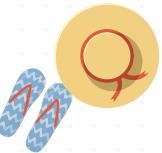
# PLANNING SUMMER



Start by committing to 1 hour of alone time (somewhere quiet where there isn't a possibility of interruption your closet...or maybe the library or a coffee shop) so you can have some intentional time to think... to plan... and to walk away feeling more prepared and positive about summer.

## GRAB YOUR FAVE BEVERAGE AND A PEN.

## Think about a typical day in the summer when all your kids are home. Identify their primary needs.

Think—3 meals, snacks, appropriate clothing (sandals, hats, swimsuits, life vests, equipment for sports) transportation to/from activities, sunscreen, bug spray, water bottles, books, babysitter & back up sitter, camp waivers—all the necessities. As these things come to mind, just jot them down.



Planning keeps us from Reacting

# 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

· · · · · · · · · · · · · · · ·	
· · · · · · · · · · · · · ·	
· · · · · · · · · · · · · · ·	
· · · · · · · · · · · · · · · · · · ·	· · · · · · · · · · · · · · · · · · ·
· · · · · · · · · · · · · ·	• • • • • • • • • • • • • • • • • • •
	<u></u>
	. <u></u>
-	

Make 2 Master Lists: To Buy & To Do 3 Simply go down through what you've dumped on paper and put each item in one of those 2 lists." For example: you realize you need to buy specific snacks in bulk and buy 2 more pairs of goggles—write those down on the list that says "To Buy" (aka, your shopping list). Then you see that you need to find a back up babysitter and also put the winter gloves and hats away and fill the supply bin with swimsuits and towels write that on your "to do" list. TO BUY TO DO



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

4

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.

			•	•	•	•	•	•	•		• A T	E	•	•	•	•	•	•	•		G O	S	H O	· PF	P I N	Ģ	•	•	•	•	•	•	
				•	•	•	•		•		• A T	E	•	•	•	•		•			T <b>A</b>	K. E		C.T	I O I	N.	•	•	•	•		•	
			•						*						*							۰						٠	•	•	٠		
			•				•		٠						٠							0	٠				٠		٠	•	٠		
			₽S	ç. 7	his	sau	me	exel	rcisi	e ca	nb	e he	elpf	ul i	n H	ny	l sea	ison	of	par	ent	ing.	0	0	0	0		•	•	•	•	•	
			A	•	•		٠										•		•				٠	0	0	0	0	0					
		$\leq$		7	•		٠	•	٠	٠	٠			٠	٠	٠	٠	٠	٠	•				0	0	0	0	0	0				
					•	•	•		٠	٠	٠			٠	٠	٠	•	٠	•			0	٠	0	0	0	0	0	٠	•	0	•	
			•	•	•	•	٠		٠	٠	٠			٠	٠	٠	٠	٠	٠			0	٠	0	0	0	0	0	0	•	0		
			•	•	•	٠	•		٠	٠	٠	٠	٠	٠	٠	٠		٠	•			•	٠	٠	٠	٠	٠	٠	٠		٠	•	
			•	•	•	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	•	٠	•	•	•	•	٠	0	0	0	0	0	٠		٠		
			•	•		•			٠	٠	٠	٠	٠	٠	٠	٠		٠				٠		٠	٠	٠	٠	٠	•	•	٠	•	
	• •		•	•	•	•	٠	•	٠	•	•	٠	٠	•	٠	•	•	•	٠	•	•		٠	٠	٠	٠	٠	٠	٠	•	0		
			•	•	•	•	٠	•	٠	•	•	•	•	•	٠	•	*	•	•	•	•	•	٠	٠	٠	٠	•	٠		•	٠	•	
	• •		•	•	•	•	٠	٠	٠	•	•	•	•	•	٠	•	٠	•	•	•	•	•	٠	0	0	0	0	0	0	•	•		
			•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
							*															0									•		
							٠															0	•							•	0		
			•		•		٠	•		•	•			•		•	٠	•	٠				٠	٠	٠	٠	٠	٠	0		•		
			•	•	•	•	٠	•	٠	٠	٠			٠	٠	٠	٠	٠	٠				٠	0	0	0	0	0			•		
			•	•	•	•	٠	•	٠	٠	٠			٠	٠	٠	٠	٠	٠				٠	٠	٠	٠	٠	٠	0		•		
			•	•	•	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠			0	٠	0	0	0	0	0	٠	•	٠	•	
			•			٠	•		٠	•	•	٠	٠	•	٠	•	•	•	•			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		
				•				- -					<b>7</b> 1	٠	٠	٠	•	٠	•	•		•	٠	0	0	0		0	٠	•	٠		
	ahe			•	(n) A	CCK	งแ	T	rca	<i>su</i> C		one	/ <b>ゝ</b> ,	٠		C		٠		1/		atd			,	٠		٠	٠	٠	٠		
)	UÉ	) (\$	Ŋ	()	<u>M2</u>	əim	ple	tx	erci	sef	or f	re	ari	ng	for	Su	mm	er	with	ı Ki	dsi	al d	tom	<u>e</u> f	or n	wre		٠	٠	٠	•		
				X	/	•	٠	•	•	•	•	•	•	•	•	•	٠	•	٠	•		٠	•	٠	٠	٠	•	٠	•	•	٠	•	

