



7+ TIPS

KICKSTART
YOUR
SUMMER



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WELCOME SUMMER

THE FIRST DAYS OF SUMMER ALWAYS ARRIVE WITH SUCH *EXPECTATIONS*, SOMETIMES TOO HIGH OR TOO MUCH OR NOT AT ALL. WE ARE ALL LOOKING TO MAKE THE MOST OF THE SUN-SOAKED MONTHS AHEAD OF US. GET READY TO DIVE INTO A TREASURE TROVE OF TIPS AND INSPIRATION AS WE SHOW YOU HOW TO PLAN, PRIORITIZE AND EMBRACE THE JOYS OF SUMMERTIME.



IGNITE YOUR IMAGINATION

PROCESS

STEP ONE

SET CLEAR INTENTIONS & GOALS FOR THE SEASON

Think of this as an opportunity to create a roadmap for a fun and memorable summer. Take a moment to envision the experiences you desire, the skills you want to learn, and the moments you want to cherish with your friends and family. Setting summer goals will not only give you a sense of direction but also infuse your days with purpose and excitement.

STEP TWO

CREATE YOUR SUMMER BUCKET LIST

Embrace the spirit of adventure and create a summer bucket list filled with exciting activities, events, and destinations. This will serve as your personal guide to making the most of the season and ensuring that you experience all the joys and thrills that summer has to offer. Embrace new experiences, discover hidden gems and indulge in the simple pleasures of the season.

STEP THREE

ORGANIZE YOUR SCHEDULE

Summer is a season filled with endless possibilities, and organizing your schedule will ensure that you make the most of every moment. By strategically planning your activities and commitments, you can strike a balance between adventure and relaxation, creating a summer filled with cherished memories.



STEPS

HOW TO SET INTENTIONS & GOALS



01

REFLECT

QUESTION YOURSELF ON THE WHY UNTIL YOU REVEAL THE TRUE NATURE OF YOUR GOAL. IT'S NOT ALWAYS AS IT APPEARS TO BE AT FIRST.



02

VISUALIZE

REINFORCE YOUR INTENTION BY ENVISIONING YOURSELF LIVING OUT YOUR GOAL. TAKE A MOMENT TO VISUALIZE YOUR DESIRED OUTCOME TO CONFIRM YOUR TRUE INTENTION.



03

CHOOSE YOUR SELF LANGUAGE

WITH VARIOUS EXPRESSIONS AND FORMULATIONS OF YOUR INTENTION, OBSERVE YOUR EMOTIONAL RESPONSES. EXPLORE DIFFERENT WAYS OF ARTICULATING YOUR INTENTION. TAKE INTERNAL NOTES ON HOW THEY MAKE YOU FEEL.



04

RITUAL REVIEW

CREATE A PLAN FOR REVIEWING AND INTERNALIZING YOUR GOALS AND INTENTIONS. IS THIS DAILY? ONCE A WEEK?



05

TAKE ACTION / THEN RELAX

YOU CAN ONLY CONTROL SO MUCH. ONCE YOU PUT INTO ACTION WHAT YOU CAN CONTROL, RELAX AND LET GO.



