

# NOVEMBER 1-7

## WEEKLY CALENDAR

Sunday



**Identify Your True Need**  
Bring awareness to what drives your purchases



01

Monday

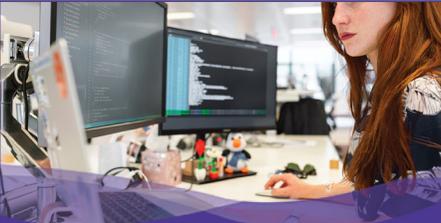


**Workplace Culture Of Gratitude**  
Are you connected to the people you work with?



02

Tuesday



**The State of Being & Doing**  
How could you benefit from being 'unbusy'?



03

Wednesday



**Break Free from Social Anxiety**  
How do you manage the anxiety of feeling self-conscious?



04

Thursday



**Kindness To Ourselves And Others**  
What helps you consider the impact of your words?



05

Friday

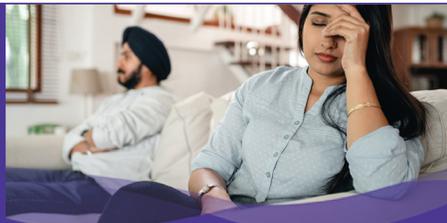


**Ground Yourself, Gain Clarity**  
What helps you get grounded before taking flight?



06

Saturday



**Give A Little Grace**  
How might forgiveness help you live with greater ease?



07