

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