BUCKET LIST

1
SELF REFLECTION

2
ORGANIZE INTO CATEGORIES

3
FINETUNE / REDUCE

4
SET A TIMEFRAME / FREQUENCY

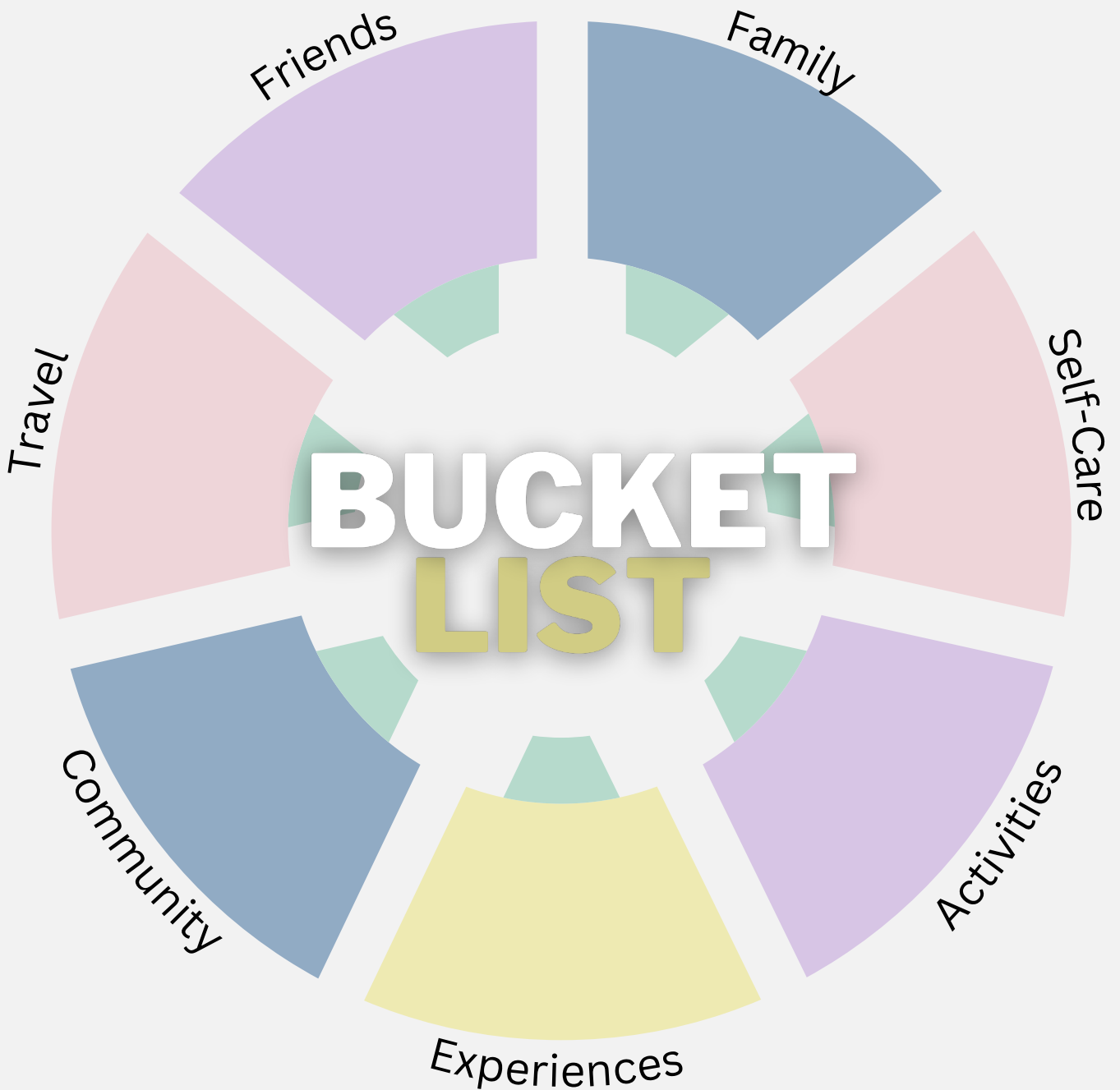
5
KEEP IT UPDATED / CHECK IT OFF



BRAINSTORM

BUCKET LIST

CREATING A SUMMER BUCKET LIST IS LIKE A ROADMAP OF ADVENTURES, BIG AND SMALL, THAT WILL HELP YOU MAKE THE MOST OF YOUR SUMMER MONTHS. WHAT WILL YOU LIST?



SUMMER

BUCKET LIST

CHECKLIST

FAMILY

FRIENDS

SELF-CARE

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ACTIVITIES

EXPERIENCES

COMMUNITY

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TRAVEL

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CREATE

VISION BOARDING

IF YOU'RE THINKING, ENOUGH OF THE BRAINSTORMING, I NEED TO CREATE SOMETHING VISUAL. LET ME INTRODUCE YOU TO THE SUMMER VISION BOARD!

YOU HAVE ALREADY BRAINSTORMED, ASSEMBLED AND PRIORITIZED YOUR GOALS AND INTENTIONS. NOW LET'S PUT THOSE IMAGES TOGETHER!

