

10 Things to Make This Your Best Summer Ever



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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/not doing? Top tip: it's a good sign if your ideas seem overly simple!
- **Life too busy? Find small things you can do**, e.g. a 15-minute walk, a weekend away instead of a vacation, organise dinner out with friends or a pot luck dinner if you're too tired to cook
- **More ideas?** Read a book, have a picnic, visit friend/family, go to the beach/on a hike/fishing, create a veggie bed, plant a tree, get out in nature or do something completely new and different.
- **Final Tip:** Remember - your best summer ever may be all about what you **don't do**....

1) List 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. If this *is* your best summer ever, what are you doing and what's going on in your life?

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

2) Now write below 3 Actions that will move you closer to **YOUR BEST SUMMER EVER**.

Your actions can be as big or small as you like, **but must be easily do-able**.



Action ideas: Want to try new things? Try reading a book about it, doing online research or booking a course. Want to be more social? Start contacting people and making arrangements. Want more alone-time or to relax, block out space in the diary—now.

Action 1 something you can do *now!*(right away or by the end of today)_____

Action 2 _____ **by when** _____ (this week)

Action 3 _____ **by when** _____ (this month)