



SUMMER PLANNER

YEAR

NAME

This resource sheet helps you start envisioning and planning your summer. Please ask yourself the following questions:

1. How do I want to feel this summer or at the end of the summer?
(Circle and add the words that apply.)

Fun Playful Social Adventurous Active Celebrating Excited
Connected Care-taking (for others) Belonging Creative Content Rejuvenated
Relaxed Indulging Care-taking (for self) Healthy
Spontaneous Unstructured Present/Mindful Organized Decluttered
Productive Achieved Challenged Motivated Learning Inspired

2. What do I want to do this summer to fulfill these desired feelings?
(Brainstorm activities that may allow me to feel the way I want as circled above.)

By myself

With others

"Be Mindful; Trust the Process; and Let Go of Outcomes" - BLSD