REMEMBER TO HAVE FUN WITH IT.



VISION BOARD

1

BRAINSTORM

This step has already been completed!

2

COLLECT IMAGES

Look through any old magazines, vision board books, or online for images and words that speak to you and your goals.

3

CREATE YOUR VISION BOARD

Start with your blank board, paper (whatever you want to use). Place your images and words in any style you like.

4

FIND A LOCATION TO DISPLAY

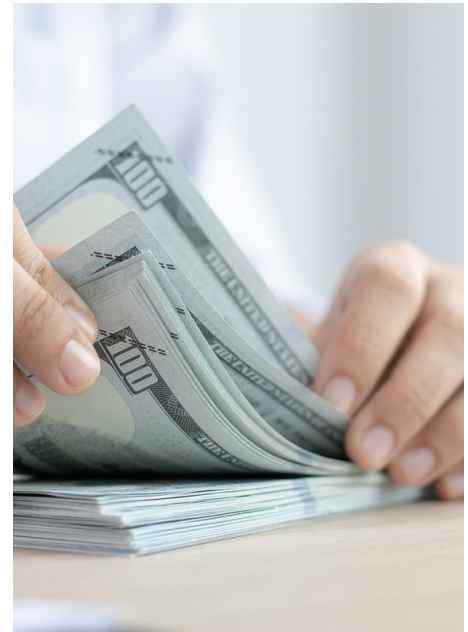
Where to place it? Anywhere that you will see it numerous times throughout the day. You want to be reminded of your aspirations.



Vision Board



be happier!



financial



travel



work out



Love



SUMMER

SCHEDULE IT

TIME TO GET YOUR ITEMS ONTO THE CALENDAR SO YOU CAN KEEP THE INTENTIONS AND GOALS ON TRACK.

NON-NEGOTIABLES

COMMITMENTS THAT CANNOT BE CHANGED ARE ADDED FIRST. THIS INCLUDES PARTIES, CLASSES, TRAVEL AND LONG WEEKENDS.

POCKETS OF TIME

INCLUDE SLOTS OF TIME THAT CAN BE USED FOR LAST MINUTE PLANS OR TO JUST DO NOTHING. IT'S ALWAYS NICE TO LOOK AT YOUR CALENDAR AND SEE THAT YOU HAVE AN EVENING FREE OR A SATURDAY AFTERNOON TO MEET UP WITH VISITORS.

BUCKET LIST ITEMS

SCHEDULE THE TASKS OR ALLOCATED TIME FOR YOUR BUCKET LIST. FOR EXAMPLE, IF YOU ARE ACQUIRING A NEW SKILL LIKE PAINTING, SCHEDULE THE TIME TO WORK ON IT.

MAINTENANCE TASKS

PROACTIVELY INCLUDE THESE TASKS, SO YOU CAN AVOID ACCUMULATING A BACKLOG OF TO-DOS AS YOU TRANSITION INTO THE FALL SEASON.



JUNE

Goals:

Habits:

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



JULY

Goals:

Habits:

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



AUGUST

Goals:

Habits:

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



SUMMER

JUST REMEMBER

The key to a successful and fulfilling summer is balancing engagements and flexibility. While it's crucial to honor the commitments you make to yourself to achieve your goals, it's equally important to embrace the freedom to adapt and make alternate plans when necessary.

Learn how to set meaningful goals for the summer and prioritize them in your schedule, ensuring that you allocate dedicated time and energy to work towards them. Explore strategies for staying motivated and holding yourself accountable, understanding that consistent effort is essential for progress.

At the same time, recognize that life is dynamic and unexpected opportunities or challenges may arise. Embrace the flexibility to adjust your plans without guilt or frustration. Allow yourself to explore new paths, seize spontaneous adventures, and make room for self-care and relaxation.

Discover the art of finding the balance between commitment and flexibility, empowering yourself to make the most of the summer season. Whether you're pursuing personal growth, embarking on exciting projects, or simply seeking joy and rejuvenation, this guide will equip you with the mindset and strategies to honor your commitments while embracing the spontaneity of life.

