

PLAN YOUR WHY – TimeWise2

Summer Edition

Action Plan

Think about how you'd like your summer to go! What activities would you like to do, and with whom? Here are some questions to consider that might help you plan for summer fun and also spending time in meaningful ways. Thinking about these questions and doing some planning can help you take charge of your summer fun and use your free / leisure time wisely to get the most out of it.

Once school ends, what will your schedule look like? Will you have a schedule? Do you want one?

Do you have things you will have to do (e.g., daily or weekly chores, summer program, work)?
Are you signed up for any sports or other structured activities that occur on a regular basis?
When are these activities scheduled?

How much free time will you have? Do you want to plan for certain activities? Do you want to have unscheduled free time to do things on the spur of the moment? When will you have most of your free time? Will your activities give you benefits, and a variety of types of benefits?

When thinking about what to do, also think about *why* you will be doing things. How much time will you **have to do things** (because we all have to do some things!)? Will you be able to choose things because you **want to** do them? Those are the things that bring you the most fun, happiness, and feelings of satisfaction. These may also be things like volunteering or doing other things **for a greater purpose**. How much time do you want to just relax and destress?

Be aware of when you do things to **please other people**, or that you'd feel **guilty** if you didn't do them. We all do those kinds of things, too, but remember sometimes that can lead to unhealthy or risky behaviors, or doing things that we really don't want to do.

Think about what you can do when you are doing something because there is nothing else to do, or it is boring, or you don't like it or think it is dumb or stupid. How can you change the situation?

Following is a worksheet that will help you think through these questions and do some concrete planning.

And remember, not all plans work out! If Plan A doesn't work out, go to Plan B or Plan C! That is what we all have to learn to do.

Resources can be found at <https://www.healthylamoillevalley.org/>

PLAN YOUR WHY

WHEN I THINK OF THE SUMMER, I IMAGINE SPENDING TIME.....

THINK ABOUT THE BENEFITS YOU WANT TO GET FROM YOUR FREE TIME ACTIVITIES, SUCH AS MENTAL HEALTH, PHYSICAL WELL-BEING, SELF-EXPRESSION, RESOURCEFULNESS, COMMUNITY CONNECTIONS, SOCIAL, GIVING BACK TO OTHERS OR THE ENVIRONMENT. TRY TO GET AS MANY BENEFITS FROM YOUR ACTIVITIES.

THIS IS EASIEST TO DO IF YOU PARTICIPATE IN A VARIETY OF ACTIVITIES, SUCH AS SPORT, ART, SOCIAL, OUTDOOR RECREATION, AND SO ON.

Click [here for activity ideas](#).

WHAT DO I WANT TO DO A LOT OF IN MY FREE TIME?

WHAT DO I WANT LESS OF?

WHAT DO I WANT FOR MY RELATIONSHIP WITH TECHNOLOGY THIS SUMMER? (OR, HOW CAN I MANAGE MY USE OF TECHNOLOGY THIS SUMMER TO KEEP ME CONNECTED WITH OTHERS AND HAVE FUN, BUT NOT LET MY PHONE AND COMPUTERS CONTROL MY LIFE?)

HOW CAN I BE HELPFUL TO MY FAMILY AND COMMUNITY?

WHO DO I WANT TO SPEND TIME WITH THIS SUMMER? WHAT ARE ACTIVITIES THAT I CAN DO WITH FRIENDS OR FAMILY?

WHAT NEW ACTIVITIES DO I WANT TO TRY? WHAT WILL I NEED OR WHERE CAN I FIND OUT MORE INFORMATION? WHO CAN I TALK TO?

WHAT DO I WANT TO GET BETTER AT, LEARN MORE ABOUT, OR EXPERIENCE?

WHAT COMMUNITY EVENTS DO I WANT TO ATTEND? HOW CAN I FIND OUT MORE INFORMATION?

