

01/03/2022 - [Build a mosaic community](#) - The First Weekly MindSweep

July 2022 Perspective

Week 27: **Curated Conversation:** Word of JULY; Perspective.

Week 28: **Mind Your Business:** Word + Business. *Mind your brain, manage your business.*

Week 29: **Manage Your Mind:** Word + Brain Science & Health #BrainGeek. OR - I changed my mind.

Week 30: **Contemplation:** What's On My Mind; My thoughts on it. *By popular request, more Jamie Chapman!*

August 2022 Humility

Week 31: **Curated Conversation:** Word of August; Confident Humility. It turns out I was wrong.

Week 32: **Mind Your Business:** Confident Humility + Business. *Mind your brain, and manage your business.*

Week 33: **Manage Your Mind:** Word + Brain Science & Health #BrainGeek. OR - I changed my mind.

Week 34: **Contemplation:** What's On My Mind; My thoughts on it. *By popular request, more Jamie Chapman!*

September 2022 Choice

[Week 35: Curated Conversation: September topic; Choice.](#)

[Week 36: Mind Your Business: Choice + Business.](#)

[Week 37: Manage Your Mind: Choice + Brain Science/Health. #BrainGeek](#)

[Week 38: Contemplation: What's On My Mind: My thoughts on choice. *By popular request, more Jamie Chapman!*](#)

[*Week 39: A September Reflection.](#)

October 2022 Community

[Week 40: Curated Conversation: October; Community](#)

[Week 41: Mind Your Business: Community + Business.](#)

[Week 42: Manage Your Mind: Community + Brain Science/Health. #BrainGeek](#)

[Week 43: Contemplation: What's On My Mind: My thoughts on Community. *By popular request, more Jamie Chapman!*](#)

[Week 44: An October Reflection. More Jamie Chapman.](#)

November 2022 Trust

[Week 45: Curated Conversation: Trust](#)

[Week 46: Mind Your Business: Trust + Business](#)

[Week 47. Manage Your Mind: Trust + Brain Science/Health](#)

[Week 48: Contemplation: What's On My Mind: My thoughts on Trust.](#)

December 2022 Change

[Week 49: Curated Conversation: Change](#)

[Week 50: Mind Your Business: Change + Business](#)

Week 51: Manage Your Mind: Change + Brain Science/Health

Week 52 What's on my mind: Change

January 2023 Ego

Week 53: Curated Conversation; Ego

Week 54: Mind Your Business; Ego

Week 55: Manage Your Mind; Ego

Week 56 Contemplation: What's On My Mind; Ego

February 2023 Neurodiversity

Week 58: Curated Conversation; NeurodiversityWeek 58: Curated Conversation; Neurodiversity

Week 59: Mind Your Business; Neurodiversity

Week 60: Manage Your Mind; Neurodiversity

Week 61: Contemplation: What's On My Mind: My Thoughts On Neurodiversity

March 2023 Capacity

Week 62: Curated Conversation; Capacity

Week 63: Mind Your Business; Capacity

Week 64: Manage Your Mind; Capacity

Week 65: Contemplation: What's on My Mind: My Thoughts on Capacity

April 2023 Relationship

Week 66: Curated Conversation; Relationship

[Week 67: Mind Your Business; Relationship](#)

[Week 68: Manage Your Mind; Relationship](#)

[Week 69: Contemplation; What's on My Mind: My Thoughts on Relationship](#)

May 2023 Patience

[Week 70: Curated Conversation; Patience](#)

[Week 71: Mind Your Business; Patience](#)

[Week 72: Manage Your Mind; Patience](#)

[Week 73: Contemplation; What's on My Mind: My Thoughts on Patience](#)

[Week 74: Curated Conversation; I'm not a plumber](#)

June 2023 Intent

[Week 75: Curated Conversation; Intent](#)

[Week 76: Mind Your Business; Intent](#)

[Week 77: Manage Your Mind; Intent](#)

[Week 78: What's On My Mind; Intent](#)

July 2023 Permission

[Week 79: Curated Conversation; Permission](#)

[Week 80: Mind Your Business; Permission](#)

[Week 81: Manage Your Mind; Permission](#)

[Week 82: What's On My Mind; Permission](#)

August 2023 Compassion

[Week 83: Curated Conversation; Compassion](#)

[Week 84: Mind Your Business; Compassion](#)

[Week 85: Manage Your Mind; Compassion](#)

[Week 86: What's On My Mind; Compassion](#)

[Week 87: Bonus Week; Compassion](#)

September 2023 Decision

[Week 88: Curated Conversation; Decision](#)

[Week 89: Mind Your Business; Decision](#)

[Week 90: Manage Your Mind; Decision](#)

[Week 91: What's On My Mind; Decision](#)

October 2023 Failure

[Week 92: Curated Conversation; Failure](#)

[Week 93: Mind Your Business; Failure](#)

[Week 94: Manage Your Mind; Failure](#)

[Week 95: What's On My Mind; Failure](#)

November 2023 Kindness

[Week 96: Curated Conversation; Kindness](#)

[Week 97: Mind Your Business; Kindness](#)

[Week 98: Manage Your Mind; Kindness](#)

[Week 99: What's On My Mind; Kindness](#)

December 2023 - Reflection

[Week 100: Curated Conversation; Reflection](#)

[Week 101: Mind Your Business; Reflection](#)

[Week 102: Manage Your Mind; Reflection](#)

[Week 103: What's On My Mind; Reflection](#)

January 2024 - Reality

[Week 104: Curator's Perspective](#)

[Week 105: Curated Conversation; Reality](#)

[Week 106: Mind Your Business; Reality](#)

[Week 107: Manage Your Mind; Reality](#)

[Week 108: What's On My Mind; Reality](#)

