

# APRIL 1-7

## WEEKLY CALENDAR

Wednesday



### Shift Out Of Automatic

Training your mind to see beyond your habits



01

Thursday




### I've Got Bigger Goals

Bypassing immediate gratification to save for the big dream




02

Friday




### An Evening Of Gratitude

Counting your blessings can lead to better sleep



03

Saturday




### Overcoming Regret

Mindfully making peace with regrets




04

Sunday



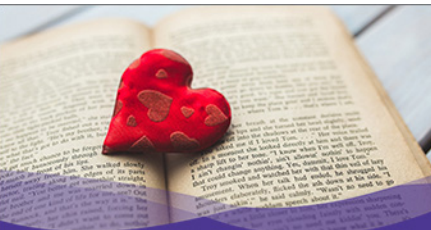
### Becoming Your Own Best Friend

What do we mean when we say "we are only human?"




05

Monday




### Open Mind, Open Heart

Learn to hold on loosely to your goals




06

Tuesday



### Me First!

Mindfully checking your greed meter




07

# APRIL 8-14


## WEEKLY CALENDAR

Wednesday




**Don't Feed The Monkey Mind!**

Is your monkey mind playing tricks on you?




08

Thursday




**A Balanced Plate**

Mindfully check back in




09

Friday



**Break Out The Good China**

Stop waiting for the perfect moment



10

Saturday



**Keeping Up With The Joneses**

Managing FOMO and the impulse to fit in



11

Sunday




**Each Bite Is An Experience**

Rediscover the joy in mindful eating



12

Monday



**Skip The Small Talk**

How to deal with feeling lonely



13

Tuesday



**Stop The Buzz Of Busy**

How do you know when the moment calls for you to just be where you are?



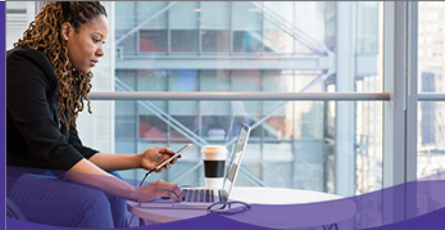
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# APRIL 15-21

## WEEKLY CALENDAR


Theme Week:  
Attain Athletic Performance

Wednesday




**Choose Your Own Adventure**

Managing ambiguity to better serve you




15

Thursday




**Get Some Perspective!**

What leads to 'the small stuff' becoming big stuff?




16

Friday



**Be Here Now**

Enjoy the precious moments by staying present




17

Saturday



**Speak Your Truth**

Where in your life are you not creating trust?



18

Sunday



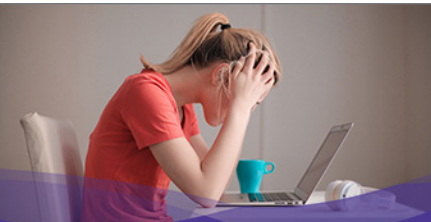
**From Chaos To Calm**

Do you know your 'tipping point'?




19

Monday



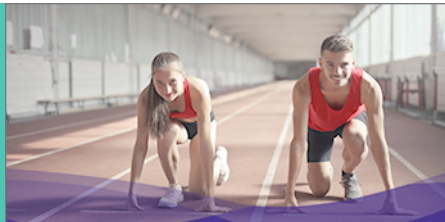
**Striving Yourself Stuck**

What drives you to over-achieve?




20

Tuesday



**Focus Is Gold**

Mindfulness as a superpower



21


eM Life week starts on Tuesday

# APRIL 22-28

## WEEKLY CALENDAR


Theme Week:  
Attain Athletic Performance

Wednesday




**Clearing Obstacles**

Extreme focus - Tuning out distraction




22

Thursday




**Keep Your Head In The Game**

Flow states: Being in the zone




23

Friday




**Tune Into Your Frequency**

Tapping into the intelligence of the body




24

Saturday



**Put Me In, Coach!**

Changing/Championing your inner dialogue



25

Sunday



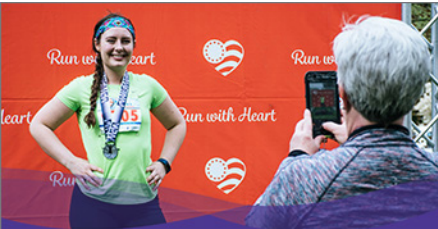
**Ease Over The Finish Line**

Conquering competition anxiety




26

Monday




**A Winning Mindset**

Visualizing: Picturing your best performance




27

Tuesday



**Everything Will Change When...**

Are you waiting for the right moment to be fulfilled?



