

MARCH 1-7

WEEKLY CALENDAR

Sunday




Is This Coincidence?

A quick and easy fix isn't always realistic




01

Monday




Quit The Busy-ness

It's good to be bored




02

Tuesday



Show Up For Yourself

The benefits of nourishing your mind and body with love



03

Wednesday



Fantasizing In The Present

Avoiding daydreaming yourself out of the present moment



04

Thursday



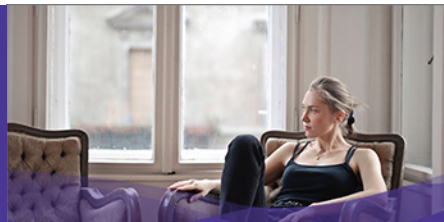
Adjust Your Focus

How to stop the moments from all blending together




05

Friday



Clean Slate

Forgiveness requires persistence



06

Saturday



Say Yes To The Best

Uncover your best with mindfulness



07