

MAY

THE FRANKLIN FIVE

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 for you.

TAKE MORE PICTURES

May is National Photo Month. Now that every smartphone comes equipped with a digital camera, there really isn't an excuse for missing a photo opportunity. Pictures spark memories and create a wonderful record of events. Remember to document the important events in your life. Share photos digitally, or get some of them printed and framed or in a photobook for everyone to enjoy.

DRINK WATER EVERYDAY

Are you drinking enough water? If not, it's time to start. Water is important to our well-being 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.

PLAN A VACATION

Summer is right around the corner, which makes this the perfect time to plan a getaway. Determine your itinerary now so you can save on reservation fees.

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. One gift mom would really love is time with you.

MY FOCUS FOR THIS MONTH

KEY DATES

- 1 World Laughter Day
- 2 (Eid) al Fitr Begins
- 5 Cinco de Mayo
- 8 Mother's Day
- 10 National Clean Your Room Day
- 15 International Day of Families
- 21 Armed Forces Day
- 23 Victoria Day (Canada)
- 24 National Scavenger Hunt Day
- 30 Memorial Day
- 31 National Smile Day

WEEKLY OBSERVANCES

- 2-6: Teacher Appreciation Week

MONTHLY OBSERVANCES

- Asian Pacific American Heritage Month
- Mental Health Awareness Month
- National Foster Care Month