

NOVEMBER 8-14

WEEKLY CALENDAR

Sunday



Respond With Intention

How could mindfulness help you notice the power of your words?



08

Monday



Send Kindness, Receive Love

What impact could a small act of kindness make?



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Tuesday



Overcoming Stress Buildup

What helps you begin again after a stressful start?



10

Wednesday



Navigating Relationship Stressors

Could better managing stress improve your relationships?



11

Thursday



Invest Time In Happiness

How does giving to others impact your happiness?



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Friday



Balance Human Being & Doing

How can you give yourself permission to shift from human doing to human being?



13

Saturday



Build Positive Self-Talk

How could a clear mind help you weather the storms?



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