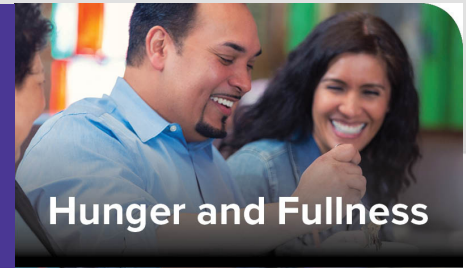


NOVEMBER 8-14

WEEKLY CALENDAR

Friday



Hunger and Fullness

How do you know when you've had enough to eat?



08

Saturday



Take Your Time

How could slowing down help you accomplish more?



09

Sunday



I See What You Mean

How could mindfulness help you gain perspective?



10

Monday



Clear The Clutter

Does more actually make you happier?



11

Tuesday



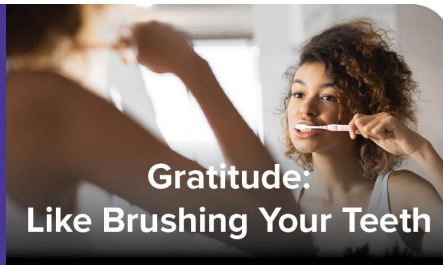
Be The Lighthouse

How do you shine your light in times of darkness?



12

Wednesday



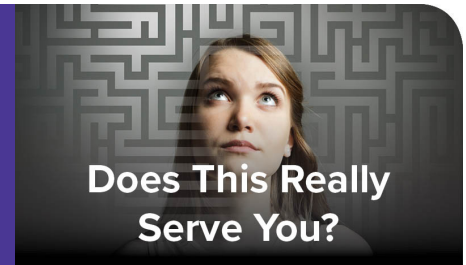
Gratitude: Like Brushing Your Teeth

How might you make gratitude a habit?



13

Thursday



Does This Really Serve You?

What helps you manage life's inconveniences?



14

eM Life week starts on Tuesday