



## Hello and welcome to the Project Me Summer Strategy Kit!

This kit is packed full of PDF printables to help you plot out all aspects of your summer. There are ones just for you - and plenty for your kids too.

Take what you need, when you need it! I'll run you through what's included and give you some ideas of how to use your planners - but ultimately they're yours to play with and use however you wish.

### *My Dream Summer*

Begin with this one - you won't regret it! Taking a few minutes to answer some questions on paper will give you clarity about what you need in order to feel happy this summer. Once you've got it out of your head and onto paper, you'll know which actions you can take now and over the course of the summer to make things run smoothly. Use the back of the page if your thoughts are overflowing! Then when you reach the end of page two - fill in your Dream Vision for this summer, cut it out and put it somewhere you'll see it. Having a clear vision of a positive, happy summer is the key to making it happen. You've gotta believe it to receive it!

### *My Summer Goals*

Next it's time to look at each of your 8 Key Life Areas. This isn't about setting major goals for achievement over the summer, it's about asking yourself how you want each area of your life to feel and be this summer and making sure nothing important to you is completely neglected.

### *Monthly Planners for June / July / August*

Use these to mark out important dates such as the last day of school, vacations, camps or anything already scheduled in. You'll easily see the gaps and where there's room to plan - or when to allow some breathing space. Use the To-Do column to identify any actions you'll take to make that month flow easier. What needs organising or coordinating? There's also plenty of room for notes, ideas and hashing things out.

### *My Action List*

Rather than writing your to-do's on sticky notes, backs of envelopes or in your head (!), use this sheet to keep 'em all in one place. When it gets filled up (or messy) print out another, then another... As soon as you accept that your to-do list IS never-ending, the better. You're busy - and that's OK! As long as you balance doing with plenty of **being**, you'll be OK. (That's what your Me Time planner is for.)

## Me Time

Essential for summer sanity! Take a few minutes now to identify what you'd love to do if you had just ten beautifully free minutes to yourself (read a magazine with your feet up, meditate, deep breathing...)

It's easy to fall into default mode. You have a bit of spare time and automatically revert to your favourite time suck like social media OR you end up tidying the house instead of putting your feet up!

Dream about what you'd do if you had 30 minutes or an hour - or good grief - half a day!

Keep your Me Time sheet visible to remind you of the lovely things you really want to be doing - and then **do** them!

## Best Version of Me

What brings out your best version of you in the summer? Getting enough sleep? Enough Me Time? Being with kids that get along and are well behaved? Feeling loved-up and connected? And what brings out your worst? Kids that squabble? Nagging and repeating? Feeling like the family slave? Use this sheet to dig deep and get to know yourself better. You'll have some great insights into what things you can do to help bring out your best self this summer.

## Weekly Fitness Planner

Are you prone to letting things slide during the summer months? Make a weekly habit of plotting out some fitness activities for the week ahead. A home work-out with a DVD? Yoga? Daily sit-ups and squats? A run or power walk, gym session or tennis. Can your kids join in? Mix it up and stay motivated.

## Simple Summer Meal Ideas

Use this sheet to write down 21 days worth of meal ideas so you can rotate them and have an easy reference when meal planning / food shopping. There's a place to add a note about where to find each recipe easily in case it comes from a cookbook or website. If summer's not your season for spending time in the kitchen, KISS! (**Keep It Simple, Sista!**). Your meals don't need to be Pinterest worthy. Just healthy enough to serve up - guilt-free. **Pancakes and grilled cheese sandwiches are allowed!**

## Weekly Meal Planner

Knowing what you're going to make for lunches and dinners saves you from stressing about it or running back to the supermarket way too often. Yes, it's a big fat drag to sit down and plan meals out, but once you've done it - you'll be so glad you did! Overcome any resistance and just DO IT.

## Packing Planner!

Going anywhere nice? Here's a handy sheet for plotting out your packing. (**Don't forget your toothbrush!**) Give teens / tweens / your partner their own copy.

## Summer Check-In

All of this planning is excellent, but how're you going to stay on the straight and narrow and keep up with your goals - even when summer lethargy sets in? By doing a weekly check-in, that's how! Schedule it in for every Sunday eve or morning. It'll take you a few short minutes - and you'll be so glad you did it!

