

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?



14

December 15-21

WEEKLY CALENDAR

Theme Week:
Cultivate Compassion

Wednesday



Warm the Heart
Cultivating kindness: The warm heart of compassion



16

Thursday



Face Challenges with Courage
Extending loving kindness to yourself and others



17

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

Tuesday



Listen To Your Heart
Seeing through the eyes of compassion



15

Friday



Accept The Reality
Are you Experiencing crisis fatigue?



18

Monday



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



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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?



28

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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