

# OCTOBER 1-7

## WEEKLY CALENDAR

TUESDAY



THE GOOD  
IN THE BAD

How does being open create new possibilities?



01

WEDNESDAY



HE SAID,  
SHE SAID

What helps you manage miscommunications?



02

THURSDAY



IT'S NOBODY'S FAULT

Turning toward versus turning against the body



03

FRIDAY




CREATE AN ATTITUDE  
OF GRATITUDE

How gratitude can make you happier




04

SATURDAY



BLISSFULLY  
"BEING"

What keeps you from just being?



05

SUNDAY



SLEEPING SOUNDLY

What helps you get quality sleep?



06

MONDAY



ARE YOU LOOKING  
AT ME?!

When do you feel self-conscious?



07