

June

THE FRANKLIN FIVE

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.

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 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 lasting 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.

WEEKLY OBSERVANCES

3-11: National Fishing and Boating Week

12-18: National Men's Health Week

MONTHLY OBSERVANCES

Pride Month

World Infertility Awareness Month

Caribbean-American Heritage Month

KEY DATES

- 1** World Bicycle Day
- 5** World Environment Day
- 6** D-Day
- 14** Flag Day
- 18** Father's Day
- 19** Juneteenth
- 21** Summer Solstice
- 27** National Sunglasses Day
- 28** (Eid) al Adha Begins
- 29** National Camera Day

MY FOCUS FOR THIS MONTH

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