

OCTOBER 22-28

WEEKLY CALENDAR

TUESDAY



I CAN'T DECIDE...

Is endless debating keeping you stuck? 

22

WEDNESDAY



RESILIENCE
RITUALS

What helps you reset from stress? 

23

THURSDAY



BE MY
TEMPORARY GUEST

What helps you to be with
difficult emotions? 

24

FRIDAY



HONOR YOUR
LIMITATIONS

How do you manage stress
when you've done all you can? 

25

SATURDAY



CHANGE YOUR
STORY

How does "the way it is" prevent
the way it could be? 

26

SUNDAY



WORK IT OUT

What helps you compromise? 

27

MONDAY



ACTION CREATES
TRACTION

What helps you follow through
with your intentions? 

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