

# 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?



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# January 15-21

## WEEKLY CALENDAR

Theme Week:  
Building Positive Habits

Friday



**Grow From Mistakes**

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



15

Saturday



**One Thing At A Time**

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



16

Sunday



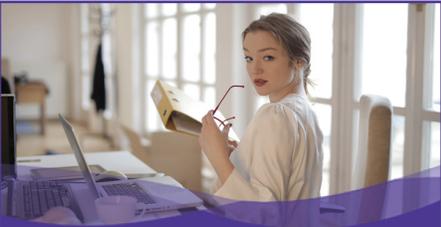
**Connect With Nature**

How does time in nature bring you calm?



17

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

Friday



**Small Action. Big Victory**

How can tiny habits help you create a better life?



22

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

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?



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