THE FRANKLIN FIVE

JUNE

- [ ] **CELEBRATE DAD**
  It's easy to take Dad for granted. This Father's Day let him know you appreciate all he does for you. Plan to spend time with Dad enjoying your favorite things.
- [ ] **REFRESH A ROOM**
  You don't need to completely remodel a room to refresh it. New curtains, a new piece of art, different throw pillows, and a slightly different furniture arrangement may be enough to reenergize your whole house.
- [ ] **PRACTICE HABIT FIVE**
  As summer begins, now might be the best time to dust off habit five: seek first to understand, then to be understood. This practice seems to be fading in social circles, but it doesn't need to. You and your children will discover the amazing negotiating power that comes when the people you talk with feel understood.
- [ ] **GET MOVING**
  Incorporate exercise daily with your family this summer. Make a family goal to bike, walk, or run a set number of miles each month, or decide how many different sports you'll play. If you live near the mountains, find a new hike to explore each week, or plan regular trips to the swimming pool for some cool exercise. Making exercise a part of your family's summer will keep your kids healthy and increase your energy.
- [ ] **SLEEP FOR HEALTH**
  With summer here, it's easy to be lax when it comes to rest. Set a goal to get at least 7-8 hours of rest each night. Your mind and body will appreciate it. In fact, inadequate rest can lead to weight gain and stress.

MY FOCUS FOR THIS MONTH

KEY DATES

5 WORLD ENVIRONMENT DAY
8 BEST FRIENDS DAY
10 NATIONAL BALLPOINT PEN DAY
14 FLAG DAY
20 FATHER'S DAY
20 FIRST DAY OF SUMMER

WEEKLY OBSERVANCES

6-12 NATIONAL GARDENING WEEK
14-21 INTERNATIONAL MEN'S HEALTH WEEK

MONTHLY OBSERVANCES

- EFFECTIVE COMMUNICATIONS MONTH
- PRIDE MONTH