It'll flag up anything that needs your attention, remind you to keep using your sheets and (**most importantly**) will highlight what IS going well so you can give yourself a well-deserved pat on the back. Sometimes we forget to do that.

## Challenge Solver

Has your Summer Check-In flagged up anything that needs figuring out? Don't just live with problems (or complain or blame...) - do something about them! Your happiness is in your own hands and it's up to you to identify what's not working and make some mid-course adjustments. Use this Challenge Solver to figure it out on paper.

## Good Stuff That's Happened!

Because ya gotta remember the good stuff. Print extras for your kids too so everyone has a keepsake of the good things that happened this summer. (Big or small!) Include funny incidents, quotes and drawings.

## I Will Learn From This

Over the summer, when something happens that you can learn something from for next year - jot it down. Maybe it's something that you want to remember to do again - or maybe it's something you'd rather forget, but writing it down ensures it won't happen again. You're on your way to becoming the expert of you and your family when you do this.

If you have older kids, a lot of the sheets above will be great for them too! Get them to create their own Project Me binder. This is a great opportunity to not only model how great it is to set goals, solve challenges and explore what brings out your best and worst, but it's a great bonding experience to do this alongside your child. **Can you imagine how much further you'd be now if your mother had taught you this kind of stuff?**

Here's the low-down on the printables designed for kids. **(Maybe you'll find some of them useful for you too.)**

## My Chores

There are different ways you can use this one. Your child can write their name in the box at the top and together you can come up with a list of chores. Talk to them about whether each one is a daily task or whether it happens on certain days of the week. They can colour in a circle for each day of the week they complete a task.

Or for older kids / teens you can use this chart to simply list the chores and mark the days of the week they're to be done. Hang it up so they're clear about what's expected.

Remember that kids need plenty of teaching and training - not just showing them once and expecting them to get it.

## Rules RULE!

What are a few summer rules you can put into place that'll save your sanity. Write 'em here! Kids need to know what's expected of them. (They're not mind readers.) Write rules in **positive** language. Instead of No Fighting or No Rudeness, make it Play Nicely / Get Along or Be Kind. Once a rule is written and carefully (and kindly) explained, you need to follow through. If a rule is only a rule when mama's not too tired to enforce it, it'll fall apart faster than a lego tower with a toddler in the room.

## My Morning Routine

Spelling out a simple morning routine of what needs to happen before they run off and play **(or get absorbed in a computer game)** makes it easy for your child to know what's expected. Include things like making their bed, getting dressed and brushing their teeth. Even older kids forget in the summer when they're out of the school morning routine! Write 'Morning Routine' on the Rules chart to save you from having to nag about the same daily tasks.

## Rewards!

Call a summer Family Meeting and brainstorm some reward ideas for following the rules, doing their morning routine, chores and good behavior. Rewards don't have to cost money. They can be things you'd normally hand out anyway, but this time you'll turn them into the special treats they are.

## Not Bored Board

Get your kids to create a Not Bored Board of ideas for things they can do at home (preferably by themselves or with a friend/sibling) so you can be getting on with other things. Like putting your feet up with a magazine...

## My Screen Tracker

Figure out what an acceptable amount of screen time is for your child each day / week and keep track of it here. The yellow and blue columns can be used to either write multiple names if you're tracking more than one child per sheet, or you can write a.m. in the yellow and p.m. in the blue if they're allowed a bit of time twice a day. Maybe they can earn screen time by doing chores / morning routine. Play with it and see what works best.

## My Summer Goals

It's great to get kids into goal setting. Talk about your own goals and ask them to think of theirs. If they have summer homework, reading or instrument practice to keep up with, they can include those here. Goals are more achievable if we know **why** we're aiming for them, so encourage your child to fill in the **Because...** section. Give 'em your signature of support!

## Summer Reading Chart

Go to the library and check out as many books as they can carry! Here's a fun chart where they can track their summer reading and how well they enjoyed the books. Print out a copy for yourself too and model how great it is to put your feet up and read! Have a reading hour each day this summer and see how many books you can get through.

