



WE RISE BY LIFTING OTHERS.

Robert Ingersoll



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

To download our next calendar, visit BetheSunNottheSalt.com



16

Try to hold the door open for someone.

17

Remember to say please and thanks.

18

Be present and don't look at your phone when someone is talking to you.

19

Try creating a clear daily routine.

20

#BEHELIO 

21

Be the Sun, Remember you'll need to do 5 "Atta boys" for someone to pass the salt.

22

Not the Salt, Walk away from people who are toxic.

23

Ask questions instead of providing answers.

24

Don't be a talking machine, stop and listen.

25

Spend time with people who are uplifting today.

26

Remember to count your blessings.

27

Stop yourself from assigning blame.

28

Life is too short, TICK TOCK, make use of it!

29

Be kind to yourself, don't salt your own roots.

30

Step outdoors and spend time in nature today.

JUNE