

This SUMMER...let's have fun, learn something new, explore new places, meet new people, spend time together & make lots of memories!

hello SUMMER

Let's be intentional about how we spend this fun time of year. Happy Summer!



WHAT AM I CELEBRATING FROM THIS YEAR SO FAR?

Goals reached/Achievements?
Where did I grow the most?
What am I proud of?
A win I didn't expect?
Something new I learned?



Self or Friend Edition...

- ☀ Adapt it for your needs.
- ☀ Read/Share the prompts and take time to reflect.
- ☀ Take notes, journal and be sure to date your reflections so you can come back to it later.
- ☀ Choose a location that brings the vibes your looking for.
- ☀ Incorporate food or movement - coffee, walk, brunch or dinner are great ideas!
- ☀ Keep the conversations flowing and enjoy the process!

THINGS I HOPE TO DO THIS SUMMER...

Get specific, Be realistic, Connect your why, Prioritize

HOW CAN I CONTRIBUTE OR SERVE OTHERS THIS SUMMER?

Ways to be a team player & help out

Simple Joys!

What makes my heart smile in the summer?

