



SUMMER REFLECTION

Caution: Please SAVE this pdf before typing.

TODAY'S DATE

NAME

This resource sheet helps you reflect on your summer. Please ask yourself the following questions:

1. When thinking of the summer as a chapter of my book, what would be the title?

Or what are the three words that describe/summarize my summer?

(Hint: You can answer this question last, if you want.)

2. What are my top 5 most memorable activities/incidents/moments this summer?

(Why? How did it make me feel?)

1. ->

2. ->

3. ->

4. ->

5. ->



SUMMER REFLECTION

(Cont'd)

3. Have I encountered any challenges? If so, what are they?

4. What are the reminders/messages to myself next summer?

(e.g., what worked this summer, how I want to spend my summer, where I want to go, etc.)

5. Who and/or what am I grateful for when reflecting on the summer?

6. What do I want to do to transition from the summer mode to the next phase? - Be specific. (e.g, a ritual, journaling, meditation, a party etc.)