## 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!





the

a seriously fun journal for kids



### 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 Charact	er".	•					0	•	• •	
+ to share via email		٠	• •	÷		•		0	• •	
+ to print and pass on to friends, parents, teachers or anyc	no wh	o it n	- iaht	- holr	-	•	•	•	0 0	
				L HEIP		•	٠	•	0 0	
	• •	٠	• •	÷	٠	•	0	•	0 O	
IT'S NOT OK	• •			•	•	•	•	•		
+ to sell · · · · · · · · · · · · · · · · · ·		0	• •				•	•	• •	
+ tó recreáte às your own			• •	0		٠		•	0 0	
+ to link the image on your site without prior approval from	 m.uc			÷			0	•	• •	
+ to link the image on your site without phot approval not	nus.	٠	• •	÷	٠	•	0	•	0 O	
	• •			•			•	٠	• •	
OTHER	• •	•	• •	÷	٠	•	•		• •	
	• •	•	• •		•	٠	•		• •	
USE REALESTS										
USE REQUESTS		•	• •		•	•	•	•	• •	
To request a specific use other than outlined here, please co	ntact	•	• •	•	•	•	•	•		
	ntact	•	· ·	•	•	•	•	•	· ·	
To request a specific use other than outlined here, please co	ntact	•	· · ·		•	•	•	•	· · ·	
To request a specific use other than outlined here, please co	ntacť	•	· · ·	•	•	•	•	•	· · ·	
To request a specific use other than outlined here, please co	ntacť 	•	· · ·	· · ·	•	•	•	•	· · ·	
To request a specific use other than outlined here, please co	ntact	· · ·	· · ·	· · · ·	•	•	•	· · ·	· · ·	
To request a specific use other than outlined here, please co	ntact	· · · ·	· · ·	· · · · ·	· · · ·	•	- - - - - - -	•	· · · · · · · · · · · · · · · · · · ·	
To request a specific use other than outlined here, please co	ntact		· · · · · · · · · · · · · · · · · · ·		· · · · · · · · ·			•	· · · · · · · · · · · · · · · · · · ·	
To request a specific use other than outlined here, please co	ntact		· · · · · · · · · · · · · · · · · · ·		· · · · · · · · · · · ·				· · · · · · · · · · · · · · · · · · ·	
To request a specific use other than outlined here, please co	ntact   				• • • • • • • •					
To request a specific use other than outlined here, please co	ntact    				• • • • • • • • •					
To request a specific use other than outlined here, please co	ntact      				• • • • • • • • • •					