



10 Things to 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 thoughts seem overly simple - that's actually a good sign.
- **If your life is busy** with not many options right now, find small things you CAN do for you (eg. a 20 minute walk before work or after dinner, organize a weekend away if a longer vacation isn't possible, arrange a dinner with friends at a restaurant with a nice patio if you're too tired to cook).
- **Need some more ideas?** Read a book, go rock-climbing/whitewater rafting/kayaking, visit friends or family, relax on the beach, go fishing, meet new people, do something new, do something you used to love, eat outside in your garden, get out in nature or perhaps do something completely different! And remember - your best summer ever may be about what you DON'T do as well...

1) Write 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. **This IS your "Best Summer Ever". What are you doing? What's going on in your life?**

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

2) Write below 3 actions that will move you closer to your Best Summer Ever:

The actions can be as big or small as you like, but **must be easily do-able within the next week.**

- **Need some ideas?** If your ideal summer involves trying new things an action could be some reading, online research or to book a course. If it involves other people you may need to start making arrangements with them. And if you want more time alone or to relax, you may need to create some space in the diary - now.

1st Action

2nd Action

3rd Action

