

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
29	30	31	1	2	3	4	
	Week Off						
5	6	7	8	9	10	11	
	Introduction: Overcoming Defensiveness						
12	13	14	15	16	17	18	
	Exploration: Overcoming Defensiveness						
19	20	21	22	23	24	25	
	Practice: Overcoming Defensiveness						
26	27	28	29	30	1	2	
	Integration: Overcoming Defensiveness						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
	Integration: Overcoming Defensiveness					
3	4	5	6	7	8	9
	Introduction: Setting Loving Boundaries					
10	11	12	13	14	15	16
	Exploration: Setting Loving Boundaries					
17	18	19	20	21	22	23
	Practice: Setting Loving Boundaries					
24	25	26	27	28	29	30
	Integration: Setting Loving Boundaries					
31	1	2	3	4	5	6
	Introduction: Preparing for Holiday Conversations					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
Introduction: Preparing for Holiday Conversations						
7	8	9	10	11	12	13
Exploration: Preparing for Holiday Conversations						
14	15	16	17	18	19	20
Practice: Preparing for Holiday Conversations						
21	22	23	24	25	26	27
Integration: Preparing for Holiday Conversations						
28	29	30	1	2	3	4
Week Off						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
Week Off						
5	6	7	8	9	10	11
Introduction: Bridging Polarities & Cultivating Common Ground						
12	13	14	15	16	17	18
Exploration: Bridging Polarities & Cultivating Common Ground						
19	20	21	22	23	24	25
Practice: Bridging Polarities & Cultivating Common Ground						
26	27	28	29	30	31	1
Integration: Bridging Polarities & Cultivating Common Ground						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
Integration: Bridging Polarities & Cultivating Common Ground						
2	3	4	5	6	7	8
Introduction: Living into Your Values						
9	10	11	12	13	14	15
Exploration: Living into Your Values						
16	17	18	19	20	21	22
Practice: Living into Your Values						
23	24	25	26	27	28	29
Integration: Living into Your Values						
30	31	1	2	3	4	5
Week Off						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
Week Off						
6	7	8	9	10	11	12
Introduction: Transforming Self-Doubt & Trusting Desire						
13	14	15	16	17	18	19
Exploration: Transforming Self-Doubt & Trusting Desire						
20	21	22	23	24	25	26
Practice: Transforming Self-Doubt & Trusting Desire						
27	28	1	2	3	4	5
Integration: Transforming Self-Doubt & Trusting Desire						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2	3	4	5
	Integration: Transforming Self-Doubt & Trusting Desire					
6	7	8	9	10	11	12
	Introduction: Metabolizing Resentment					
13	14	15	16	17	18	19
	Exploration: Metabolizing Resentment					
20	21	22	23	24	25	26
	Practice: Metabolizing Resentment					
27	28	29	30	31	1	2
	Integration: Metabolizing Resentment					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
	Integration: Metabolizing Resentment					
3	4	5	6	7	8	9
	Introduction: Rebuilding Broken Relationships					
10	11	12	13	14	15	16
	Exploration: Rebuilding Broken Relationships					
17	18	19	20	21	22	23
	Practice: Rebuilding Broken Relationships					
24	25	26	27	28	29	30
	Integration: Rebuilding Broken Relationships					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Introduction: Moving Beyond Us & Them						
8	9	10	11	12	13	14
Exploration: Moving Beyond Us & Them						
15	16	17	18	19	20	21
Practice: Moving Beyond Us & Them						
22	23	24	25	26	27	28
Integration: Moving Beyond Us & Them						
29	30	31	1	2	3	4
Week Off						