

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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