

NOVEMBER 1-7

WEEKLY CALENDAR

Monday



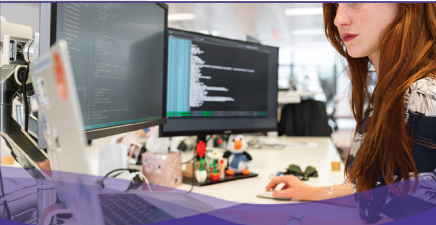
Workplace Culture Of Gratitude

Are you connected to the people you work with?




02

Tuesday



The State of Being & Doing

How could you benefit from being 'unbusy'?



03

Thursday




Kindness To Ourselves And Others

What helps you consider the impact of your words?




05

Friday




Ground Yourself, Gain Clarity

What helps you get grounded before taking flight?




06

Sunday



Identify Your True Need

Bring awareness to what drives your purchases



01

Wednesday




Break Free from Social Anxiety

How do you manage the anxiety of feeling self-conscious?



04

Saturday



Give A Little Grace

How might forgiveness help you live with greater ease?



07