

# January 1-7

## WEEKLY CALENDAR

Friday



### Build A Healthy Habit

How could mindfulness help you build the right routine for you?



01

Saturday



### Boundless Bliss

How can you stop letting negative thinking burst your bubble?



02

Sunday



### Eye On The Prize

How could you better train your focus for success?



03

Monday



### Cut Through The Clutter

How could decluttering help you be at peace?



04

Tuesday



### With Love and Patience

How might more patience ease those challenging moments?



05

Wednesday



### Simply Stretch

How might mindful stretching awaken the natural intelligence of the body?



06

Thursday



### Change What's Not Working

How could you stop putting good money into bad investments?



07

# January 8-14

## WEEKLY CALENDAR

Friday




**Build Your Sleep Routine**

How might a bedtime routine change your life?



08

Saturday




**Indulge In Self-care**

How does self-care support your well-being?




09

Sunday




**Persistence Pays Off**

What helps you persist to create meaningful change?




10

Monday



**Make Your Own Magic**

How could you turn magical thinking into meaningful action?



11

Tuesday



**Set Achievable Stretch Goals**

What helps you set realistic goals for proper inspiration?



12

Wednesday



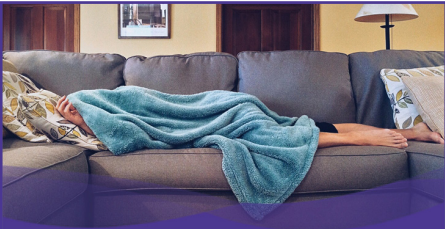
**Make Conscious Choices**

Are you or your habits driving your life?




13

Thursday



**Sleep For Success**

How could taking a break help you chase your dreams?



14

# January 15-21

## WEEKLY CALENDAR

Theme Week:  
Building Positive Habits

Saturday



### One Thing At A Time

How might focusing on one thing at a time increase your happiness?



16

Sunday



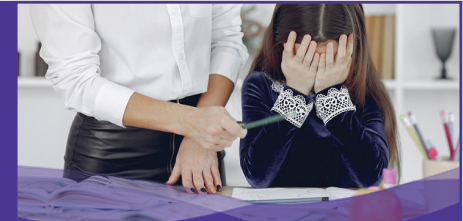
### Connect With Nature

How does time in nature bring you calm?



17

Friday



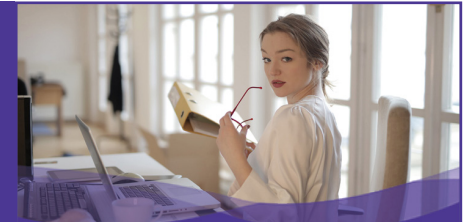
### Grow From Mistakes

What would shift if you gave yourself permission to make mistakes?



15

Monday



### Don't Postpone It

How could mindfulness help you break the procrastination habit?



18

Tuesday



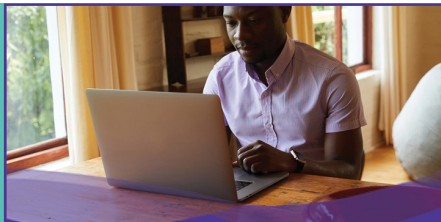
### Set Your Intention

How can your intention shape who you are and who you become?



19

Wednesday



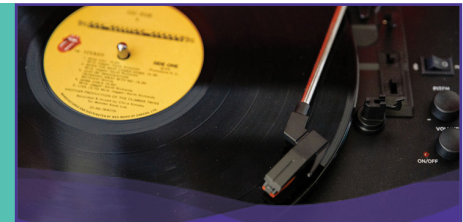
### Build Successful Daily Habits

What Habits Support You in Being Your Very Best?



20

Thursday



### Find a Healthy Groove

How can you create healthy patterns?



21

eM Life week starts on Tuesday



# January 22-28

## WEEKLY CALENDAR

Theme Week:

Building Positive Habits

Saturday



### Bask In The Sunshine Of Success

How Can Positive Emotions Help You Build Better Habits?



23

Sunday



### Set The Tone For The Day

How can creating a morning ritual start your day off right?



24

Friday



### Small Action. Big Victory

How can tiny habits help you create a better life?



22

Monday



### How We Practice Matters

How can a daily practice improve your well-being?



25

Tuesday



### The Good In The Bad

How does being open create new possibilities?



