


# DECEMBER 22-28

## WEEKLY CALENDAR

Theme Week:


Embracing Right Now

Sunday




**Right Here, Right Now**

Can you learn to be more present to your life?




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Monday



**Every Moment Is A Miracle**

Now is all we have - treasuring the moments of your life



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Tuesday



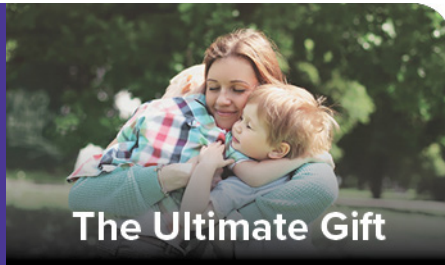
**Bah Humbug!**

How could being present help you navigate the holidays?




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Wednesday




**The Ultimate Gift**

Your presence is present enough




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Thursday




**Your Wake Up Call**

How do you want to show up today?




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Friday



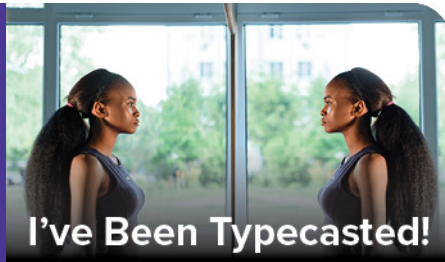
**Personal Development Plan**

What helps you combat workplace stress?




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Saturday



**I've Been Typecasted!**

Have you put yourself into a box that doesn't really fit you?



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