

5 QUESTIONS TO HAVE YOUR *Kindest Summer Ever*

- 1 What do you *need* this summer?
- 2 What *do* you want & What *don't* you want?
- 3 How will you *relax & recharge* your batteries?
- 4 What *one thing* would *make* this summer for you?
What would you *love* to do?
- 5 What would being kind to yourself look like? What could you do *daily* to be kind to yourself?

Find the balance between what you *want* to do & what you *need* to do!



WHAT **1** ACTION COULD YOU TAKE NOW TO GET OUT THERE AND CREATE YOUR "KINDEST SUMMER EVER"?