## Fill-in-the-Blanks!

There are two extra blank sheets for you to create your own! One has lines, the other has boxes. Whenever you think of something that could use tracking or putting into writing, grab one of these. Suggestions: Emergency contact list, Who's around this summer (and when) for organising playdates, Bucket List (for fun ideas of things to do), keeping track of earned rewards.

I'd love to hear what you use yours for. Send pics!

That's a brief low-down on each of the planners included in your kit. Look out for more emails from me throughout the summer with loads more tips.

Wishing you a happy and sane summer!

Positively yours,



Kelly Pietrangeli  
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Kelly@myprojectme.com



# August Planner

AUGUST 2015						
MON	TUE	WED	THUR	FRI	SAT	SUN
					1 AUGUST	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1 SEPT	2	3	4	5	6

NOTES: \_\_\_\_\_

[illegible]

TO DO:

[illegible]



## ⚙ Best Version of Me ⚙

I feel like my best version of me when...

List whatever comes to mind. examples: I'm relaxed, well rested, fun, patient with my kids, loving/affectionate, a great listener...

How I feel about myself when I'm the best version of me....

It's easier to be the best version of me when....

I'm a poor version of me when...

Examples: I'm tired, overwhelmed, running late/feeling rushed, too hungry, too full, no time to myself...

How I feel and act when this happens:

What can I learn from these insights? What new habits can I create to make it easier to be the best version of me?

(ie: go to bed earlier, eat healthy, get better organised, create written rules for the kids, ask for help, meditate, do yoga, surround myself with positive people, read inspiring books/blogs...)

Three inspired actions I'll take this week:

1. \_\_\_\_\_ when? \_\_\_\_\_
2. \_\_\_\_\_ when? \_\_\_\_\_
3. \_\_\_\_\_ when? \_\_\_\_\_











## Challenge Solver

What's my problem or challenge?

How will I feel to have this solved?

How is this making me feel? What's this problem costing me?

How will I feel if I do **NOTHING**? What will happen if I don't take action?

What ideas do I have? (What has worked before? What hasn't worked? What could be done differently?)

From your ideas list, choose something to try. What will you do? Get specific. How long will it take? (Often it's less time that you think.) When will you do it? Schedule it in. This is crucial.

If your challenge feels overwhelming, break it down into small, manageable chunks. One small step at a time will get you there! **CREATE A WRITTEN ACTION PLAN!**





# • Good Stuff That's Happened •

Gotta remember the good stuff!





### ⚙️ I Will Learn from This ⚙️

A keeper for next summer...

Jot down anything you want to remember for next summer.  
What went well – and why? What didn't – and why?



JULY 2015						
MON	TUE	WED	THUR	FRI	SAT	SUN
		1 JULY	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## TO DO:

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NOTES:



# June Planner

JUNE 2015						
MON	TUE	WED	THUR	FRI	SAT	SUN
1 JUN	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOTES: \_\_\_\_\_

[illegible]

TO DO:

[illegible]



## ★ Me Time! ★

What would I do if I had **10** beautifully **FREE** minutes to **myself**?

And if I had **30** whole minutes..?

What about an **hour**!?

Even **more** time... **2 hours**, **half a day**, a **WHOLE day**!!!

From your fabulous brainstorm above, circle/highlight/star the ones that **MOST** appeal to you. Which would help you to feel happier and more like your best version of you? It's easy to spend your precious free time online (social media, trolling the web, emails), but is that nourishing you? **YOU DECIDE.**

I <b>need</b> regular ME time because:	Which obstacles might try to come between me and my deserved ME time?
How often will I create ME time in my day/week?	How can I overcome these obstacles?

**Schedule in some ME Time for this week – and into the future.**

**Share this with your family so they can support you! **YOU DESERVE THIS.****





## My Action List

To-Do's - keep 'em all here!

