



IT'S THE DOING THAT MAKES THE DIFFERENCE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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JULY

16

Light someone up, say something thoughtful to them today.

17

Think of a commitment you made to somebody - follow up and keep your word.

18

Surround yourself with people who brighten your outlook.

19

Smile at everybody you see today, even yourself.

20

#BE HELIO 

21

Write a letter to your future self and hide it somewhere to find later.

22

Today, make your words count, know your point.

23

Be your own best friend - continually challenge your negative self talk.

24

Make an uplifting or motivational playlist for whenever you feel down.

25

Don't be a jerk. Observe your behavior and turn it around.

26

Be the Sun, Before you speak, ask yourself if it will be helpful.

27

Not the Salt, If you find yourself in the presence if it will walk away.

28

Being heliotropic means more than just caring for others. It means caring for yourself too!

29

Forgive yourself for your mistakes today.

30/31

Listen well, make eye contact.

Do one thing better than you did yesterday.