-7

WEEKLY CALENDAR

Wednesday



What's Your Story?

Speaking your truth mindfully



01

Thursday



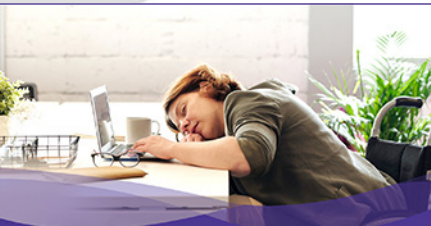
Clear The Obstacles

Bring your mindfulness practice to the rest of your life




02

Friday



Competing Commitments

You can't do it all without sleep



03

Saturday




Speaking My Language

How do you express appreciation and love?




04

Sunday



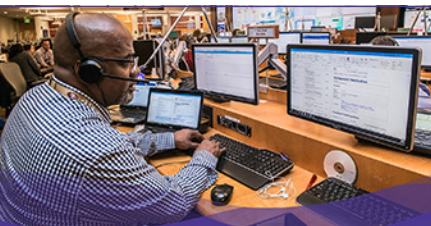
Tune In To Happiness

Have you been grateful today?




05

Monday



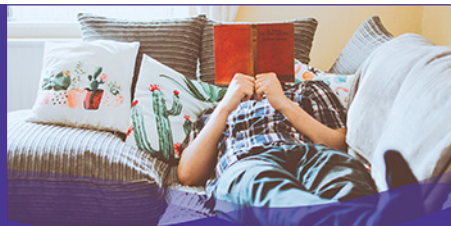
I'm Glad You Asked!

What helps you remain grateful for being busy?




06

Tuesday



Actual R&R

Are your choices setting you up for the rest you need?



07

JULY 8-14

WEEKLY CALENDAR

Wednesday



Hunger Pains

Do you notice the impact of now on later?



08

Thursday



Unplug to Reconnect

How might live conversations be better than texting?



09

Friday




Coping With Compassion Fatigue

What in your life leads to compassion fatigue?




10

Saturday



Sorry, Not Sorry

Break the habit of being needlessly apologetic



11

Sunday



Human Being, Not Human Doing

How does compassion make you a better leader?



12

Monday



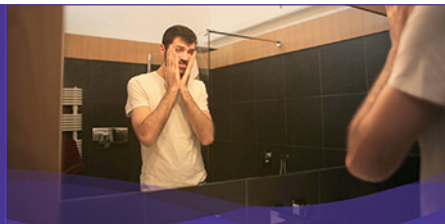
Bringing Mindfulness Home

How could mindfulness help the whole family?




13

Tuesday



Confronting Discomfort

What is your first reaction when you feel discomfort?



14

JULY 15-21

WEEKLY CALENDAR

Theme Week:
Enhancing Performance

Wednesday




The Joyful Collective

What makes it possible to feel joy for someone else?




15

Thursday



Enjoying What is Here, Now

What helps you soak up every bit of happiness?



16

Friday



Fully Present With You

Could being present bring you more joy in relationships?



17

Saturday



Busy Being Busy

Do you find the opportunities in wasted moments?



18

Sunday



Fulfilling Family Time

Do you ever feel like you're here, but still far away?



19

Monday




Lost In Translation

What causes miscommunication?




20

Tuesday



Practice Makes Performance

High performance practices



21


eM Life week starts on Tuesday

JULY 22-28

WEEKLY CALENDAR


Theme Week:
Enhancing Performance

Thursday




Reach Past Your Limits

Are you performing at your full potential?




23

Friday




Finding The Flow

Focus, presence and full-engagement




24

Sunday



Breaking Belief Barriers

How your beliefs may be limiting you



26

Monday



Enjoy The Journey

Why high performers focus on process



27

Wednesday




Emotional Labyrinth

How do your emotions support you in performing your best?




22

Saturday



Calling On Your Strengths

What does it mean to embody your strengths?



25

Tuesday



Clear And Calm Conversations

What would help you understand, rather than disagree, with others?




28

JULY 29-31


WEEKLY CALENDAR

Wednesday



Sticks & Stones

How do you feel when someone makes a hurtful comment to you?



29

Thursday



The Calm Observer

How could you better manage your reactions to (mini) catastrophes?



30

Friday



Reality Check

How do you know when you have enough?



31



Mindful Meeting Moment



Choose your desired length of Mindful Meeting Moments- short form mindfulness practices that can prepare your team to be more present, more focused, and more effective for the meeting ahead. So settle in, straighten your spine, and follow along.

1 minute

[Click to listen](#)

3 minutes

[Click to listen](#)

5 minutes

[Click to listen](#)



Make Every Moment Matter

New Content Announcement



Monthly Blog:

It's Okay to Feel Lonely: How to Deal With Feelings of Loneliness

Loneliness is a common source of distress, yet a completely normal feeling. Despite all the ways to feel connected, we still feel so far apart. Here's how to lean into your feelings of isolation, and what you can do to manage them.

[Click To Read >>](#)



7 Days of Embracing Diversity (7 episodes)

Our own underlying beliefs and biases are not so easy to see. They've often been with us so long that they're deeply embedded, operating below our conscious awareness. With this collection, learn how navigate those beliefs and biases to embrace diversity.

[Click To View On-Demand >>](#)

- Episodes:**
- Welcoming Wisdom
 - A New Lens
 - Harmonizing Differences
 - Receiving With Gratitude
 - Move With The Moment
 - Limitless Possibilities
 - Open Mind, Open Heart



7 Days of Easing Anxiety and Depression (7 episodes)

Sometimes anxiety and depression feel intense and overpowering. Other times it's more of an underlying sense of unease. Both emotions can feel like it's always with us, a persistent emotional tone in the background of our lives.

[Click To View On-Demand >>](#)

- Episodes:**
- Designing Joy
 - Lessons From Anxiety
 - Nerves of Steel
 - Finding Your Inner Light
 - I Am Enough
 - Finding Compassion From Within
 - Facing "Paper Tigers"



Free Webinar



Make Every Moment Matter

Introduction to Mindfulness

Learn how eM Life helps you apply mindfulness to your everyday life


Sign up for this 30-minute webinar to experience how to make every moment matter with greater focus, creativity and purposeful decisions.

Upcoming Webinars

(all webinars start @ 12:00pm EST)

 Thursday, July 9th
Intro to Mindfulness

 Tuesday, August 11th
Controlling Comfort Foods

 Wednesday, September 9th
Taking a Break from Always Being On

 Thursday, October 8th
Intro to Mindfulness

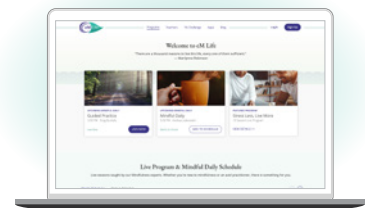
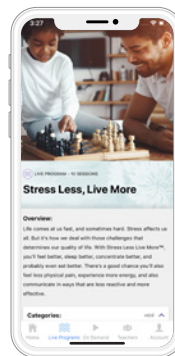
 Tuesday, November 10th
Living in a VUCA World

 Tuesday, December 9th
Stop Financially Stressing

What you will learn:

What is mindfulness?
The effects of stress
Mindfulness benefits

Stress reduction practices
Navigate eM Life
Use of mobile app



Click here to register for the next webinar!

Then log in, or sign up for an account*.

*During account sign-up, select **Employee Account** and enter your company name for "Organization ID" when prompted.

If you have any questions or need assistance please contact support@emindful.com