

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



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Sunday



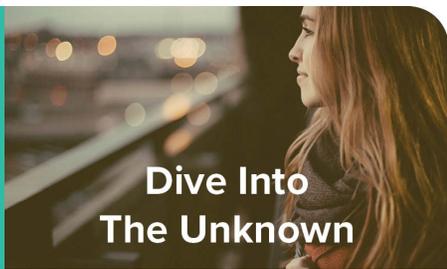
Depths Of Creativity

Vulnerability at the source of creativity



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Monday



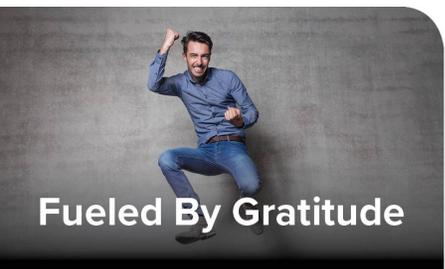
Dive Into The Unknown

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?



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Thursday



Embrace Compassion

How does compassion improve your connection with others?



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eM Life week starts on Tuesday