


MARCH 15-21

WEEKLY CALENDAR


Theme Week:
Sleep More Soundly

Monday



One Step At A Time

Stop wasting time procrastinating



16

Tuesday




Catching Z's

Shh... Learning to quiet the mind




17

Sunday




Cloud 9

Mindfully balance dreaming big with taking action




15

Wednesday




Making Other Plans

Counting blessings instead of sheep




18

Thursday




From Stressful To Restful

Shifting from stressful to restful




19

Friday




Shift Into Relaxation

Do you have a relaxing bedtime ritual?




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Saturday



The Science Of Sleep

How can you evoke the relaxation response?



21

eM Life week starts on Tuesday