

THE FRANKLIN FIVE

PRACTICE HABIT FOUR

Think Win/Win. Interacting with other people can be a real challenge. As you work, play, and plan with others, try to keep their desires in mind and find working solutions that can benefit all parties involved. This isn't easy, but with effort it can be highly rewarding. Make a note in your planner to remind you throughout the month.

CELEBRATE DAD

It can be 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 and sharing your memories together.

GET MOVING

Incorporate exercise daily with your family this summer. Make it 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, increase your energy, and create new memories.

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.

TRY A NEW RECIPE

Variety is the spice of life, and a great way to add some is by revising your weekly meals. Adding a new recipe will expand your skill set, make you more mindful of what you're putting in your body, and add variety to your week.

MY FOCUS FOR THIS MONTH

KEY DATES

- 3 World Bicycle Day
- 5 World Environment Day
- 6 D-Day
- 14 Flag Day
- 19 Father's Day
- 19 Juneteenth
- 21 Summer Solstice
- 27 National Sunglasses Day
- 29 National Camera Day

WEEKLY OBSERVANCES

- 4-12: National Fishing and Boating Week
- 13-19: National Men's Health Week

MONTHLY OBSERVANCES

- Pride Month
- World Infertility Awareness Month
- Caribbean-American Heritage Month