

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



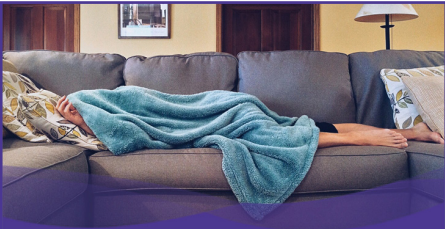
Make Conscious Choices

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



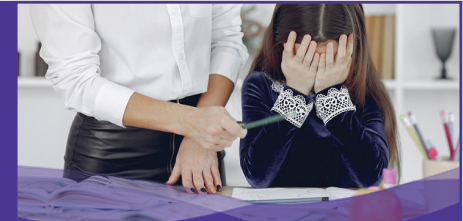
Connect With Nature

How does time in nature bring you calm?



17

Friday



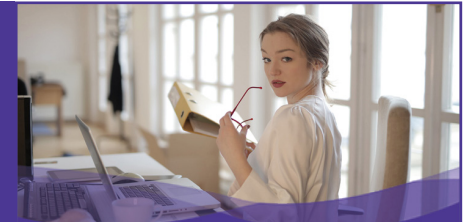
Grow From Mistakes

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



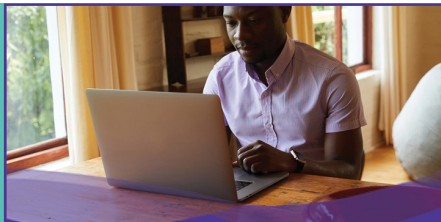
Set Your Intention

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



19

Wednesday



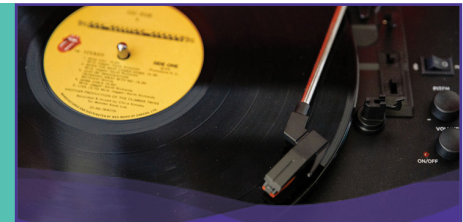
Build Successful Daily Habits

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?



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