



# GIVE A GIFT THAT REALLY KEEPS ON GIVING

GIFT BE THE SUN, NOT THE SALT THIS HOLIDAY.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## DECEMBER

1

Donate if you can!  
#GivingTuesday

2

Do something nice for someone you care about.

3

#BE HELIO 

4

Get a start on your 2021 resolution.

5

Pick one person to say something positive to today.

6

**Be the Sun** – Pick one person you are grateful for today and tell them!

7

**Not the Salt** – Holidays can be stressful. Take the high road.

8

Say what you mean, and mean what you say, and don't say it mean!

9

Surround yourself with people who brighten your outlook today.

10

Smile at everyone you see today.

11

Listen well, make eye contact.

12

Show yourself love today, do what makes you your best!

13

Spread holiday cheer by shopping local today.

14

Keep your cool, let small issues remain small.

15

Be helpful, help someone do something they can't do on their own.

To download our next calendar, visit [BetheSunNottheSalt.com](http://BetheSunNottheSalt.com)