28

# APRIL 29

## WEEKLY CALENDAR

Sunday




**Controlling Comfort Foods**

Why do you turn to food for comfort?




29

Monday



**Break The Pain Cycle**

How could changing your pace help you manage your pain?



30



# Mindful Meeting Moment



Choose your desired length of Mindful Meeting Moments- short form mindfulness practices that can prepare your team to be more present, more focused, and more effective for the meeting ahead. So settle in, straighten your spine, and follow along.

**1 minute**

[Click to listen](#)

**3 minutes**

[Click to listen](#)

**5 minutes**

[Click to listen](#)



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Make Every Moment Matter

# New Content Announcement

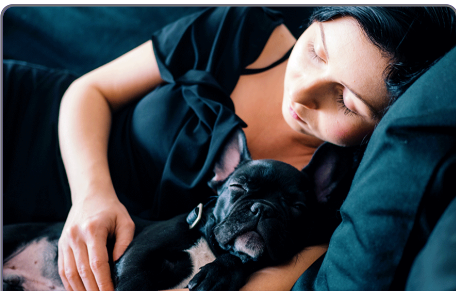


## Monthly Blog:

### Decluttering Your Mind and Space with Mindfulness

The benefits of mindfulness can be applied to many areas of your day, such as before you begin a stressful meeting or when you're in an anxious headspace. But mindfulness can also be useful for decluttering not only your mind but also your living space.

[Click To Read >>](#)



### Mindful Sleep Meditations

Allow your breath, body and mind to relax and drift off to restorative sleep with these mindful sleep meditations.

#### Episodes include:

- Relaxing into Sleep with Loving-Kindness
- Relaxing the Body for Deep Sleep
- Waves of Relaxation and Peace
- Deep and Restful Sleep
- Inner Stillness and Deep Sleep
- [and more...](#)



### 7 Days of Meaning and Purpose

Eleanor Roosevelt wrote that the purpose of life is "to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." Mindfulness helps us gain clarity around purpose and meaning by allowing us to take a step back and observe ourselves in action.

#### Episodes include:

- What's Your Passion
- The Many Layers of Purpose
- Why This, Why Now?
- Find the Deeper Meaning
- Important of Urgent
- Understanding Me
- The Meaning of Right Now
- [and more...](#)



### 7 Day of Emotional Intelligence

By practicing mindfulness, we strengthen our awareness of thoughts and emotions. We're able to observe ourselves with more choice about how we want to respond. In this way, mindfulness promotes emotional regulation.

#### Episodes include:

- Every Breath You Take
- How Are You, Really?
- Riding the Waves
- Use "The Force" Within
- Listen to Your Heart
- Being Brave Enough
- We've Got Soul
- [and more...](#)





Free Webinar



Make Every Moment Matter

# Introduction to Mindfulness


Learn how eM Life helps you apply mindfulness to your everyday life


Sign up for this 30-minute webinar to experience how to make every moment matter with greater focus, creativity and purposeful decisions.

## Upcoming Webinars

(all webinars start @ 12:00pm EST)


 Thursday, April 9th  
**Intro to Mindfulness**

 Tuesday, May 12th  
**Why do I feel this way?**

 Wednesday, June 10th  
**Communication Foul**

 Thursday, July 9th  
**Intro to Mindfulness**

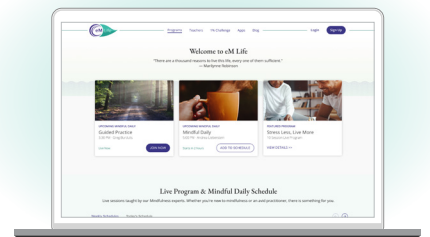
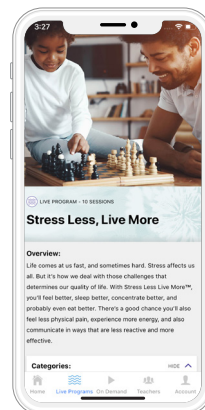
 Tuesday, August 11th  
**Controlling Comfort Foods**

 Wednesday, September 9th  
**Taking a Break from Always Being On**

## What you will learn:

What is mindfulness?  
The effects of stress  
Mindfulness benefits

Stress reduction practices  
Navigate eM Life  
Use of mobile app



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