



NO ONE IS PERFECT AT ALL TIMES. BUT INTENTION MATTERS. HELIOTROPIC PEOPLE STRIVE TO BE BETTER THAN THEY ARE.

Dr. Harry D. Cohen



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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1

Before you speak, ask yourself if it will be helpful.

2

Speak fluent gratitude, it feels good to be around people who express their gratitude.

3

Say more with fewer words, it's difficult, but a great thing to practice.

4

Be the Sun, keep it simple.

5

Not the Salt, there is no reason to make simple things unnecessarily complex.

6

Continually challenge your negative self-talk, you are worth the effort.

7

#BE HELIO 

8

Stop... Listen... Don't be a talking machine.

9

Make it your aim to inspire.

10

When you find yourself in the presence of Salt, be gone!

11

Surround yourself with people who brighten your outlook.

12

If there is a problem, help solve it.

13

Be good company and keep good company.

14

Practice compassion, cut other people the same slack you'd like them to cut you.

15

When you screw up, own up to it right away and apologize well.

APRIL