

# NOVEMBER 1-7

## WEEKLY CALENDAR

Saturday

### Loving Myself So I Can Love You

What helps you love yourself?



02

Sunday

### Not So Common Courtesy

What does common courtesy  
mean to you?



03

Tuesday

### Proactive vs Reactive

What is your first reaction when you  
feel pain?



05

Wednesday

### Managing A Mental SPAM Folder

How do you sort through  
everyday SPAM?



06

Friday

### Speak Out

What gets in the way of saying  
what's on your mind?



01

Monday

### Would Future Me Approve?

Are you moving in the direction of  
your goals?



04

Thursday

### Jumping For Joy

What has brought you joy today?



07

eM Life week starts on Tuesday