





**2** Reflect on past summers and some common frustrations you've experienced and write those down—this helps us to anticipate the bumps in the road.

**Some examples:** water balloons in the grass when it's time to mow, kids using 14 cups a day for drinks, a path of clothing left on the floor when they change into their swimsuits, melty candy or popsicles that attract ants on the patio, never being able to find the goggles when it's time to head to the pool, kids accessing inappropriate things on TV or the internet...THOSE types of common summer frustrations.

*For each "issue" or "frustration" you've written down, you're going to brainstorm a solution.*

So, if broken water balloons send you over the edge (or your husband over the edge), maybe you decide water guns are the way to go and you ban the balloons. Easy fix! (For more examples, listen to the podcast.)

**ISSUE / FRUSTRATION**

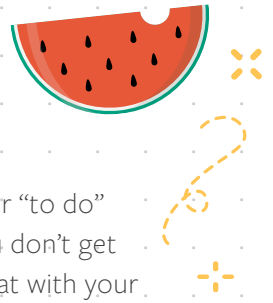
**SOLUTION**

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#### 4 Put a date on your calendar to TAKE ACTION.

You'll need time to shop for the things you need to buy and to actually DO the things on your "to do" list. Again, take a few minutes to really assess the best day and time you're going to do this so you don't get interrupted or something else bumps it to the back burner and then it doesn't happen. Have a chat with your spouse about this process and ask for what you need to implement it! *I can't stress this enough.*

When the day comes and it's time to take action on your Preparing for Summer Lists, FOLLOW THROUGH. Put on the mindset that this summer is going to be DIFFERENT because you took intentional steps to plan and be prepared.

DATE

GO SHOPPING

DATE

TAKE ACTION

*P.S. This same exercise can be helpful in ANY season of parenting.*



Check out podcast Episode 51, [A Simple Exercise for Preparing for Summer with Kids at Home](#) for more!

Help your kids to discover  
their unique gifts...

## SO THEY CAN LIVE AUTHENTICALLY —BECOMING THE BEST VERSION OF THEMSELVES.

Your kids will grow in a “giving” mindset—where they are confident in their abilities, and empowered to stand strong through all the ups and downs in life.

Our guided kid’s journal:

- + builds self-confidence through fun activities
- + inspires kids with true stories of other amazing kids
- + has tons of fun riddles and jokes
- + sparks creativity
- + engages kids & encourages action through fun “Secret Missions” that prompt acts of kindness

### THIS JOURNAL WILL EVEN HAVE YOUR KIDS PITCHING IN AND HELPING OUT AROUND THE HOUSE, WITH A SPIRIT OF GIVING! WE CALL IT DEVELOPING A “GIVING MINDSET”

The Best Me I Can Be Journal helps teach your kids about character by infusing daily moments with opportunities for them to show kindness, respect, perseverance/grit, and a giving mindset—all the things that make us REMARKABLE individuals!



## HOW TO USE

The term “it takes a village” is around for a reason...it truly does! Please feel free to share this document through your village, your tribe—in addition to helping others, it’s like a virtual high five to us! We truly appreciate you spreading the word and sharing our resources.

## IT'S OK...

- + to post on social with attribution to “Families of Character”
- + to share via email
- + to print and pass on to friends, parents, teachers or anyone who it might help

## IT'S NOT OK...

- + to sell
- + to recreate as your own
- + to link the image on your site without prior approval from us.

## OTHER USE REQUESTS

To request a specific use other than outlined here, please contact [hello@familiesofcharacter.com](mailto:hello@familiesofcharacter.com).

