

# NOVEMBER 15-21

## WEEKLY CALENDAR


Theme Week:  
Navigating Change with Holiday Traditions

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?



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Sunday



**Prioritizing Others' Requests**

How could you mindfully reclaim your life?



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Wednesday



**Discover The Joy In The New**

Keeping the holiday spirit alive - holiday traditions with a new twist



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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



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eM Life week starts on Tuesday