

NOVEMBER 15-21

WEEKLY CALENDAR

Theme Week:
Navigating Change with Holiday Traditions

Sunday



Prioritizing Others' Requests
How could you mindfully reclaim your life?



15

Monday



Recharge With Others
How can friends and family help you refresh, renew and recharge?



16

Tuesday



Joy In Slowing Down
How can doing less bring more joy and peace this holiday season?



17

Wednesday



Discover The Joy In The New
Keeping the holiday spirit alive - holiday traditions with a new twist



18

Thursday



The Season For Self-Care
Cultivating self-care and self-compassion this holiday season



19

Friday



Gratitude Beyond Thanksgiving
Beyond Thanksgiving: Gratitude as a Daily Practice



20

Saturday



Accepting How Things Are
Practicing the Art of Acceptance



21

eM Life week starts on Tuesday