



# KEEP YOUR *Word!*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## OCTOBER

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



1

It's a new month, don't let the past affect your future!

2

Happy **International Coffee Day!** Be the spark in someone's day, just like a cup of coffee!

3

Practice being more heliotropic!

4

Having a positive attitude can make a big difference.

5

Happy **National Be Nice Day**, be extra nice to all those around you today!

6

Laugh! It's contagious and spreads tons of joy!

7

#BE HELIO 

8

**Be the Sun,** Radiate positive energy today!

9

**Not the Salt,** Don't let a small thing ruin your whole day.

10

Today is **World Mental Health Day**, make sure to check in on those you care for today.

11

Challenge yourself to be better.

12

Celebrate the little victories in your life!

13

Positivity is free, let it spread to everyone!

14

Give thanks to someone who has helped you.

15

Be sunny, be that bright light in someone's day!