



KNOWING ISN'T DOING.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

17

The next time a small problem arises, keep calm and carry on. Let a small issue remain a small issue.

18

Free yourself from unnecessary negativity. Make it a habit to not have negative thoughts about others.

19

When you speak, always know what your point is and express it as simply as possible.

20

Be the Sun,
Set your pet peeves and yourself FREE!

21

Not the Salt,
Pay attention to how people are reacting and think before you speak.

22

Look for chances to do good when you don't have to.

23

Be respectful; don't prepare your remarks while listening to others.

24

Practice being more sensitive and listen deeply to others.

25

The next time the opportunity arises, Be Heliotropic, give up your seat.

26

Make someone feel valued today by looking them in the eye as they talk to you.

27

Send someone a thank you note today.

28

#BE HELIO 

29

Call someone and share your gratitude for them today.

30

No matter what challenge you face today, intentionally Be Heliotropic anyway!

31

Make an effort to stop talking and listen to others today.

JANUARY

To download our next calendar,
visit BetheSunNottheSalt.com

