



5 Ways to Get Into Action This Summer

#1 PLAN

Choose one outing from your bucket list that is sure to provide unquestionable summer fun. Near or far, it doesn't matter as long as you can check it off your list and be happy when you're there. Set the date, put it on your calendar and you have a PLAN!

#2 MAKE

What's the one summer food you have been craving but haven't had time to create? What flavor says 'summer' to you? Decide what will do the trick and find the recipe. Put the ingredients on your shopping list and then it's time to MAKE it!

#3 CALL

Is there a friend or family member that you have been thinking about lately? It is probably someone you haven't spoken to in a while so the thought of calling seems daunting. Put that name on your calendar now for one day this week, and then just CALL!

#4 CLICK

Whether for work or home, there must be an email on your to do list that you have been avoiding. We all have them. Sit down today to write it and then click 'send'. Your landlord, the soccer coach, your son's college advisor, whomever. Today is the day to get on your computer and then send it with one CLICK!

#5 SIT

I know sitting may not seem like getting into action, but if you've been spinning your wheels lately and feeling like you're not getting anywhere, sitting could be just what you need. Find your way to your deck, patio or even your bed. Make sure to give yourself 20 minutes alone and then just SIT!



Certified Health Coach

ragoob@comcast.net

Driveyourlife.me

Amy GoobenTM
Drive Your Life

Summer Action Worksheet

Here's the worksheet to keep you accountable for taking action this summer! Try to incorporate each of these 5 steps into your life and see what a difference it will make by the end of the season!

PLAN

MAKE A PLAN TO DO SOMETHING YOU WANT TO DO

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DID IT!

MAKE

WRITE DOWN A NEW RECIPE YOU WANT TO TRY

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.....
.....

MADE IT!

CALL

WHO ARE YOU GOING TO CALL THIS WEEK?

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.....

I CALLED!

CLICK

WHICH EMAIL DO YOU WANT TO TAKE CARE OF

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.....
.....

I DID IT!

SIT

PICK A TIME TO SIT ALONE WITH YOURSELF

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I SAT!