

# Challenge of the week – „Mindfulness & Business“

Increase Self-esteem → one pillar of it is self-responsibility (one of six pillars according to Dr. Nathaniel Branden)

	Monday	Tuesday	Wednesday	Thursday	Friday
Emotions & Thoughts					
Actions					
Body					

(Source : Six Pillars of Self-esteem, Dr. Nathaniel Branden, 1995.)