



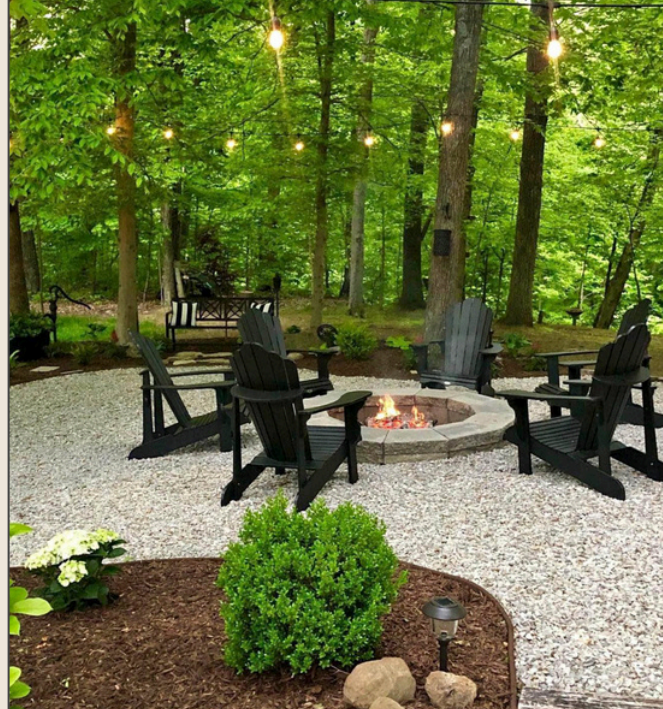
Summer Connection Plan 2025



BEST SUMMER

EVER

When the end of August comes this year, plan to say, “I’m so glad we did that!” And not, “Ugh another summer has passed us by.” By creating a plan and putting a few things on the calendar you can create a summer full of memories, without spending a lot of money or having to travel. It’s not about going BIG, it’s about being intentional. Small moments can have a BIG impact. Get ready to touch some grass and jump into the next twelve weeks of making memories!



3 STEP PROCESS

STEP ONE

CUT SOME STRIPS OF PAPER. GET EVERYONE IN THE HOUSE TOGETHER. BRAINSTORM! THINK OF THINGS YOU DID AS A CHILD, OR THINGS YOU ALWAYS HOPE TO DO IN THE SUMMER BUT NEVER GET AROUND TO. PUT EACH ONE ON A SLIP OF PAPER AND PUT THEM IN A JAR. WHEN YOU HAVE SOME FREE TIME OR NEED SOMETHING TO DO, PULL SOME IDEAS AND MAKE THEM HAPPEN!

STEP TWO

WHO HAVE YOU PROMISED TO GET TOGETHER OR CATCH UP WITH? WRITE THEM DOWN. TEXT OR CALL TO MAKE PLANS. FOLLOW THROUGH!

STEP THREE

REAL CONNECTION DOES NOT INVOLVE SCREENS THIS SUMMER. DECIDE HOW MANY HOURS A DAY YOU WILL DEDICATE TO SCREEN TIME, BINGE WATCHING, OR PLAYING ONLINE GAMES. NOT SURE IF IT'S TOO MUCH? MULTIPLY THE # OF HOURS PER DAY BY 91. THAT'S HOW MANY DAYS WE HAVE IN JUNE, JULY IN AUGUST. EXAMPLE: 3 HOURS/DAY X 91 = 273 HOURS (OVER 11 DAYS!)



SUMMER

01
02
03

[illegible]

BRAINSTORM

IDEAS

LIST SOME THINGS YOU AND YOUR FAMILY WOULD LIKE TO DO OVER THE SUMMER TO CREATE MEMORIES, RELAX, AND ENJOY YOUR TIME TOGETHER.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

LIST THE PEOPLE YOU HAVE PROMISED TO CATCH UP WITH

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PROJECT CHECKLIST

WHAT DO YOU **NEED** TO ACCOMPLISH BEFORE THE END OF SUMMER?

