



Create A Happy Summer

Reflection Questions:

These are questions I will be guiding you through during the live call.

- 1. What do you enjoy doing in the summer? List everything that comes to mind.**
- 2. Where do you tend to get hijacked by your kids or the demands of having them home over the summer?**
- 3. What tends to drain your energy the most during the summer?**
- 4. What activities or practices fill you up and help you recharge?**
- 5. What are some specific activities you would like to do this summer that bring you joy and relaxation?**

Family Fun:

6. What are some activities you would like to enjoy as a family?

7. Is there something new you would like to learn or try this summer, either alone or with your kids?

Setting Limits and Boundaries:

8. Where do you struggle to set limits and boundaries with your kids during the summer?

9. What expectations do you want to set for the summer?

Screen Time:

10. How do you feel about the amount of time your kids spend on screens during the summer?

11. What strategies can you implement to manage and balance screen time effectively?

Action Plan:

12. What are your top three intentions for this summer?

How will you make them happen?

How will you make it a happy summer for yourself?