



“BEING AROUND  
HELIOTROPIC PEOPLE  
IS CONTAGIOUS.”

Dr. Harry D. Cohen



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

16

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

17

Do a Random Act of Kindness today.

18

Make your simple point and move on. People will appreciate this. Less is more.

19

Leave people with an afterglow, not an aftertaste.

20

Take a negative thought and turn it into something encouraging.

21

**Be the Sun –**  
Be kind.

22

**Not the Salt –**  
When you find yourself in the presence of Salt, be gone.

23

#BE  
HELIO 

24

Send an uplifting text to a friend or family member.

25

Be the Sun for someone who needs it today.

26

Look someone in the eyes today and really listen to them.

27

Do It! Be Heliotropic, it's the doing that makes the difference!

28

Self Love - Get enough sleep tonight to be your best self tomorrow!

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



FEBRUARY