

## YOUR SUMMER 2022 CHECKLIST



### Resilience, Restoration, Reconnection

- Pick an afternoon or even whole day each week to unplug from electronics completely
- Plan a local road trip or two enjoying something that tourists might do
- Get up early to see the sunrise and enjoy an early morning walk
- Sit in an outdoor café to write in your journal and people watch
- Gather friends for an outdoor dinner, near a lake if possible!
- Make and eat s'mores
- Go berry picking
- Eat a creamee (that's what we call soft serve in Vermont!)
- Take long walks- an hour or more- woods and dirt roads preferred!
- Spend time on and near water
- Bring a book to the beach (even alone) to read for the day or afternoon
- Camp out in a tent or rustic cabin
- Walk barefoot
- Meditate outside to the sounds of the birds as your soundtrack
- Go fishing
- Plant a garden
- Play badminton one-on-one
- When at work, step outside every 90 minutes to refresh yourself
- Set a reading challenge for yourself- Goodreads app works great for this!
- Eat at a drive-in restaurant
- Watch a movie at a drive in theater
- Spend an afternoon reading magazines outside
- Stop at a kids lemonade stand and support their efforts
- Take a hike
- Try paddle-boarding
- Have fresh flowers on your desk and on your kitchen counter
- Blow bubbles
- Look for fireflies
- If you see the ice cream truck- get yourself a treat
- Grill out and eat corn on the cob
- Watch the sunset
- Play a favorite outdoor game or enjoy a summer activity from childhood.
- Make strawberry shortcake with homemade whipped cream
- Learn how to make something new - craft or food
- Try a new online workout on a rainy day
- Take a retreat day to write, think, plan and strategize
- Add your own to the list, as many as you like: \_\_\_\_\_

**See how many you can check off this summer!**



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