



10 THINGS FOR THE "BEST SUMMER EVER"



INSTRUCTIONS: Allow yourself 5-10 minutes of quiet time to write your answers in the spaces below.

- **If you get stuck,** think back to your childhood or summer when you had a great time- what were you doing or not doing? If your ideas seem overly simple, that is a good sign!
- **Life too busy?** Find small things you CAN do. Ex. A 20-minute walk after dinner, a weekend away instead of a vacation, organize dinner with friends, etc.
- **Need more ideas?** Read a book, go hiking or kayaking, visit friends/family, go to the beach, go fishing, meet new people, do something new, create a garden, learn something new, plant a fruit tree, play outdoor games, have a picnic, get out in nature or something completely different.
- **TIP:** Your best summer ever may be all about what you DON'T do...

List below the **Top 10 Things** that would MAKE THIS YOUR BEST SUMMER EVER: Imagine the sun is shining. You're relaxed, happy, can't help but smile and are at peace with yourself and the world. If this IS your best summer ever, what are you doing and what's going on in your life?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

What 3 actions will move you closer to your BEST SUMMER EVER. Your actions can be big or small but must be easily do-able. **ACTION IDEAS:** Want to try new things? Try reading a book about it, doing online research or booking a course. Want to be more social? Start contacting people and making arrangements. Want more alone-time or time to relax, block out space now.

ACTION 1: Something you can do NOW (by the end of the day) _____

ACTION 2: _____ By when: _____ (this week)

ACTION 3: _____ By when: _____ (this month)