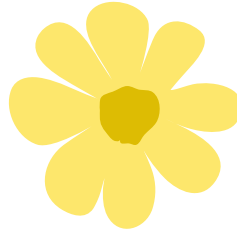


Summer Planning



Set the Intention

This summer, let's make sure some of your time gets focused on you and your needs. You give so much to everyone else all day, it is okay to take time to replenish all that you give away. These prompts are a way to think through the things that matter to you, so that you can pay them the attention they (and you) deserve. Give yourself permission to make time for yourself without guilt.

| Prompt | Brainstorm space |
|---|------------------|
| What do you want this summer to feel like for you? Not just for your family, but for you personally? | |
| What is one thing you want to do for yourself this summer that you have been putting off? | |
| What does showing up for yourself this summer make possible for the rest of your family? | |

Know Your Summer Landscape



| Prompt | Brainstorm space |
|---|------------------|
| How many weeks is your summer break? | |
| Who is home with you this summer? Make note of ages, needs, and schedules. | |
| Do you work during the summer? What does that schedule look like? | |
| Are there any weeks that are already spoken for? (Travel, camps, family visits, etc) | |
| What is your biggest challenge to finding personal time this summer? | |
| Who in your life could support you in protecting time for yourself this summer? (a partner, family member, another mom, etc) | |

This next section is a space for your to build a summer structure. Keep in mind that this is simply a rhythm, something that can be flexible and fluid. This is not meant to be rigid or pressurized. It is simply designed to get you thinking about the fluidity of your schedule and make it more manageable to add time for yourself.

Design Your Summer Rhythm



Your Personal Time Windows

| Prompt | Brainstorm space |
|--|------------------|
| What time of day do you realistically have the BEST chance of finding personal time? (early morning before kids wake up, during afternoon quiet time, after bedtime, or another window) | |
| How long is that window on a typical day? | |
| How many days per week do you want to protect this window? | |
| What is your one non-negotiable personal time moment each week? One thing that happens no matter what. | |

Quiet Time Structure



| Prompt | Brainstorm space |
|--|------------------|
| What time each afternoon could a household quiet time realistically happen? | |
| How long would you like it to be? (30 minutes, an hour, longer) | |
| What will each child do during this time based on their age? (nap, independent play, reading, device time, etc) | |
| What will you do with this time for yourself? What is one thing you commit to NOT doing during it, like chores or scrolling? | |

*It is important that you communicate the reason and the importance of everyone participating in quiet time each day. Make it a non-negotiable from the start of summer. Setting this expectation at the start will make it easier to maintain throughout the summer. It also gives the kids something to look forward to. It helps everyone make it through the day to know that there will be some down time.

Your Weekly Anchor



| Prompt | Brainstorm space |
|--|------------------|
| <p>What is one thing you want to do for yourself each week this summer? (A coffee date, a workout class, a solo errand, a creative practice, time in nature, etc)</p> | |
| <p>What day and time will this happen each week?</p> | |
| <p>What needs to be arranged to make this possible? (Childcare, partner support, a swap with another mom, etc)</p> | |

The Weekly Layout



Using this table, make note of: your personal time windows, your quiet time slot each day, your weekly anchor activity

| Time | Monday | Tuesday | Wednesday | Thursday |
|---------------|--------|---------|-----------|----------|
| Morning | | | | |
| | | | | |
| Afternoon | | | | |
| | | | | |
| Evening | | | | |
| | | | | |
| After Bedtime | | | | |
| | | | | |

Notes - Use this space for anything that varies from week to week.

Summer Personal Intention List



Use this section to think outside the box about what you might want to add your alone time, or to give yourself a goal for this summer. They don't have to be big, small goals count!

| Prompt | Brainstorm space |
|--|----------------------------|
| List five things you want to do purely for yourself this summer. Big, small, practical, or indulgent. | 1. 2. 3. 4. 5. |
| What is one thing you want to learn, try , or explore this summer that is just for you? | |
| What is one thing you want to read this summer? | |
| What is one place you want to go or an experience you want to have that feeds your soul? (Even a small local one counts!) | |
| What is one habit or practice you want to build or maintain this summer despite the change in routine? | |

Anticipating the Hard Weeks



In this section you can be prepared for what to do when things don't go the way you thought they would. Realistically, at some point this summer, there will be a few days that don't go according to plan. This will help you think through what to do in those instances. Remember: one day of being off does not negate your plan for the next day, it just means you can start fresh in the morning!

| Prompt | Brainstorm space |
|---|------------------|
| <p>Which weeks this summer are most likely to derail your rhythm? (travel weeks, weeks with houseguests, weeks when childcare falls through, etc) Get specific if dates have already been planned!</p> | |
| <p>What is your minimum viable personal time for a hard week? (Pick one small thing you will hold onto even when everything else goes sideways)</p> | |
| <p>What will you tell yourself when you miss a week so that you come back to the plan instead of abandoning it?</p> | |
| <p>What is your reset plan? How will you reestablish your rhythm after a disrupted week (or day)?</p> | |

A Note to Yourself



Write yourself a short note at the start of this summer. What do you want to remember on the hard days? What do you want to give yourself permission to do, and what does the version of you at the end of August look like if you honor this plan?

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