WHO CAN I CHECK IN WITH IF I NEED HELP FIGURING OUT HOW TO SPEND MY TIME?

WHAT CHALLENGES MIGHT I FACE IN DOING MY DESIRED LEISURE ACTIVITIES?

HOW MIGHT I OVERCOME THEM?

WHAT ARE MY OVERALL SUMMER GOALS: YOU MIGHT WANT TO INCLUDE A GOAL FOR EACH WELLNESS AND/OR LIVE YOUR WHY (LYW) AREA.

HERE IS A [SHARE YOUR WHY PACKET](#).

Click [here for activity ideas](#). MAKE SURE YOUR GOALS ARE SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC WITH THE TIMEFRAME. (SMART)

ANTICIPATE WHAT CHALLENGES TO REACHING YOUR GOAL YOU MIGHT ENCOUNTER.

WHAT ARE THEY? HOW MIGHT YOU OVERCOME THEM?

IDEAS FOR THE DAY TO DAY... HAVE A LIST OF THINGS THAT YOU CAN TURN TO IF YOU HAVE UNEXPECTED FREE TIME, OR FREE TIME WHERE YOU HAVE NOTHING PLANNED OR NOTHING TO DO.

MY PLAN FOR A FEW SPECIAL EXPERIENCES THIS SUMMER (OUT OF THE ORDINARY)

WHAT ACTIVITIES? WHEN CAN I DO THE ACTIVITIES? DAY: TIME:

MY PLAN FOR MY SUMMER PASSION/CHALLENGE PROJECT

[\(CHECK OUT THIS VIDEO FOR INSPIRATION FROM SOME HIGH SCHOOLERS\):](#)

- TELL US ABOUT YOUR PASSION/CHALLENGE PROJECT:

- SET 2 GOALS FOR WHAT YOU WANT TO ACCOMPLISH WITH YOUR PASSION/CHALLENGE PROJECT. YOUR GOALS MIGHT BE RELATED TO:
 - A SPECIFIC WAY YOU CAN BE HELPFUL TO YOUR FAMILY OR COMMUNITY
 - LEARNING OR IMPROVING A SKILL
 - STARTING A BUSINESS (BEING AN ENTREPRENEUR)
 - EXPLORING A QUESTION OR TOPIC THAT YOU WANT TO KNOW MORE ABOUT
 - CREATING A CHALLENGE FOR YOURSELF (PHYSICAL, ARTISTIC, INTELLECTUAL, ETC.)
 - GOOD CITIZEN CHALLENGE FROM SEVEN DAYS
- MAKE SURE YOUR GOALS ARE SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC WITH THE TIMEFRAME. (SMART)
 - 1.
 - 2.
- I PLAN TO DOCUMENT MY EXPERIENCE AND COLLECT MY EVIDENCE LIKE THIS (E.G., JOURNAL/SCRAPBOOK, PRESENTATION, VIDEO DIARY, BLOG, ETC.) :

WHAT CHALLENGES MIGHT YOU ENCOUNTER?

PRINT OUT [A CALENDAR](#) AND START TO fill IT IN!

WHAT MATERIALS OR RESOURCES COULD BE HELPFUL TO YOU FOR HOW YOU WANT TO SPEND YOUR TIME THIS SUMMER?

END OF SUMMER REFLECTION AND SHARING

SUMMARIZE YOUR EXPERIENCES THIS SUMMER, HIGHLIGHTING SPECIAL MOMENTS AS WELL AS CHALLENGES AND NOT SO PLEASANT EXPERIENCES.

REFLECT

WHAT DID I LIKE ABOUT WHAT I CHOSE?

WHAT IS SOMETHING I MIGHT DO DIFFERENTLY NEXT TIME?

DID YOUR PLANNING EFFORTS PAY OFF, WAS PLANNING HELPFUL TO YOU? HOW SO, OR WHY NOT?

If you need support during the summer, reach out to alison@healthylamoillevalley.org