INSIDE HOUSE PROJECTS

☐☐☐☐☐

OUTSIDE HOUSE PROJECTS

☐☐☐☐☐

ORGANIZATION TASKS

☐☐☐☐☐

TAKE CARE OF YOU TASKS

☐☐☐☐☐

SMART GOAL

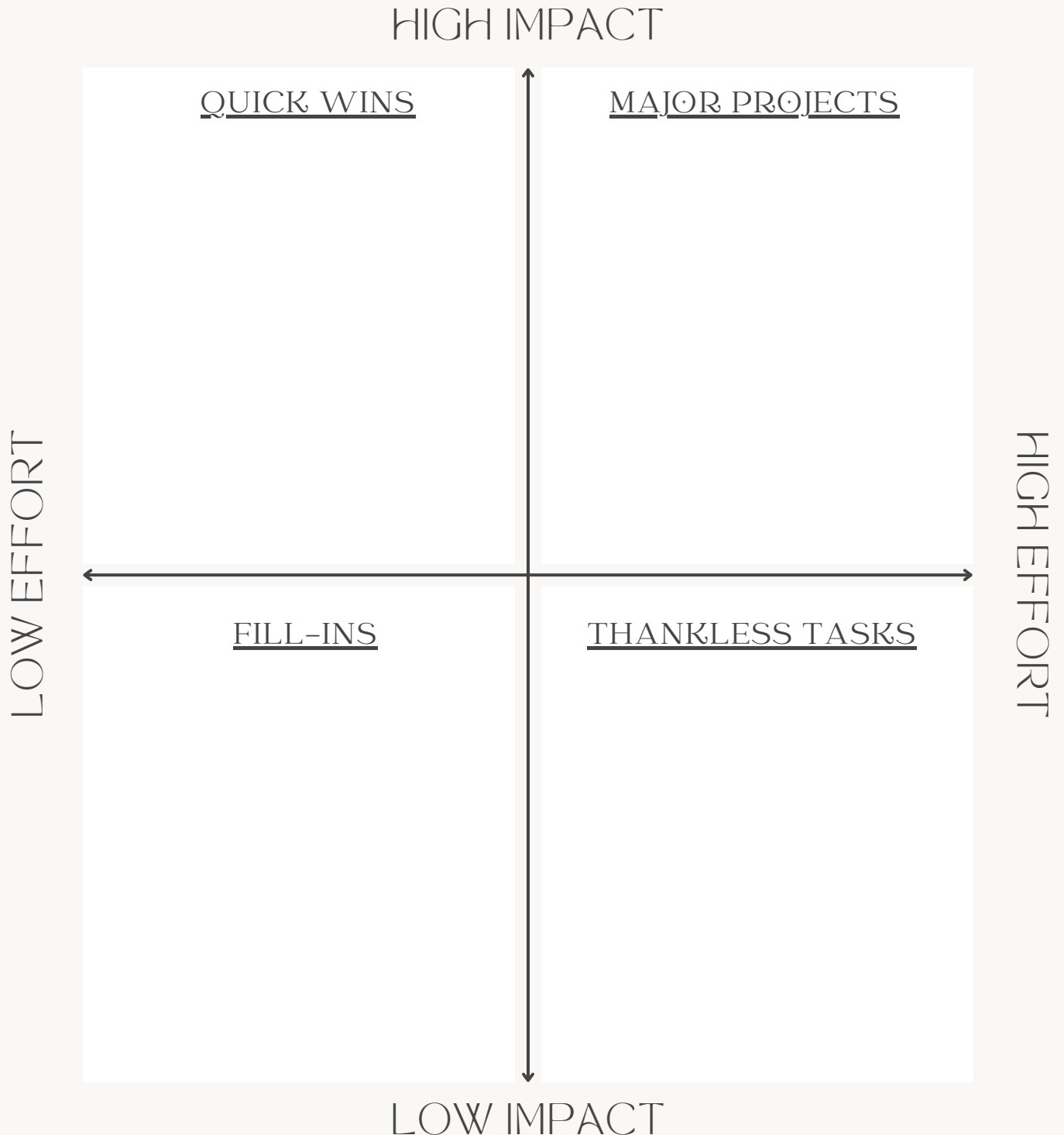
PICK ONE THING YOU DEFINITELY WANT OR NEED TO ACCOMPLISH
OVER THE SUMMER. GET SPECIFIC HERE!