February 2024 - Curiosity

[Week 109: Curated Conversation; Curiosity](#)

[Week 110: Mind Your Business; Curiosity](#)

[Week 111 Manage Your Mind; Curiosity](#)

[Week 112: What's On My Mind; Curiosity](#)

March 2024 - Pride

[Week 113: Curated Conversation; Pride](#)

[Week 114: Mind Your Business; Pride](#)

[Week 115: Manage Your Mind; Pride](#)

[Week 116: What's On My Mind; Pride](#)

April 2024 - Meaning

[Week 117: Curated Conversation; Meaning](#)

[Week 118: Mind Your Business; Meaning](#)

[Week 119: Manage Your Mind; Meaning](#)

[Week 120: What's On My Mind; Meaning](#)

[Week 121: Curator's Perspective; Meaning](#)

May 2024 Inclusivity

[Week 122: Curated Conversation; Inclusivity](#)

[Week 123: Mind Your Business; Inclusivity](#)

[Week 124: Manage Your Mind; Inclusivity](#)

[Week 125: What's On My Mind; Inclusivity](#)

June 2024 Success

[Week 126: Curated Conversation; Success](#)

[Week 127: Mind Your Business; Success](#)

[Week 128: Manage Your Mind; Success](#)

[Week 129: What's on My Mind; Success](#)

July 2024 Bias

[Week 130: Curated Conversation; Bias](#)

[Week 131: Mind Your Business; Bias](#)

[Week 132: Manage Your Mind; Bias](#)

[Week 133: What's On My Mind; Bias](#)

[Week 134: Curator's Perspective](#)

August 2024 Trust

[Week 135: Curated Conversation; Trust](#)

[Week 136: Mind Your Business; Trust](#)

[Week 137: Manage Your Mind; Trust](#)

[Week 138: What's On My Mind; Trust](#)

September 2024 Accountability

[Week 139: Curated Conversation: Accountability](#)

[Week 140: Mind Your Business: Accountability](#)

[Week 141: Manage Your Mind; Accountability](#)

[Week 142: What's On My Mind; Accountability](#)

October 2024 - Boundaries

[Week 143: Curated Conversation: Boundaries](#)

[Week 144: Mind Your Business: Boundaries](#)

[Week 145: Manage Your Mind: Boundaries](#)

[Week 146 What's On My Mind: Boundaries](#)

[Week 147: Curator's Perspective: Boundaries](#)

November 2024 - Conflict

[Week 148: Curated Conversation: Conflict](#)

[Week 149: Mind Your Business: Conflict](#)

[Week 150: Manage Your Mind: Conflict](#)

[Week 151: What's On My Mind: Conflict](#)

December 2024

[Week 152: Curated Conversation: Civility](#)

[Week 153: Mind Your Business: Civility](#)

[Week 154: Manage Your Mind: Civility](#)

[Week 155: What's on My Mind: Civility](#)

January 2025

[Week 157: Curated Conversation: Introspection](#)

[Week 158: Mind Your Business: Introspection](#)

[Week 159: Manage Your Mind: Introspection](#)

[Week 160: What's On My Mind: Introspection](#)

February 2025

[Week 161: Curated Conversation: Consistency](#)

[Week 162 Mind Your Business: Consistency](#)

[Week 163: Manage Your Mind: Consistency](#)

[Week 164: What's On My Mind: Consistency](#)

March 2025

[Week 165: Curated Conversation: Hope](#)

[Week 166: Mind Your Business: Hope](#)

[Week 167: Manage Your Mind: Hope](#)

[Week 168: What's On My Mind: Hope](#)

April 2025

[Week 169: Curated Conversation: Confidence](#)

[Week 170: Mind Your Business: Confidence](#)

[Week 171: Manage Your Mind: Confidence](#)

[Week 172: What's On My Mind: Confidence](#)

[*Week 173: Curator's Perspective: Impostor Syndrome](#)

May 2025

[Week 174: Curated Conversation: Validation](#)

[Week 175: Mind Your Business: Validation](#)

[Week 176: Manage Your Mind: Validation](#)

[Week 177: What's On My Mind: Validation](#)

June 2025

[06/02/2025 - Week 178: Curated Conversation: Discernment](#)

[06/09/2025 - Week 179: Mind Your Business: Discernment](#)

[06/16/2025 - Week 180: Manage Your Mind: Discernment](#)

06/23/2025 - No Curated Conversation, Weekly MindSweep, or Mindful Connections.

[06/30/2025 - Week 181: What's On My Mind: Discernment](#)

July 2025

[Week 182: Curated Conversation: Comparison](#)

[Week 183: Mind Your Business: Comparison](#)

[Week 184: Manage Your Mind: Comparison](#)

[Week 185: What's On My Mind: Comparison](#)

August 2025

[Week 186: Curated Conversation: Self-Trust](#)

[Week 187: Mind Your Business: Self-Trust](#)

[Week 188: Manage Your Mind: Self Trust](#)

[Week 189: What's On My Mind: Self-Trust](#)

September 2025

[Week 190: Curated Conversation: Expectation](#)

[Week 191: Mind Your Business: Expectation](#)

[Week 192: Manage Your Mind: Expectation](#)

[Week 193: What's On My Mind: Expectation](#)

October 2025

[Week 194: Curated Conversation: Self-Worth](#)

[Week 195: Mind Your Business: Self-Worth](#)

[Week 196: Manage Your Mind: Self-Worth](#)

[Week 197: What's On My Mind: Self-Worth](#)

November 2025

[Week 198: Curator's Perspective: The Unmasking](#)

[Week 199: Curated Conversation: Shame](#)

***Week 200: Mind Your Business: Shame**

Week 201: Manage Your Mind: Shame

Week 202: What's On My Mind: Shame