




WELCOME WELLNESS



June 2010						
<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Open the door for someone 	2 Be Patient	3 Before you speak ask "Is it true, is it kind?"	4 Share the TV remote 	5
6	7 Be thoughtful not moody	8 Say something nice to everyone you meet	9 Be helpful not bossy	10 Help with yard work 	11 Cheer up a friend	12
13	14 Forgive with grace	15 Donate clothes and toys to a charity	16 Sing at home 	17 Help fold laundry	18 Invite a friend over	19
20 Happy Fathers Day 	21 Teach a new game to a friend	22 Compliment a stranger	23 Help someone who has been disappointed	24 Help a friend 	25 When you want to complain, instead identify a solution	26
27	28 Write a "Thank You" note. 	29 When you trust let your faith be greater than your doubt	30 Think happy thoughts			