


# DECEMBER 15-21

## WEEKLY CALENDAR


Theme Week:  
Embracing Right Now

Monday



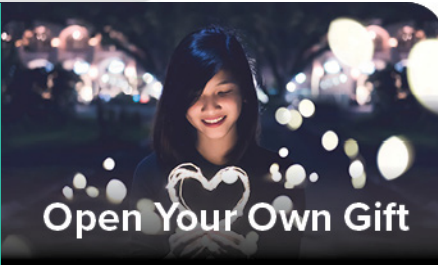
### The Joy Of Being Seen

What do you want most this holiday season?




16

Tuesday




### Open Your Own Gift

What's most alive for you in THIS moment?




17

Sunday




### Cherish The Moment

Are you crowding out what you truly want?




15

Wednesday



### How Full Is Your Cup?

Finding fullness in the moment



18

Thursday



### Take A Breather

How can a mindful pause support more mindful choices?



19

Friday




### Find Presence In Chaos

Being present with what is (and why it's hard to stay present)



20

Saturday



### What's The Real Story?

Beyond the storyline: what's most true and real in this moment?



21

eM Life week starts on Tuesday