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



ACTION PRIORITY MATRIX

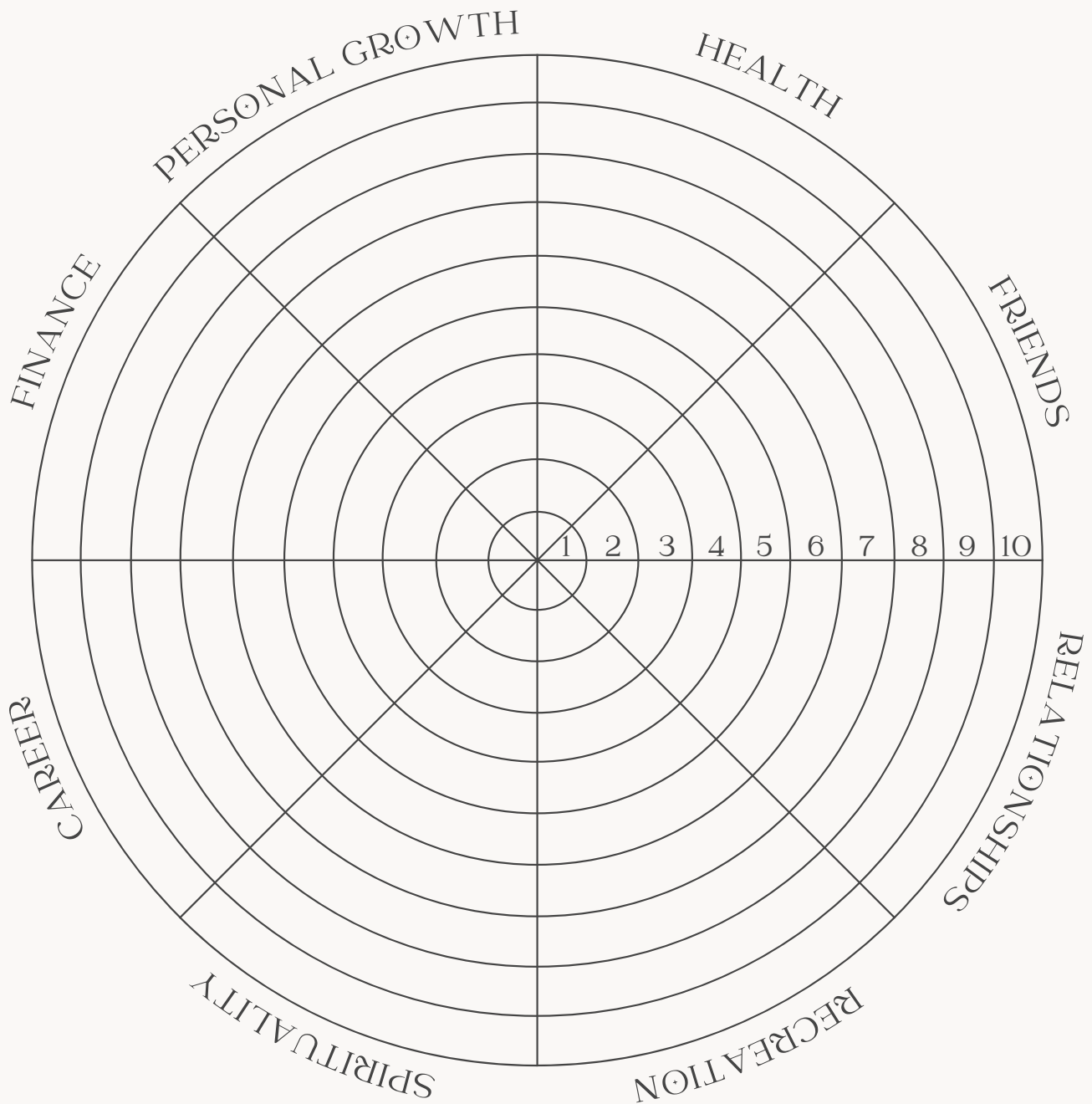
THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



IDON'T KNOW WHERE TO START!

HOW'S LIFE?

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. NOW YOU CAN SEE WHERE YOU NEED TO SPEND SOME TIME.



7 DAY HABIT TRACKER

KEEPING TRACK OF ROUTINES OR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / ROUTINE

	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES



LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

WEEKLY GOALS TRACKER

WEEK OF: _____

	MY GOALS	MY FEELS ABOUT GOAL	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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AUGUST 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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