

NOVEMBER 1-7

WEEKLY CALENDAR

Friday



Speak Out

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



01

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

Monday



Would Future Me Approve?

Are you moving in the direction of your goals?



04

Tuesday



Proactive vs Reactive

What is your first reaction when you feel pain?



05

Wednesday



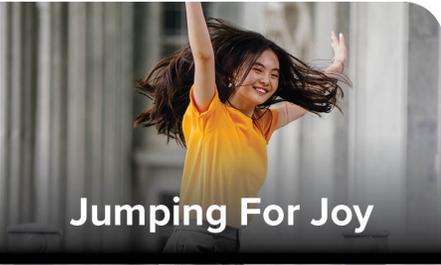
Managing A Mental SPAM Folder

How do you sort through everyday SPAM?



06

Thursday



Jumping For Joy

What has brought you joy today?



07

eM Life week starts on Tuesday