

# NOVEMBER 15-21

## WEEKLY CALENDAR


Theme Week:

Asking for Help; Embracing Vulnerability

Saturday



### What's Your "Why"?


Do you know what you really want? 

16

Sunday



### Be More Intentional


How might you live with more intention? 

17

Friday



### Guilty Conscious?


Do you know the difference between healthy and unhealthy guilt? 

15

Monday



### When Difficulties Arise


How might you appreciate the good in another? 

18

Tuesday



### Find Strength In Vulnerability


Can asking for help really be a sign of strength? 

19

Wednesday




### Flex Your Receiving Muscles


How might allowing others to help and support you strengthen your relationships? 

20

Thursday



### You Can Be Brave And Scared

Stepping to the edge: Leaning into fear and vulnerability 

21

eM Life week starts on Tuesday