



"SAY WHAT YOU MEAN,  
MEAN WHAT YOU SAY,  
AND DON'T SAY IT MEAN."



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

16

Laugh more often! It's good for you.

17

Be thankful for another day! Go and make someone laugh.

18

Reflect on yourself!  
Find 5 things you are good at and 1 thing you can improve on.

19

Have you reached out to someone you love recently? Make sure to tell them you love them.

20

Have a productive day! Get things done and you'll feel the joy of accomplishment.

21

Go on a walk and smile/greet your neighbors.

22

Do you see something negative on Social Media? Pay no mind and go about your day and you'll feel much lighter.

23

Be the bright spot in the room, share your smile!

24

Making a genuine apology is as simple as expressing honest regret.

25

Surround yourself with people who brighten your outlook.

26

**Be the Sun...**  
Speak kind words, give someone a compliment.

27

**Not the Salt...**  
You don't need to say everything you think. Bite your tongue.

28

It feels good to be around people who express their gratitude. Say thank you!

29

Put yourself first today - get outside and enjoy the fresh air.

30

#BE  
HELIO 

31

Continually challenge your negative self-talk.

MAY

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

