

Summer Planning Sheet

<p>What is important to me? In the box to the right, record all the things that come to mind when you answer this question.</p> <p>Some examples: hobbies, friendships, nature, learning, travel, adventure, exercise</p>	
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<p>Write down the top 10 items you identified as important. This is where you need to leave your “shoulds” behind and answer honestly.</p>	<ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10.
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<p>What beliefs are preventing me from engaging in important and enjoyable activities?</p> <p>Are the beliefs accurate or true?</p>	
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<p>My vision for a balanced day, week, month. Pick a time frame that works for you.</p>	
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<p>People on my success team.</p>	
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