

Welcome To Your Sunny Place

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



JULY

1

Turn the temperature down, don't interrupt people.

2

Create a bright spot, be respectful.

3

Being willing isn't enough, just do it. Speak in ways that help yourself and others.

4

**Be the Sun,**  
Be the person with a long fuse who thinks things through.

5

**Not the Salt,**  
Pick your battles, some things are worth fighting over, most are not!

6

Bring light to your life, don't make simple things unnecessarily complex.

7

Be the buzz and the joy, put your cell phone away while talking with people.

8

Start today, practice speaking fluent gratitude.

9

#BEHELIO 

10

Turn your frown upside down! Smile at everyone you see today.

11

Make your words count, say what needs to be said and be done.

12

Just Chill - do what makes you happy today!

13

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

14

Show the world your best self, look people in the eye.

15

Avoid the angry, hurt, insulted version of anything.