



THE SUMMER OF YOU

*A simple guide for creating
a season filled with
purpose, joy, and
possibility.*





Pause and Take Stock

Summer invites us to slow down, step outside our routines, and ask an important question:

How do I want to spend this season of my life?

Take a few moments to reflect on the first half of the year:

What's going well?

What have I enjoyed most?

What would I like more of?

Designing Your Summer



This summer, I want to make more room for:

Experiences:

Relationships:

Learning:

Self-Care:



What I Want More of This Summer:

As I think about the weeks ahead, I want more:

☐	Adventure	☐	Movement
☐	Connection	☐	Nature
☐	Learning	☐	Inspiration
☐	Creativity	☐	Laughter
☐	Fun	☐	Purpose
☐	Rest	☐	Time for myself



One thing I can do to create more of each:

More of : _____

I will : _____

More of : _____

I will : _____

More of : _____

I will : _____

More of : _____

I will : _____

One Small Step



Looking at everything you've written:

What is one thing I can do this week?

My summer intention complete this sentence:

This summer, I want to be more...

Closing Thought:

**Summer isn't about doing more.
It's about making room for what
matters most.**

**The goal isn't to fill every day. It's
to create days that feel
meaningful, joyful, and fully lived.**

