

INWARD CIRCLE SCHEDULE WINTER 2021

WEEK OF:	SUN (20-40 min.)	MON (5-10 min.)	TUES (varies)	WED (2-5 min.)	THUR-SAT (up to you)	FOCUS:
JANUARY 24	Weekly Lesson Video Released	Mindful Mineral 9:15am PST	All Tiers Kickoff Call 5-5:30 pm PST	W.A.T.E.R. 12 noon PST	Independent Practice	Squashing Stress and Increasing Impact by Committing to Self-Care within a Supportive Circle
JANUARY 31	Weekly Lesson Video Released	Mindful Mineral 9:15am PST	Tier 3 Small Group Circle 5-6:15 pm PST	W.A.T.E.R. 12 noon PST	Independent Practice	Rooting into your VISION (Values, Intuition, Strengths, & Interests for your Own Narrative)
FEBRUARY 7	Weekly Lesson Video Released	Mindful Mineral 9:15am PST	Tiers 2 & 3 Group Scaffolding 5-6 pm PST	W.A.T.E.R. 12 noon PST	Independent Practice	Taking Actions to Sprout Steady Growth
FEBRUARY 14	Weekly Lesson Video Released	Mindful Mineral 9:15am PST		W.A.T.E.R. 12 noon PST	Independent Practice	Tuning In to Your Body's Wisdom and Responding with Love
FEBRUARY 21	Weekly Lesson Video Released	Mindful Mineral 9:15am PST	Tier 3 Small Group Circle 5-6:15 pm PST	W.A.T.E.R. 12 noon PST	Independent Practice	Presence over Perfection for Emotional Wellness
FEBRUARY 28	Weekly Lesson Video Released	Mindful Mineral 9:15am PST	Tiers 2 & 3 Group Scaffolding 5-6 pm PST	W.A.T.E.R. 12 noon PST	Independent Practice	Shifting Thought Patterns and Cultivating a Positive Mindset
MARCH 7	Weekly Lesson Video Released	Mindful Mineral 9:15am PST		W.A.T.E.R. 12 noon PST	Independent Practice	Maximizing Productivity, Play, and Peace through Planning and Time Management
MARCH 14	Weekly Lesson Video Released	Mindful Mineral 9:15am PDT	Tier 3 Small Group Circle 5-6:15 pm PDT	W.A.T.E.R. 12 noon PDT	Independent Practice	Bonds and Boundaries to Ensure Your Growth
MARCH 21	Weekly Lesson Video Released	Mindful Mineral 9:15am PDT	Tiers 2 & 3 Group Scaffolding 5-6 pm PDT	W.A.T.E.R. 12 noon PDT	Independent Practice	Individualized Well-being Plan (IWP): Celebrating and Sustaining Your Self-Care Journey
MARCH 28	Weekly Lesson Video Released	Mindful Mineral 9:15am PDT	All Tiers Celebration Call 5-5:30 pm PDT	W.A.T.E.R. 12 noon PDT	Independent Practice	Spreading Seeds for Collective Well-being

All live calls will be recorded. You can watch recorded videos at whatever pace works best for YOU. Bonus Assembly Guest Speaker Recordings can also be added based on your preferences.