

THE (NOT SO) WILD SUMMER

Bucket List

making memories out of ordinary days

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♥ OUT & ABOUT

- ♥ Drive somewhere you've never been
- ♥ Catch fireflies after dark
- ♥ Picnic at the park (or backyard)
- ♥ Find the best ice cream in town
- ♥ Read on a blanket after the library
- ♥ Run through the sprinkler

♥ RIGHT AT HOME

- ♥ Build a blanket fort + movie night
- ♥ Make homemade popsicles
- ♥ Bake something gloriously messy
- ♥ Camp out in the living room
- ♥ One whole no-screens afternoon
- ♥ Stargaze from the driveway

♥ TOGETHER TIME

- ♥ Have a “yes day” (within reason)
- ♥ Write a thank-you note together
- ♥ Make a family summer playlist
- ♥ Cook dinner – let the kids pick
- ♥ Start one tiny family tradition
- ♥ Take a goofy photo for the fridge

♥ FOR YOU, MAMA

- ♥ One quiet coffee before the chaos
- ♥ Finish a book that's just for you
- ♥ Say no to one thing, no explanation
- ♥ Move your body, just because
- ♥ Call a girlfriend (not about the kids)
- ♥ Pour into you – you can't pour empty

ADD YOUR OWN

- ♥ _____
- ♥ _____

You're not just surviving, sis. You're making it count.

SHARE YOUR SUMMER • TAG @GIRLFRIENDSTHRIVING

Listen to The (Not So) Wild Summer wherever you get your podcasts.

*Want the whole plan? Grab the Summer Guide.
Available Friday, June 12th.*