



IT'S THE DOING THAT MAKES A DIFFERENCE.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE

1

Shine the light of positive practices on others and they will follow your lead.

2

Be the Sun,
Ask a senior about their history.

3

Not the Salt,
Reduce your negative self talk, think of yourself as a friend.

4

When you make a mistake, don't get caught up in it, just do the next right thing.

5

Be kind to your server.

6

Send an uplifting text to a family member or friend.

7

Let the car ahead of you merge into traffic, wave, and smile.

8

Include intentional moments of laughter into your day.

9

Go slightly outside your comfort zone to make someone smile.

10

Share a compliment with a co-worker or friend.

11

Reach out to a family member you haven't spoken to in a while.

12

Treat someone to a cup of coffee.

13

Be your best self, be the self that uplifts others.

14

Learn how to speak fluent gratitude.

15

#BE HELIO 

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