SUMMER PLANNING **WORKSHEET** ✦ ✦ ✦

List all of the events you have this summer. List vacations, parties, family gatherings, all of it.

Use the calendars on the following pages to block those days out. I want you to SEE how many days you are deciding are event/party days. It's important to make this mental connection.

Count how many days will be typical, planned days and how many days you will need a special protocol plan.

Typical Days _____   Special Protocol Days _____

SUMMER PLANNING **WORKSHEET** ✦ ✦ ✦

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUMMER PLANNING **WORSHEET** ✦ ✦ ✦

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUMMER PLANNING **WORKSHEET** ✦ ✦ ✦

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SUMMER PLANNING **WORKSHEET** ✦ ✦ ✦

What are your thoughts about the amount of days blocked out for summer celebrations versus other typical days? Circle the thoughts that create negative feelings.

Write these thoughts here and come up with a new thought that you could start thinking instead.

I CURRENTLY THINK...	I COULD THINK...