

DECEMBER 8-14

WEEKLY CALENDAR

Sunday

Holiday Joy Rituals

What can you do daily to enjoy this season?



08

Monday

Internally Consumed By The External

What helps you trust your worth?



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Tuesday

The Gift Of Space

What does holiday joy mean to you?



10

Wednesday

Just Checking In

How often do you check in with yourself?



11

Thursday

↑ START For The First Time

What would change for you if you brought a beginner's mind to your life?



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Friday

De-stress Through Joy

How could joy help you beat holiday stress?



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Saturday

Holly Jolly Holiday

What makes you the most jolly during the holidays?



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