

Hold THE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Say one kind word to everyone you see today, it will change their day!

2

Tell your mind to see good in all situations today.

3

Live in the moment - try to stay off your phone and social media as much as possible today.

4

Be the sweet today. It's **National Chocolate Chip Cookie Day!** Share something sweet with a friend!

5

#BE HELIO 

6

Release your pet peeves when it comes to relationships. Realize that perspective matters.

7

Be the Sun, Be your authentic self today.

8

Not the Salt, Think before you speak, make sure it is true and helpful.

9

Need some alone time? Take a few minutes to relax the mind.

10

Make an intentional effort to show someone you care today.

11

Don't hang with cilantro, for some it can be a little bitter.

12

Instead of being a buzz kill, be the buzz and the joy behind the lighting someone up today.

13

Say what you mean, mean what you say, and don't say it mean!

14

When in doubt, remember you can always just walk away from a salty situation.

15

It's National Relaxation Day! Make a point to relax your saltiness today.

AUGUST

To download our next calendar, visit BetheSunNottheSalt.com

