

Summer Goals



*If I had my life to live over again, I'd try to make more mistakes next time. I would relax, I would limber up. I would be sillier than I have been this trip. I know of a very few things I would take seriously. I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets. I would do more walking and looking. I would eat more ice cream and fewer beans. I would have more actual troubles and fewer imaginary ones... Oh, I've had my moments; and if I had it to do over again, I'd have more moments one after another, instead of living so many years ahead each day...
- Brother Jeremiah*

As the summer quickly approaches, we all have great plans of what we would like to accomplish and all too often we become too busy and overwhelmed to tackle them. Summer is an excellent time to think about setting family or individual goals. Goals provide direction, focus and a sense of purpose. This summer, instead of packing as many activities as possible into the day, a new goal might be to simplify your life or unclutter your mind. Starting new habits during the summer months can help prepare for the fall and holidays.

For additional information on setting goals and simplifying your life, here are some additional resources.

[Simplify Your Life](#), Elaine St. James

[Art of Doing Nothing](#), Veronique Vienne & Erica Lennard

As always, the staff at Workplace Solutions is available to assist in helping you with your goals.

Ideas for simplifying your life:

1. Learn to say 'No'. Set limits on activities to prevent feeling overwhelmed.
2. Turn off the TV. Summer is a wonderful time to spend doing outdoor activities and taking advantage of community offerings.
3. Schedule time for you. Everyone gets pulled in so many different directions, we often forget to give time to ourselves.
4. Be spontaneous. Change your usual routine and do something different.
5. Let go. You are in control of your own feelings. Don't let the small annoyances ruin your day.
6. Lighten up the 'to do' list.