

February 1-7

WEEKLY CALENDAR

Tuesday



A Refreshed Approach

Letting go of what no longer serves you



Wednesday



Sleeping Soundly

What helps you get quality sleep?



Thursday



Hello, You

How did you greet yourself today?



Monday



Self-kindness versus Self-Criticism

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



Friday



Rein in Your Reaction

How might you dial back the intensity?



Saturday



Care For Yourself Like You Do Others

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



Sunday



Ouch, That Hurt!

What might help you not take things so personally?



01

02

03

04

05

06

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



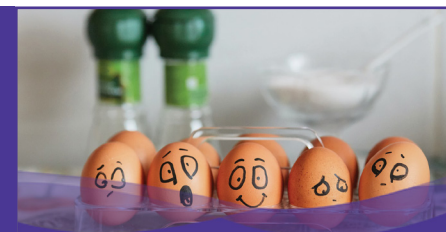
Head In The Clouds

Are you daydreaming your way out of reality?



10

Thursday



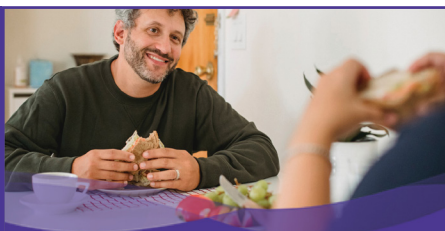
Ride The Emotional Roller Coaster

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

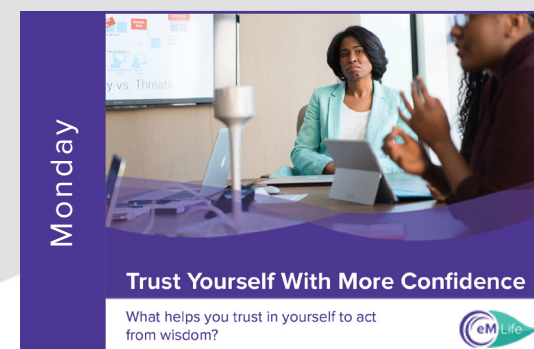
Theme Week:
Opening Your Heart



16



17



15



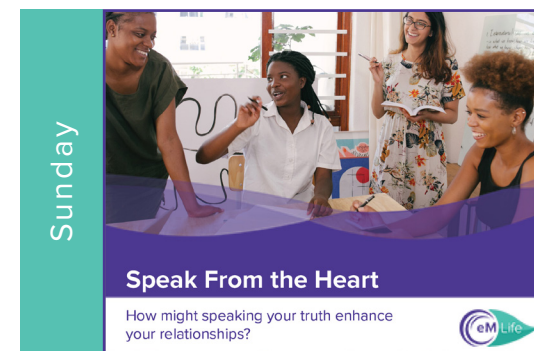
18



19



20



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