



# DON'T BLURT. IT MIGHT HURT.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## OCTOBER

To download our next calendar,  
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16

Put on your  
best smile  
today!

17

Happy **National Pay a Friend Back Day**, give back to your friends today!

18

Don't let your pet peeves ruin your day!

19

If you have a chance to do good, DO IT!

20

Give that old friend a call and catch up.

21

#BE  
HELIO 

22

**Be the Sun**, Don't be afraid to speak up.

23

**Not the Salt**, Think about who you are affecting when you speak.

24

Live in the moment, forget about the past.

25

Today is **National I Care About You Day**, let those close know you care!

26

Listen to those around you, it will help both parties.

27

Practice letting small issues remain just that, small.

28

Stay positive today, your energy can make someone's day a lot brighter.

29

Let someone know how amazing they are!

30/31

Respect is earned, so treat others with the utmost respect!

**Happy Halloween!** Share some candy with others today!