



## THE FRANKLIN FIVE

### REMEMBER MOM

You can never repay your mom for all she's done for you over the years, but you can at least tell her that. This year, make sure she knows you appreciate her and notice her efforts.

### PRACTICE HABIT THREE

Put first things first. That sounds easy enough, but it can be really hard with so many things masquerading as important. Find quiet time each morning, free yourself from distractions, and plan your most important activities. This includes time to strengthen yourself.

### DRINK WATER EVERYDAY

Are you drinking enough water? If not, it's time to start. Water is important to our wellbeing and health. Purchase a new water bottle and keep it full and with you at all times, so it's easier to drink in those precious drops.

### GARDENING RULE OF THUMB

Mother's Day weekend is the usual time to plant your vegetable garden if you live in a temperate zone. Usually by then, you are past the risk of frost and you still have plenty of growing season left to have a good harvest. Get your seeds and plants ready and start digging in the dirt. But don't get so busy that you forget Mom.

### REFRESH A ROOM

A can of paint can make a space feel new. Try it. When the paint is dry and you're putting everything away, take time to rearrange and reorganize your room.

## MY FOCUS FOR THIS MONTH

# MAY

## FUN HOLIDAYS THIS MONTH

### 7 NATIONAL TEACHER DAY

Teachers do a lot for our kids. Today is the perfect time to do something for your child's teacher.



### 12 MOTHER'S DAY

Find a way to thank all the special women in your life:



Mom, Grandmas, Aunts—get creative.

### 18 ARMED FORCES DAY

Our nation wouldn't be what it is without the sacrifices of our armed forces. Find a way to thank a soldier today.



### 27 MEMORIAL DAY

Plan ways to help your children understand the price of freedom.



Visit grave sites, explore family history, discuss your national history, visit a war memorial, provide service for a veteran, or visit a veteran's hospital.