



Make This Your "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 a summer when you had a great time. What were you doing - or not doing? **Top tip:** If your ideas seem overly simple - it's a good sign.
- **Life too busy? Find small things you CAN do** eg. a 20 minute walk after dinner, a weekend away instead of a vacation, organize dinner with friends on a restaurant patio if you're too tired to cook.
- **Need more ideas?** Read a book, go rock-climbing/whitewater rafting/kayaking, visit friends/family, go to the beach, go fishing, meet new people, do something new, create a veggie bed, plant a fruit tree, play outdoor games, have a picnic, get out in nature or something completely different!
- **AND Remember:** Your best summer ever may be all about what you DON'T do...

1) 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.

2) Now write below 3 actions that will move you closer to YOUR BEST SUMMER EVER:

Your actions can be as big or small as you like, 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 to relax, block out space in the diary - now.

1st Action - something you can do **Now!** (right away or by the end of today) _____

2nd Action _____ **By when** _____ (this week)

3rd Action _____ **By when** _____ (this month)