- ☐ 1. \_\_\_\_\_
- ☐ 2. \_\_\_\_\_
- ☐ 3. \_\_\_\_\_
- ☐ 4. \_\_\_\_\_
- ☐ 5. \_\_\_\_\_
- ☐ 6. \_\_\_\_\_
- ☐ 7. \_\_\_\_\_
- ☐ 8. \_\_\_\_\_
- ☐ 9. \_\_\_\_\_
- ☐ 10. \_\_\_\_\_
- ☐ 11. \_\_\_\_\_
- ☐ 12. \_\_\_\_\_
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- ☐ 15. \_\_\_\_\_
- ☐ 16. \_\_\_\_\_
- ☐ 17. \_\_\_\_\_
- ☐ 18. \_\_\_\_\_
- ☐ 19. \_\_\_\_\_
- ☐ 20. \_\_\_\_\_
- ☐ 21. \_\_\_\_\_







# Project Me

## SUMMER STRATEGY



### My Chores

Contributing to my family.

	MON	TUE	WED	THUR	FRI	SAT	SUN
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# My Dream Summer

The best part of last summer was \_\_\_\_\_ The not-so-good part was \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What can I learn from this? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Things I **WANT** to do this summer \_\_\_\_\_ Things I **HAVE** to do this summer \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What can I do to make the things I **WANT** to do happen? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What can I do to make the things I **HAVE** to do go smoothly and feel more positive? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### ☀ My Dream Summer - part 2 ☀

I want more... \_\_\_\_\_

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I want less... \_\_\_\_\_

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I will stop... \_\_\_\_\_

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I will start... \_\_\_\_\_

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What are my challenges? \_\_\_\_\_

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What needs figuring out? \_\_\_\_\_

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My summer reading wish list \_\_\_\_\_

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### ☀ my Dream Vision for this summer! ☀

This summer is going to be (express it in the positive) \_\_\_\_\_

because \_\_\_\_\_

This summer I will feel \_\_\_\_\_

I'm so very grateful for \_\_\_\_\_

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# MY MORNING ROUTINE

It's really simple. These few things need to be done each and every morning 😊





Here's the place to write your goals - then plan how to make them happen!

This summer I \_\_\_\_\_ will \_\_\_\_\_  
(name)

[illegible]

because... \_\_\_\_\_

Signed by \_\_\_\_\_ Parent's signature of support \_\_\_\_\_



# My Summer Goals

How I want each area of my life to feel and be.

