



LIGHT SOMEONE UP!!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY

1

Light someone up, say something thoughtful to them today.

2

#BeHelio - Keep your word by following up on a promise you made someone.

3

Knowing isn't doing. - Just get outside today.

4

Surround yourself with people who brighten your outlook.

5

Release your creative side: paint, draw, write. The world is yours!

6



7

Smile at everybody you see today, even yourself.

8

Write a letter to your future self and hide it somewhere to find later.

9

#BeHelio - Practice patience by allocating extra time to today's projects.

10

Reflect on five of your best traits and one trait you can improve on.

11

Today, make your words count, know your point.

12

Protect your own roots and exercise today.

13

Cultivate gratitude. Make you and the people around you feel better.

14

Reflect on what you did well today, do more of that tomorrow.

15

Get outside and enjoy some sunshine today!

To download our next calendar, visit BetheSunNotTheSalt.com

