

THE FRANKLIN FIVE

- GREEN IS GOOD**
This month we celebrate St. Patrick's Day by wearing green. It's an ideal time to eat more greens as well. Find new recipes for broccoli, kale, asparagus, or bok choy, and set dates in your planner when you'll give them a try.
- PRACTICE HABIT TWO**
Begin with the end in mind. Every goal starts with a vision of "what if," but sometimes we lose sight of our dreams. That's normal. If you feel like you're slipping away from the goals you made in January, Give yourself a boost. Re-envision your goals completed and write that vision in your planner. Place encouraging photos and messages where you'll see them often.
- CHECK YOUR FORMS**
If you use forms regularly in your planner, it may be time to restock. If you aren't using forms, now is a good time to take a look at our selection. You may be surprised at how they can help with your goals.
- GIVE SERVICE**
Chances are good that everyone you know is dealing with something difficult. This month, determine to give of yourself and help alleviate another person's stress.
- GO THROUGH YOUR WARDROBE (DITCH THE DUDS)**
Most people wear 20% of their clothes 80% of the time. Give yourself more storage space by sifting through your clothes. Decide what you still want to wear and what you can pass along to someone else.

MY FOCUS FOR THIS MONTH

MARCH

FUN HOLIDAYS THIS MONTH

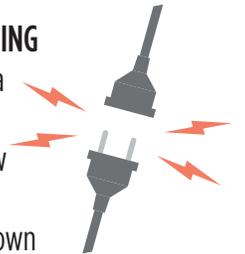
3 CAREGIVER APPRECIATION DAY

Many of you have dedicated your lives to the care of others. This often isn't the life you chose, but a life you lead out of love. We commend you—and encourage you to find some time today just for you.



6 DAY OF UNPLUGGING

Our devices have a strong grip on us. Take a day to show them that they don't completely own you. Unplug, read a book, go hiking or swimming, and enjoy the peace that's all around you.



10 DAYLIGHT SAVINGS TIME BEGINS

Remember that we spring ahead. Set your clock an hour earlier Saturday night.



17 ST. PATRICK'S DAY

It started as a religious feast celebrating the patron saint of Ireland, and now it's an international holiday. Have fun, and remember to wear green.



19 FIRST DAY OF SPRING

Spring is a reminder of renewal. Look over your list of goals for the year and see if any of them could use a fresh boost of life.

