

OCTOBER 8-14

WEEKLY CALENDAR

TUESDAY



LET'S GET ON THE SAME PAGE

How do you manage inaccurate expectations?



08

WEDNESDAY



WHEN INACTION IS THE BEST ACTION

When is being still the right move?



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THURSDAY



IF IT LOOKS LIKE A DUCK...

What helps you see things as they really are?



10

FRIDAY



CULTIVATE INNER CONFIDENCE

What helps you believe in yourself?



11

SATURDAY



HIGH HOPES

How do you celebrate your high hopes and resilience?



12

SUNDAY



PLAYING THE LONG GAME

How could your mind-set help overcome obstacles?



13

MONDAY



AN ENCOURAGING CONVERSATION

What do you say to encourage yourself?



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