26

Wednesday



### Intertwine Mind and Body

How can tuning into your body help you stay present?



27

Thursday



### Truly Authentic

How might being yourself be truly satisfying?




28

# January 29-31


## WEEKLY CALENDAR

Friday



**Tune Into Your Frequency**

How can you tap into the intelligence of the body?



29

Saturday




**Explore the Values You Admire In Others**

Could what you admire in others reflect what you appreciate in yourself?




30

Sunday



**Visualize the Win**

How can visualization help you create your best performance?



31



# Mindful Meeting Moment



Choose your desired length of Mindful Meeting Moments- short form mindfulness practices that can prepare your team to be more present, more focused, and more effective for the meeting ahead. So settle in, straighten your spine, and follow along.

**1 minute**

[Click to listen](#)

**3 minutes**

[Click to listen](#)

**5 minutes**

[Click to listen](#)





January 2021

Make Every Moment Matter

# New Content Announcement

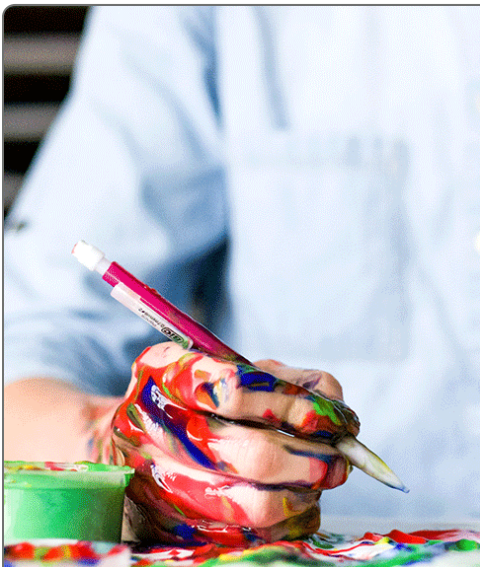


## Monthly Blog:

### Remember to Be Mindful with These 5 Mental Triggers

When developing a new mindfulness routine, it can be hard to break out of your old routine and remember to practice. Creating mental triggers and reminders can help interrupt your brain's autopilot and remember to make time for mindfulness.

[Click To Read >>](#)



## 7 Days of Cooking up Creativity

### Description:

We all have the capacity to be creative, to dream and imagine. Through creative expression, we expand our sense of who we are. We connect with meaning and purpose. Creativity isn't something we go in search of "out there". It is self-authored. It resides within. It allows us to shine more brightly; to live from and into the highest expression of ourselves.

[Click To View On-Demand >>](#)

### Episodes:

- The Artist in All of Us
- Finding Your Flow
- Seeking Inspiration
- Room to Play
- Bravely Curious
- Getting Unstuck
- Creative Expression



Free Webinar



Make Every Moment Matter

# Introduction to Mindfulness

Learn how eM Life helps you apply mindfulness to your everyday life

**Sign up for this 30-minute webinar to experience how to make every moment matter with greater focus, creativity and purposeful decisions.**

## Upcoming Webinars

(all webinars start @ 12:00pm EST)

 Thursday, January 14th  
**Intro to Mindfulness**

 Tuesday, February 9th  
**Intro to Mindfulness**

 Wednesday, March 10th  
**Intro to Mindfulness**

 Thursday, April 15th  
**Intro to Mindfulness**

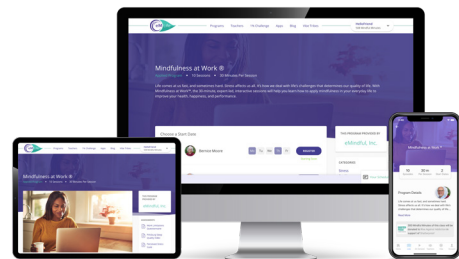
 Tuesday, May 4th  
**Intro to Mindfulness**

 Wednesday, June 9th  
**Intro to Mindfulness**

## What you will learn:

What is mindfulness?  
The effects of stress  
Mindfulness benefits

Stress reduction practices  
Navigate eM Life  
Use of mobile app



**Click here** to register for the next webinar!

**Then log in, or sign up for an account\*.**

\*During account sign-up, **select Employee Account** and **enter your company name** for "Organization ID" when prompted.

If you have any questions or need assistance please contact [support@emindful.com](mailto:support@emindful.com)