

# NOVEMBER 22-28

## WEEKLY CALENDAR

Theme Week:

Asking for Help; Embracing Vulnerability

Friday

Are You Hiding Behind Perfect?

Is perfectionism a defense?



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Saturday

Face Your Challenges

Responding to difficulty with an open and grateful heart



23

Sunday

Depths Of Creativity

Vulnerability at the source of creativity



24

Monday

Dive Into The Unknown

How comfortable are you with uncertainty?



25

Tuesday

Fueled By Gratitude

How does gratitude empower you?



26

Wednesday

The Hunger Games

Do you know when eating for pleasure takes its toll?



27

Thursday

Embrace Compassion

How does compassion improve your connection with others?



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eM Life week starts on Tuesday