

February 1-7

WEEKLY CALENDAR

Monday



Self-kindness versus Self-Criticism

What would shift if you replaced critical self-talk with kindness?



01

Tuesday



A Refreshed Approach

Letting go of what no longer serves you



02

Wednesday



Sleeping Soundly

What helps you get quality sleep?



03

Thursday



Hello, You

How did you greet yourself today?



04

Friday



Rein in Your Reaction

How might you dial back the intensity?



05

Saturday



Care For Yourself Like You Do Others

What helps you listen to yourself the way you listen to loved ones?



06

Sunday



Ouch, That Hurt!

What might help you not take things so personally?



07

February 8-14

WEEKLY CALENDAR

Monday



Don't Rush Into It

Is impatience getting in the way of what you want?



08

Tuesday



Increase Your Compassion

What helps you manage overwhelming news?



09

Wednesday



Head In The Clouds

Are you daydreaming your way out of reality?



10

Thursday



Ride The Emotional Roller Coaster

How could better managing your emotional reactions help you stay balanced?



11

Friday



Enjoy The Middle

How could mindfulness help you tune in for the full experience?



12

Saturday



All Alone Together

How to build connection when you don't feel seen?



13

Sunday



Is It Enough?

How do you know when you're doing enough?



14

February 15-21

WEEKLY CALENDAR

Theme Week:
Opening Your Heart

Monday



Trust Yourself With More Confidence

What helps you trust in yourself to act from wisdom?



15

Tuesday



Practice Patience

Patience: A Gift From the Heart



16

Wednesday



The Gift of Love and Loss

Caring for the Heart



17

Thursday



The Importance of Inclusion

Inclusivity - Opening Your Heart to Others



18

Friday



How Am I Doing?

The Heart of Caregiving



19

Saturday



The Wisdom of the Heart

How might you tune into the language of the heart?



20

Sunday



Speak From the Heart

How might speaking your truth enhance your relationships?



21

eM Life week starts on Tuesday

February 22-28

WEEKLY CALENDAR

Theme Week:
Opening Your Heart

Monday



Moments That Touch The Heart

How might savoring the special moments increase your happiness?



22

Tuesday



Just As I Am

What intention can you set to be more compassionate with yourself?



23

Wednesday



Balancing Inner and Outer Messages

What helps you tune into what's right for you?



24

Thursday



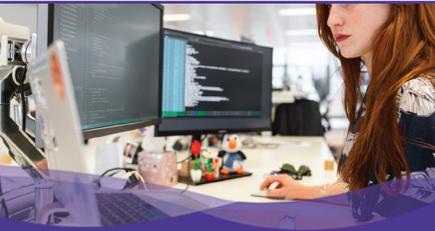
Happiness Balance

How could you make more space for happiness?



25

Friday



Time Is Ticking!

What helps you let go of feeling like there's never enough time?



26

Saturday



Interrupt Your Thoughts

What could change if you stopped jumping to conclusions?



27

Sunday



I Am Enough

How might you begin to recognize that you are enough?



28