

MARCH 22-28

WEEKLY CALENDAR

Sunday



Breathe And Release

Releasing tension in the body



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Monday



The Art Of Counting Sheep

Mastering the art of falling asleep



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Tuesday



Let's Talk About This

What's keeping you from seeing another's perspective?



24

Wednesday



Is The Grass Really Greener?

Where are you going?



25

Thursday



Moderation Is Key

How to rapidly recover when you've gone off track



26

Friday



Individual Impact

Do you know how much power you have?



27

Saturday



The Best Of You

Don't let 'you are not enough' thoughts run your life



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