

DECEMBER 1-7

WEEKLY CALENDAR

Sunday

The Art Of The Daily Pause

Counter-intuitive tips for being more productive



01

Monday

What You Feed Will Grow

Are you overly-developing your worry muscles?



02

Tuesday

Is This Urgent?

How do you slow down in this fast-paced world?



03

Wednesday

Holiday Burnout

Tips for reinvigorating yourself



04

Thursday

Ubiquitous Bliss

Noticing joy in every moment



05

Friday

Truly Authentic

Do you know your authentic self?



06

Saturday

The Gift That Keeps On Giving

How can being generous uplift you and others?



07