HEALTH

PERSONAL GROWTH

FAMILY

LOVE

PRODUCTIVITY

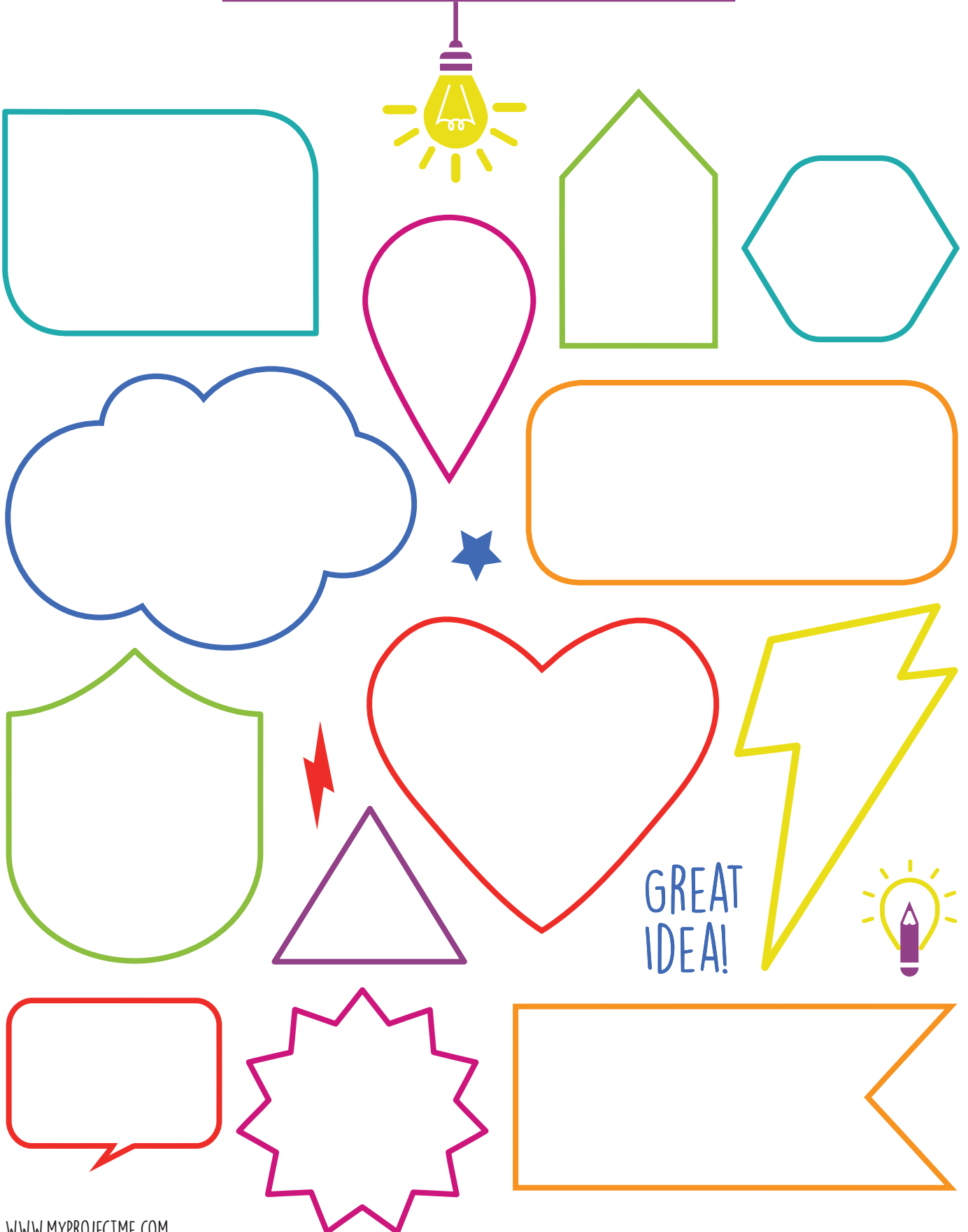
MONEY

WORK

FUN

# ⚙ Not Bored Board ⚙

Use this space to brainstorm fun stuff to do at home!



# ⚙ Packing Planner! ⚙

WHERE? \_\_\_\_\_ LEAVING WHEN? \_\_\_\_\_

HOW MANY DAYS/NIGHTS AWAY? \_\_\_\_\_ BACK WHEN? \_\_\_\_\_

☐ To do before leaving \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ PACKING  
Essentials (passports/tickets /documents/  
confirmations/maps & addresses/phone/charger)

