



“BEING HELIOTROPIC IS ABOUT BEING YOURSELF, THE SELF THAT UPLIFTS OTHERS. YOUR BEST SELF.”

DR. HARRY D. COHEN



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARCH

16

#BE HELIO 

17

Be an intentional observer of when you are at your best, and do more of that!

18

Make others around you feel good, express your gratitude.

19

Being your best self includes making others feel great, listen well today, don't interrupt.

20

Do something good when no one is looking today!

21

Pick your battles, ask yourself again and again, does this matter?

22

Ask someone you trust, when I'm at my best what does it look like? Do more of that!

23

Be The Sun, try to learn something from someone talking to you today.

24

Not The Salt, don't prepare remarks while you are listening to someone today.

25

Being your best self includes making others feel great, listen well today, don't look elsewhere while listening.

26

Continually challenge your negative self-talk.

27

Bite your tongue, you don't need to say everything you think.

28

Keep your cool, let a small issue remain small. Just handle it.

29

Being your best self includes making others feel great, listen well today, don't lose your temper.

30

Even if you love your pet peeves, set them and yourself free!

31

We said it earlier this month, but it is worth saying again, no matter what challenges lie ahead of you, Be Heliotropic anyway!

To download our next calendar, visit BethTheSunNotTheSalt.com

