

My Summer Blueprint

FITNESS ACTIVITIES

BOOKS OF INTEREST

PODCASTS TO TRY

HOBBIES TO TRY

WAYS TO HELP OTHERS

THINGS TO LEARN

SCREEN-FREE IDEAS

BOREDOM BUSTERS

WAYS TO CONNECT

My Summer Blueprint

MOOD BOOSTERS

DAILY ACTIVITIES

LIKELY CHALLENGES

PLACES TO GO

EASY HEALTHY SNACKS

OUTSIDE ACTIVITIES

THINGS TO IMPROVE

WAYS TO SPREAD JOY

HOW TO GET HELP
