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 ideas seem overly simple - it's a good sign.
- **Life too busy? Find small things you CAN do** e.g. a 20-minute walk after dinner, a weekend away instead of a vacation, organize dinner with friends on a restaurant patio if you're too tired to cook.
- **Need more ideas?** Read a book, go rock-climbing/white-water rafting/kayaking, visit friends/family, go to the beach, go fishing, meet new people, do something new, create a veggie bed, plant a fruit tree, play outdoor games, have a picnic, get out in nature or something completely different!
- **AND 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?

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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.

1st Action - something you can do **Now!** (right away or by the end of today) _____________________________

2nd Action ....................................................................................................................... By when _______________ (this week)

3rd Action ....................................................................................................................... By when _______________ (this month)