



1. Your Second Act Summer Intention

A space to write a few words about how you want to feel this season.

- “This summer, I want to feel...”
- “My summer days feel most alive when I...”

2. No-Cook Comforts

Quick, refreshing recipes perfect for hot days a few ideas:

- Cucumber + mint infused water
- Tomato + peach salad with fresh basil
- Greek yogurt with honey and berries
- Avocado toast with lemon zest
- Chilled herbal teas for afternoon calm

What recipes do you have:

3. Senses of Summer Worksheet

A list you fill out to connect with seasonal textures, smells, and sights that bring you peace.

- What summer scent brings you comfort?
- What summer texture feels soothing to the touch?
- What color or sunlight pattern makes you pause and smile?



4. Journal Prompt

Inspired by the blog bonus

- What do you do now that your younger self would admire?
- What part of you feels more vibrant, alive, or fearless at this age?

5. Affirmation Cards to Cut & Keep

Print and cut 5 small cards with summer-inspired affirmations:

- “I move through this season with lightness and grace.”
- “My life is rich in simple beauty.”
- “I’ve earned this peace, and I choose to enjoy it fully.”
- “Home is where I return to myself.”
- “This summer is for basking, not rushing.”

6. Create a Comforting Space Checklist

Bring summer into your home with simple design touches:

- ☐ Add a small vase of fresh garden flowers to your kitchen counter
- ☐ Swap heavy fabrics for light cotton or linen throws
- ☐ Hang sheer curtains to let in the breeze
- ☐ Set up a shaded nook outdoors with a favorite chair and book
- ☐ Use lemon, rosemary, or lavender oils for natural summer scent