

# December 1-7

## WEEKLY CALENDAR

Tuesday



**Balance Your Sweet Tooth**

How do you keep your balance during the food trap season?



01

Wednesday



**Communication Expectations**

Managing frustration when others don't respond right away



02

Thursday



**Staying The Course With Your Goals**

Do you get sidetracked by overwhelming feelings?



03

Friday



**Separation Anxiety**

How could unplugging improve your life?



04

Saturday




**My Way Or The Highway**

How do you feel when you don't get your way?




05

Sunday



**The Beauty Within**

What helps you see the good in others?



06

Monday



**Joy of One Thing At A Time**

How do you avoid daily distractions for better sleep?




07

# December 8-14


## WEEKLY CALENDAR

**Tuesday**




**Soak Up The Positivity In The Present**

What could shift if you stopped chasing happiness?




08

**Wednesday**



**Welcome To Reality**

How might it be to boldly accept what is?




09

**Thursday**



**De-stress With Joy**

How could joy help you beat holiday stress?



10

**Friday**



**Keeping Your Focus Amidst Distractions**

How could you break the cycle of constantly checking your phone?



11

**Saturday**




**Be Curious About Change**

Are your expectations eroding your happiness?




12

**Sunday**




**Stand Your Ground**

How do you manage temptation?




13

**Monday**



**Honor Your Limitations**

How do you manage stress when you've done all you can?



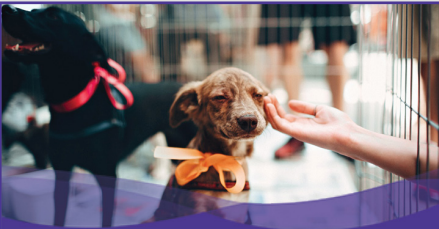
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# December 15-21


## WEEKLY CALENDAR

Theme Week:  
Cultivate Compassion

Wednesday



**Warm the Heart**  
Cultivating kindness: The warm heart of compassion



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Thursday




**Face Challenges with Courage**  
Extending loving kindness to yourself and others




17

Tuesday



**Listen To Your Heart**  
Seeing through the eyes of compassion



15

Friday



**Accept The Reality**  
Are you Experiencing crisis fatigue?



18

Saturday



**Yin and Yang of Compassion**  
What do we mean by fierce compassion?



19

Sunday




**Discover Our Connections**  
The ever-widening circle of caring




20

Monday



**Lean On Me**  
What is the sound of compassion? Finding the right words to convey that we care.



21


eM Life week starts on Tuesday



# December 22-28


## WEEKLY CALENDAR

Tuesday




**Being Present is a Gift**

Take the pressure off of finding the perfect gift




22

Wednesday




**What's On My Plate?**

Noticing the impact of now on later




23

Thursday




**Start Your Day On The Right Foot**

How do you send yourself love every morning?




24

Friday



**The Ultimate Gift**

Your presence is present enough



25

Saturday




**Create Space for Your Reaction**

How do you manage your stress and be your best in relationships?




26

Sunday




**Loving Yourself As Is**

How much do you love yourself?




27

Monday



**Endlessly Grateful**

How might saying "thank you" more change your life?



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# December 29-31

## WEEKLY CALENDAR

Tuesday



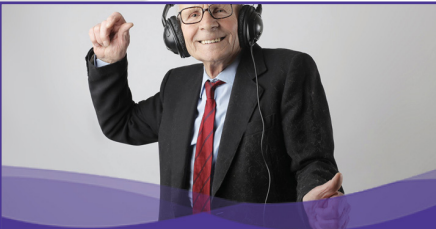
**Forever Friends**

How can you bring more joy and appreciation into your friendships?




29

Wednesday




**Music Moves You**

How does music help you unwind?




30

Thursday



**Find Gratitude In Your Heart**

Can gratitude help ease emotional pain?



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