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☐ Accessories \_\_\_\_\_

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☐ Extras \_\_\_\_\_

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☐ Clothes \_\_\_\_\_

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☐ Toiletries \_\_\_\_\_

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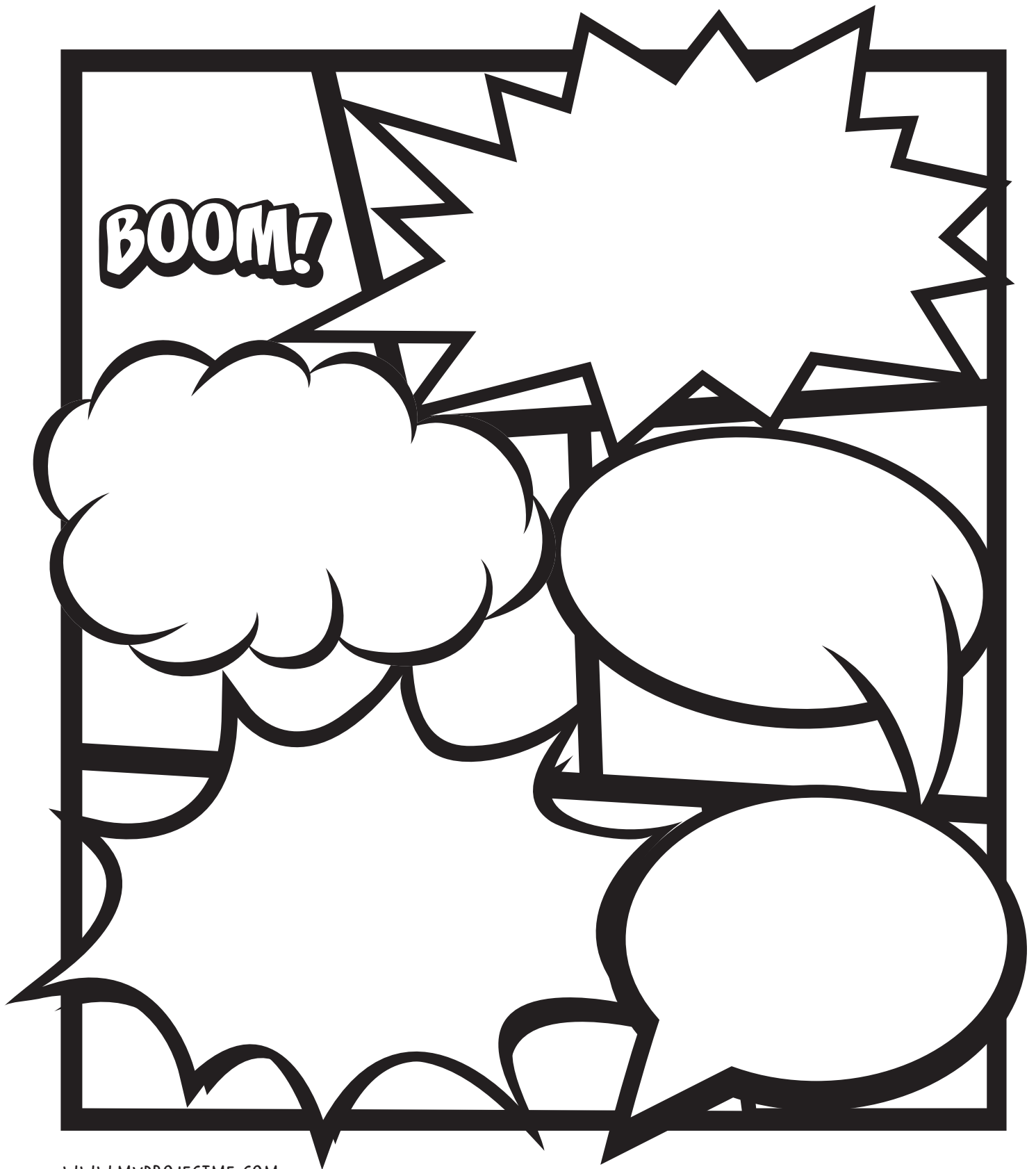
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# REWARDS!



# RULES RULE!





# My Screen Tracker

To keep track of time spent on screens!

[illegible]



# ☀ Simple Summer Meal Ideas ☀

NOTES:

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____

# Summer Check-in

What's working, what's not?

What's going well and why is it?	
What's not working? Why not?	
What did I handle well?	What could I have handled differently?
How has my mindset been?	How can I improve my mindset?
Am I keeping up with my summer goals?	Have I reviewed My Summer Dream Vision?
Have I had FUN?	What have I done just for ME?

# Summer Reading Chart



Great



















































Good



OK



Not good

TITLE	AUTHOR	Nº OF PAGES	DID I LIKE THE BOOK?
1.			   
2.			   
3.			   
4.			   
5.			   
6.			   
7.			   
8.			   
9.			   
10.			   
11.			   
12.			   

# ⚙ Weekly Fitness Planner ⚙

My big burning goal: \_\_\_\_\_

My goal this week: \_\_\_\_\_

☐ MONDAY☐ TUESDAY☐ WEDNESDAY☐ THURSDAY☐ FRIDAY☐ SATURDAY☐ SUNDAY

HOW DID I DO?

Remember to plan for next week. If it's not scheduled, it's not happening!



# Project Me

## ◉ Weekly Meal Planner ◉

MONDAY

SATURDAY

TUESDAY

SUNDAY

WEDNESDAY

NOTES:

THURSDAY

FRIDAY

yum!