

November's Community Challenge: Discover Your Why



Nov 9 – Nov 15, 2025

HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

You're not lost – your purpose is already within you! 💡

In just a few minutes a day, explore what lights you up, what you're great at, and what matters most, then craft a personal "why" statement that inspires how you live, lead, and grow. 🚀



PRIZES:

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a 🎁 **\$25 gift card!**



SCAN ME

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: November 2025's Community Events

Monthly Theme: **Own Your Story By Living With Purpose**

Join our coaches in group coaching sessions, featuring meditations, let's talk, stretch sessions, and workshops.



Featured Workshops & Meditations



Stretch: Move with Meaning

11:00 am ET

Transform stretching into a mindful practice—enhancing body awareness, and bringing presence to every movement

[Register Here](#)



Meditation: Honoring the Journey So Far

12:30 pm ET

Pause to honor your journey—celebrating growth, resilience, and every step you've taken

[Register Here](#)



Workshop: From Auto-Pilot to Intentional Living

3:30 pm ET

Shift to intentional living with simple strategies for more purpose and joy each day

[Register Here](#)



World Kindness Day: Choosing Kindness Over Conflict

3:30 pm ET

Even in tough moments, kindness can lead with compassion and courage

[Register Here](#)

International Stress Awareness Week & Men's Health Awareness Month



Workshop: Recognizing Stress Signals in the Body

3:30 pm ET

Learn to hear your body's early stress signals—and respond with care before overwhelm sets in

[Register Here](#)



Workshop: Preventive Health Tips for Men

12:30 pm ET

Learn about key check-ups, screenings, and body signals every man should know

[Register Here](#)

Diabetes Awareness Month



Let's Talk: Supporting Someone with Diabetes

12:30 pm ET

Support loved ones with diabetes through compassion, encouragement, and understanding

[Register Here](#)



Workshop: Balanced Blood Sugar, Balanced Life

12:30 pm ET

Balanced blood sugar means better mood, energy, sleep, and health—learn to support it daily

[Register Here](#)

Family Caregivers Month



Let's Talk: When You're the One Everyone Leans On

3:30 pm ET

Take time to reflect, set boundaries, and care for yourself without guilt

[Register Here](#)



Meditation: A Pause for the Caregiver's Heart

11:00 am ET

A pause to refill your cup and reconnect with your purpose

[Register Here](#)

