

THE FRANKLIN FIVE

- 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.
- 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.
- 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.
- 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.
- HAVE FUN**
It's June! Be sure you schedule fun time with the people who matter most to you. Whether it's organizing a swim party, s'mores night, or camping out under the stars, be sure you plan a simple night of fun now, before the summer gets away from you.

MY FOCUS FOR THIS MONTH

JUNE

FUN HOLIDAYS THIS MONTH

10 BALLPOINT PEN DAY

The ballpoint revolutionized writing. It gave us an inexpensive way to write on almost any surface, and ink that lasted longer than any pen and ink at the time. Celebrate with a new ballpoint pen from FranklinPlanner.com.



14 FLAG DAY

Our flag has been in every military conflict in our history.



It deserves respect and recognition today. Learn about how to show respect in hanging and retiring a flag.

17 FATHER'S DAY

Every father leaves a legacy. Focus on the best parts of your father's legacy today, and plan ways to incorporate some of his strengths into your life.



21 FIRST DAY OF SUMMER

Got summer plans? It's going to fly by. Start making sunny memories today.

