

Save Your Summer

This title may seem a little,, dramatic. But for many of us (especially moms), summertime brings not so much a chance to relax, as a new set of responsibilities. Take this as an invitation to claim a few moments that are life-giving for you before you run into a display of school supplies and begin to grapple with summer's end. Here's the challenge. Can you find three activities below that you can commit to fit in between now and Labor Day? Or three options inspired by the suggestions below? Investing in yourself is worth it!

Read that book you've been meaning to read

Treat yourself the a self-care splurge: hair cut? Manicure? Massage?

Find a retreat house near you and plan a day or even an overnight for quiet and prayer.

Go out for dinner, dinks, coffee with one or more people you really enjoy being with

Whether crafts, photography or another hobby, give yourself an afternoon devoted to whatever nourishes your inner artist

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Take a long, unhurried walk in an outdoor space you love

Grab a friend and go to the movies. Buy popcorn! Buy a drink!

Plan an evening with your spouse and try something new together: Cooking? Hiking? Live theater? Dance lesson?

Once you've made your choices, the next step is practical planning to make these things actually happen. Do you need to pick a date to invite friends to dinner? Order a book or reserved it at the library? Listing action steps makes it more likely you'll get them done.

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